



Renegade AirBike AB100



The Renegade Air Bike AB100 for a gentle full-body workout - The Renegade Air Bike is an upright exercise bike with handles, also known as an air bike. Resistance is provided by a fan wheel that exponentially increases air resistance as you pedal harder. The intensity of the workout on the Renegade Air Bike depends entirely on the person exercising. The Air Bike AB100 has a robust construction and durable features and is ideal for both users requiring low resistance training and high intensity HIIT training for more conditioned athletes.

CHF 1'799.00

Of all the fitness equipment for weight loss, air bikes are the most popular because they are lightweight and easy to use. The Renegade Air Bike is a great way to exercise comfortably and efficiently, especially from the comfort of your own home. It is easy to use and a great fat burning machine. It is also a great bike for rehabilitation as it provides safe movement without impact. It also allows the area of injury to move and blood to flow to the area to aid recovery. An air bike is the perfect training device for interval training such as HIIT (High Intensity Interval Training). Unlike other types of exercise bikes with fixed handles, an air bike has handles that move with your pedaling motion, so you get a full upper body workout while exercising your legs.

features:

- even, natural, unlimited airflow resistance from a robust 56cm (4.8kg) dual steel fan with cross-linked steel blades
- large backlit LCD screen with integrated heart rate monitor displays all training data in an easy-to-read format - displays time, RPM, speed, distance, calories, watts
- 8 training programs including 20/10 and 10/20 intervals and target settings
- power output is displayed in watts and gives an accurate measurement to track progress and improve performance
- double sealed bearings in the central hub of the 56cm diameter super steel air blower for effortless rotation
- Ø 38mm diameter, 3mm thick moving multi-grip handlebar for the most intense upper body



workouts

- large molded PU seat for a more comfortable workout
- infinitely adjustable quick-release saddle adjustment - up/down/forward/backward - to easily modify and customize the seat for your ideal setup
- Standard pedals with mountable toe clip and strap arrangement
- Oversized footrests for comfortable resting during exercises
- 3mm main frame structure for superior strength
- Multi-directional, sealed cartridge bearings in the push and pull arms for a long service life
- Industrial grade Poly-V drive belt that provides flawless load transfer and longer service life
- front and rear thick tube stabilizers for added stability during training
- oversized anti-slip footrests for a more robust push-off to get more power out of your workout
- a handle with knurled grip and transport wheels ensure that the Renegade Air Bike is easy to pick up and move

Use: home to commercial continuous use, payload: approx. 130kg

Device dimensions: L123 x W67.5 x H142cm, weight 76.5kg

Accessories: integrated receiver for chest strap transmitter

Options: Pulse transmitter belt, floor mat

Warranty: 2 years on labor and spare parts for home use, 1 year on labor and spare parts for commercial use