



Xterra Fitness XB78 Ergometer



Exclusively at Shark Fitness - the XB78 ergometer from XTerra Fitness - an excellent price/performance ratio and the ideal introduction to ergometer training. The XB78 ergometer helps you achieve your training goals regardless of your fitness level. The ergometer is ideal for improving your fitness, burning calories or strengthening your cardiovascular system. An easy-to-read LCD training console offers extensive training programs and displays all important performance data.

CHF 649.00

The XTERRA XB78 ergometer helps you achieve your training goals, regardless of your fitness level. The ergometer is ideal for improving your fitness and burning calories, but also for strengthening your cardiovascular system.

The XTERRA XB78 ergometer adapts individually to all body proportions. The saddle can be adjusted both in height and horizontally. This means that the height can be adjusted to exactly the right leg length and the distance between the saddle and handlebars can also be adapted to the length of the upper body. Depending on your preference, you can train on the XTERRA XB78 ergometer in a comfortable upright position or in a sporty road bike position. The handlebars have a variety of grip positions. The low step-through and self-righting pedals also ensure uncomplicated use.

The XTERRA ergometer enables targeted training The easy-to-read LCD training console offers extensive training programs and displays all important performance data.

Pulse-controlled training on the XTERRA XB78 ergometer can be carried out using the hand pulse sensors. However, if you want to determine your optimum training heart rate and thus effectively define your training, you should make use of an optional chest strap such as the Polar T31. Alternatively, you can also use the 15 available training programs. With the recovery heart rate measurement, for example, you can easily determine how much your fitness has already improved. Noticing how quickly the training pays off leads to maximum motivation.

The Bluetooth interface also allows you to record your training with the XTERRA Fitness app. Here, all training data can be tracked even more precisely, saved and compared with the next sessions. This also makes training more effective and provides much more motivation than just cycling. Those who prefer to



keep themselves entertained can make use of the tablet holder.

The XTERRA XB78 ergometer is technically sophisticated, stable and offers a few extra features. Thanks to the 32 resistance levels, fine differences in intensity are also possible, which can be adjusted electronically regardless of the speed. The resistance is provided by a magnetic brake. The sturdy frame construction is approved for a maximum user weight of 150 kg. Thanks to the bottle holder, you stay refreshed even during intensive training.

All in all, the XTERRA XB78 ergometer is a solid model with a particularly good price-performance ratio for home use.

Features:

- Magnetic brake system
- Flywheel mass approx. 9kg
- Training computer with LCD window (131x67mm) with backlighting
- Console display of profile, resistance in watts, time, distance, calories, revolutions/minute, speed and heart rate
- 32 electronically adjustable resistance levels
- Bluetooth interface for connection with smartphone/tablet
- With the Xterra Fitness APP, all training data can be tracked even more precisely, saved and compared with the next sessions. The training data can be posted on social media or shared via messenger services. Data synchronization with prominent fitness apps (e.g. Apple HealthKit, MapMyFitness, Fitbit) is also possible.
- Manual program
- 4 programs for beginners
- 4 programs for advanced users
- 4 programs for sports
- 1 pulse-controlled training program
- 1 watt-controlled program (speed-independent load control)
- Recovery heart rate measurement
- Telemetric heart rate measurement (integrated pulse receiver)
- hand pulse sensors
- low entry
- front transport wheels
- self-righting pedals with adjustable straps
- Comfort seat with gel
- quick seat height adjustment
- Vertical and horizontal saddle adjustment
- ERGO handlebars with multiple grip positions
- quick, easy handlebar adjustment
- self-righting dual action pedals
- power supply via adapter
- bottle holder
- tablet holder
- Color: black

Use: home use, payload: approx. 150kg

Device dimensions: L105 x W50 x H146cm, weight 35.6kg



Accessories: integrated receiver for chest strap transmitter, hand pulse sensors

Options: Pulse transmitter belt

Warranty: 2 years on labor and spare parts (ride time excluded)

*Xterra APP - the Xterra app connects to the treadmill, bike or elliptical trainer via Bluetooth. The current training data is shown in three different display screens on the device. You can easily switch from the workout view to internet, social media or email sites using the icons on the screen. After completing a workout, the data is automatically uploaded to the personal calendar so that it can be accessed later.

Brake system: electronically controlled magnetic brake system

Current-dependent: Yes

Horizontal seat adjustment: Yes

Handlebar adjustable: Yes

Resistance levels: 32

Training computer: LCD display

Displayed values: Profile, resistance in watts, time, distance, calories, revolutions/minute, speed and heart rate.

Training programs: 15

Pulse-controlled programs: 1

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: 5khz

Multimedia: Water bottle holder, tablet holder

Accessories: integrated receiver for chest strap transmitter

Options: Transmitter belt, floor protection mat

Dimensions (length / width / height): L 105 x W 50 x H 146 cm

Device weight: 35,6 kg

Payload: approx. 150 kg

Insert: Home

Warranty: 2 years on labour and spare parts