



## Spirit Fitness XBR95 recumbent bike



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively from Shark Fitness - the XBR95 recumbent ergometer from Spirit Fitness is an extremely solid and stable fitness bike with a mains-independent generator drive. The backrest is adjustable in inclination. The training console offers challenging training programs for all performance levels, from beginner to professional. Durability, comfort and smooth training are among the features of the XBR95 recumbent ergometer from Spirit Fitness.

**CHF 1'890.00**

### Equipment:

- Mains-independent generator drive (no power connection required)
- Flywheel mass approx. 13.6kg
- Training computer with 19cm blue backlit LCD window (131x67mm)
- Console display of revolutions/min, calories, time, distance, pulse, set resistance, METs, watts
- Muscle strain profile - the console has a display of the strained muscles
- Display of the current training heart rate as a percentage of the maximum heart rate (calculated using the age formula)
- 40 electronically adjustable resistance levels
- Remote control of the resistance setting via side handles
- Inclination-adjustable console
- Load regulation: speed-dependent
- Bluetooth interface for connection to smartphone/tablet
- with the Spirit Fit 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.
- Programs: Manual - where the user is in charge of training design, Hill - a challenging hill run with steadily increasing exertion, Fat Burn - a special fat burner training program, Cardio - the cardio program aims to strengthen the heart muscle and increase blood flow and lung capacity, Strength - high-intensity training program, Interval - a workout built up in intervals. Phases of recovery



alternate with phases of maximum intensity, Calories - the aim is to burn as many calories as possible, Fusion - the Fusion training program combines endurance training with strengthening exercises to create a holistic workout

- 2 user programs - programs can be created and saved by the user
- 2 pulse-controlled programs - pulse-controlled training to improve performance
- Telemetric heart rate measurement (integrated pulse receiver)
- Hand pulse sensors embedded in the side handles
- Ergonomically shaped seat
- incline-adjustable backrest
- Mesh backrest offers a breathable reclining seat
- self-righting, large pedals with quick-release fastener
- pedals inclined inwards by 2° - recent sports science studies show that inclining the feet inwards by 2° promotes optimum muscle and ligament activity. These findings have been incorporated into the development of the XBU95 and the inclination of the pedals has also been implemented
- low entry
- pivoting fan
- loudspeaker
- audio input
- transport wheels
- 2 storage areas on the side of the seat
- Tablet holder

Application: Home to light institutional use, payload: approx. 150kg

Device dimensions: L144 x W75 x H128cm, weight 68kg

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

Warranty: home use: 2 years on labor and spare parts, 10 years on frame: light institutional use: 1 year on labor and spare parts

**Spirit Fit APP\*** - the Spirit Fit app connects to the treadmill, bike or elliptical trainer via Bluetooth.

Current training data can be shown in three different display screens on the device. Switch easily from the workout view to internet, social media or email sites via icons on the screen. When the workout is finished, the data is automatically uploaded to the personal calendar for later reference. The Spirit Fit app can share workout data with HealthKitApp, Fitbit, Record, MapMyFitness, Facebook and Twitter.

Brake system: Generator system

Current-dependent: No

Backrest adjustable: Yes

Resistance levels: 40

Training computer: 19 cm LCD display

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

Training programs: 10

Pulse-controlled programs: 2

User-defined programs: 2

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: 68 kg

Payload: approx. 150 kg

Insert: Home to light institutional use

Warranty: 2 years on labor and spare parts