# EVDC###DCD

# Renegade Air Bike AB100

### LOW-IMPACT, TOTAL-BODY WORKOUT

An air bike gets your arms in the action for better conditioning and calorie burning, all without any jarring impact to the joints.

### **INFINITE INTENSITY AND RESISTANCE**

Unlike other types of exercise bikes, an air bike provides the advantage of unlimited wind resistance to customize every stage of your workout.

### **GREAT TOOL FOR REHABILITATION**

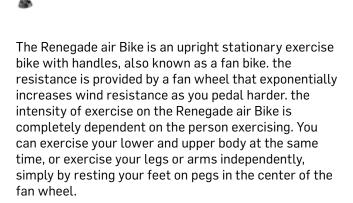
It's a great tool for rehabilitation as it provides safe movement with no impact. It also allows the area of the injury to move and provide blood flow to the area to aid in recovery.

### HIGH INTENSITY INTERVAL TRAINING

An air bike is the perfect tool for interval training like HIIT (High Intensity Interval Training). Unlike other types of exercise bikes with fixed handles, an air bike has handles that move with your pedaling action, so you get a full upper body workout as you work your legs.

### **COOLING EFFECT**

You get the cooling effect from the air moving through the fan, helping you to keep cool during your workout.



Out of all fitness equipment available for losing weight, air Bikes are the most popular, because they are light and easy-to-use. the Renegade air Bike is a great way to exercise conveniently and efficiently, especially in the comfort of own home. it's easy to use and a good machine for burning fat.

### **KEY PRODUCT FEATURES**



**Unlimited Air Resistance**The durable dual steel fan blades handle the most intensity workout.



**Sealed Bearings** The commercial grade design is built to last.



Micro-Fit Seat Adjustment The 4 way adjustable seat allows for a quick and easy personalized fit.



Console
The console offers interval programs for high intensity workouts and displays time, distance, calories, rpm, watts, H/R and speed.





### **TECHNICAL SPECIFICATIONS**

Dual pedal with mountable toe clip & strap assembly
Horizontal & vertical seat adjustments
Unlimited
Multi-grip placemants dual action
Polar compatible
4.8 kg dual steel fan

## CONSOLE

Computer display	LCD
Console feedback	Time, calories, RPM, distance, speed, watts
Pre-set programs	8
HRC programs	1

### **DIMENSIONS**

Product (L x W x H)	123 x 67.5 x 142 cm
Carton (L x W x H)	133 x 43 x 88 cm
NW / GW	76.5 kg / 81 kg
Max. user weight	130 kg

### **WARRANTY**

Frame	Lifetime
Parts	2 years
Wear parts	6 months

