



Spirit Fitness XBR25 Recumbent Ergometer



The cult fitness brand Spirit Fitness from the USA now also available in Switzerland exclusively at Shark Fitness - the recumbent ergometer XBR25 from Spirit Fitness is an extremely solid and stable fitness bike with a breathable mesh backrest for a back-friendly workout. The training console offers challenging workout programs for all performance levels, from beginner to professional. Durability, comfort and smooth workouts are among the features of Spirit Fitness XBR25 recumbent ergometer.

CHF 1'090.00

Equipment:

- electronically controlled magnetic brake system (motor controlled)
- mains-operated drive
- flywheel mass approx. 9kg
- training computer with 19cm blue backlit LCD window (131x67mm)
- console display of cadence, calories, time, resistance, distance, METs and pulse
- 20 resistance levels electronically adjustable
- console adjustable in inclination
- load regulation: speed-dependent
- Bluetooth interface for connection with smartphone/tablet
- with the Spirit Fit APP* all training data can be tracked even more accurately, saved and compared with the next sessions. Workout 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
- Programs: Manual - here the user is in charge of the workout design, Hill - a challenging hill run with steadily increasing load, Fat Burn - a special fat burner workout program, Cardio - the cardio program aims to strengthen the heart muscle and increase blood flow and lung capacity, Interval - a workout built in intervals. Phases of recovery alternate with phases of the highest intensity
- pulse-controlled program - pulse-controlled training to improve performance
- telemetric heart rate measurement (integrated pulse receiver)
- hand pulse sensors embedded in the side handles
- ergonomically shaped seat



- mesh backrest provides a breathable reclining seat
- self-righting, large pedals with quick release fastener
- pedals tilted inward by 2° - recent sports science research shows that tilting the feet inward by 2° promotes optimal muscle and ligament activity. These findings have been incorporated into the development of the XBU95 and the inclination of the pedals have been implemented as well
- low entry
- swiveling fan
- loudspeaker
- audio input
- power supply by adapter
- transport wheels
- 2 shelves on the side of the seat
- Tablet holder

Use: home use, payload: approx. 150kg

Unit dimensions: L144 x W75 x H128cm, weight 61,7kg

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

Options: Pulse transmitter belt (Polar T34 recommendation)

Warranty: 2 years on labor and spare parts.

*Spirit Fit APP - The Spirit Fit App connects to treadmill, bike or elliptical trainer via Bluetooth. Current workout data can be displayed in three different display screens on the device. Easily switch from workout view to internet, social media or email sites via on-screen icons. When the workout is complete, the data is automatically uploaded to the personal calendar for future reference. The Spirit Fit app can share workout data with HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

Brake system: electronically controlled magnetic brake system

Current-dependent: Yes

Backrest adjustable: No

Resistance levels: 20

Training computer: 19 cm LCD display

Displayed values: Revolutions/min, calories, time, distance, pulse, set resistance, METs, watts

Training programs: 10

Pulse-controlled programs: 1

User-defined programs: keine

Hand pulse sensors: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, USB port, entertainment APP's, water bottle holder, tablet holder, integrated speakers.

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Dimensions (length / width / height): L 144 x W 75 x H 128 cm

Device weight: 61,7 kg

Payload: approx. 150 kg

Insert: Home

Warranty: 2 years on labor and spare parts