



## Spirit XBR55 recumbent ergometer



The cult fitness brand Spirit Fitness from the USA is now also available in Switzerland exclusively from Shark Fitness - the XBR55 recumbent ergometer from Spirit Fitness is an extremely solid and stable fitness bike. 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 XBR55 recumbent ergometer from Spirit Fitness.

**CHF 1'490.00**

### Equipment:

- electronically controlled magnetic brake system (motor-controlled)
- Mains-dependent drive
- flywheel mass approx. 10.8kg
- 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)
- 20 electronically adjustable resistance levels
- Remote control of the resistance setting via side handles
- Inclination of console can be adjusted
- 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.
- Kinomap-APP\*\* - compatible - the Kinomap-APP turns training into a motivating, interactive training experience, whether alone or in competition mode. Over 170,000 varied route kilometers for the various sports have already been uploaded by users
- Zwift-compatible\*\*\*



- 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,
- 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
- Power supply via adapter

Use: home use, payload: approx. 150kg

Device dimensions: L144 x W75 x H128cm, weight 62kg

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

Warranty: home use: 2 years 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.

**Kinomap APP\*\*** - the Kinomap app turns training into a motivating, interactive workout experience. The app provides videos for cross trainers, ergometers, treadmills and rowing machines. The Kinomap APP is connected to the training device via Bluetooth. Choose a route and cycle, run or row as if you were there yourself. You can track your progress on the map. As the videos are geocoded, the app also adjusts the resistance (on selected models) to the terrain profile of the training route.

Train more than 170,000 km alone or in competition with others - the Kinomap videos are uploaded by users. There are already over 170,000 kilometers of varied routes available for the various sports. All videos are marked with location data, so you can not only watch the video, but also see on the map where you are and what the terrain profile looks like. The app also displays the most important training data during the workout so that you can keep an eye on your performance while you are running through Central Park, for example. The multiplayer sessions are also particularly challenging, where you can take part in public races or arrange to meet up with friends for a little race. Kinomap is available in a free basic version from both Google Play and the AppStore. There are various license models for the full



version.

**Zwift\*\*\*** - Zwift combines the fun of video games with the intensity of serious training. Discover the virtual worlds of Zwift in training or group rides and races with a global community that motivates you to get better every minute. Would you like to make your cardio training more interactive and challenging and combine it with the gamification factor? With selected models from the cardio portfolio and the Zwift training app, this is now possible! Zwift combines the fun of video games with the intensity of serious training and helps you to get faster. Connect in the virtual worlds of Zwift with a community that motivates you every minute. Choose from training plans, group rides, races and much more. Immerse yourself in the Zwift world and get fitter and stronger than ever before! Your personal training plan - Are you looking for a long-term strategy for your next competition? Or simply want targeted coaching for your training? Zwift has sophisticated cycling and running plans that are individually tailored and adapted to your fitness level. You can also create individual training sessions in the app to achieve specific goals. Your personal best performance - virtual training with thousands of other athletes and feedback on the display often provide the necessary motivational boost. As the performance data from the training (such as rpm and watts) is transferred to the app, points can also be collected and real competitions can be contested. Zwift is available from both Google Play and the App Store.

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: 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, pulse transmitter belt

Options: Floor protection mat

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

Device weight: 62 kg

Payload: approx. 150 kg

Insert: Home

Warranty: 2 years on labor and spare parts