



Schwinn Airdyne AD8 AirBike



The Schwinn® Airdyne® AD8 bike combines the latest air resistance technology with unmatched durability and performance, so you can reach your full potential from the comfort of your own home. Whether you need to take your HIIT workout to the next level or the perfect full-body cardio workout, the AD8 offers versatile and challenging workouts.

CHF 1'499.00

The combination of cross trainer (with upper body bars) and bicycle ergometer is perfect for an effective and joint-friendly full-body workout at the highest level. Pedaling, pushing, pulling - the AirBike not only trains aerobic and anaerobic endurance, but also strengthens the muscles. Thanks to the air resistance system, the user can not only regulate their resistance independently and continuously by adjusting the number of revolutions, but can also decide for themselves whether they want to put more strain on their lower or upper body.

- The outstanding feature of the Schwinn Airdyne bikes is the air resistance system. The faster you pedal, the more air resistance is generated by the fan wheel, which means that the resistance increases with your own effort. This enables intensive and effective training for cardio and muscle strength.
- The Schwinn Airdyne bikes are designed to provide a full body workout. They have movable arm bars or hand grips that can be operated simultaneously with the pedals. This allows you to train your arms and upper body while exercising your legs.
- Schwinn Airdyne bikes are popular with athletes and fitness enthusiasts, especially for high-intensity interval training (HIIT). The air resistance system allows you to quickly switch between high and low resistance levels for intense workouts.
- The Schwinn Airdyne bikes are popular fitness machines that are suitable for home use as well as for use in gyms. They are designed for people looking for effective cardio and strength training with low impact on the joints.

Features:

- Air resistance system - the resistance is continuously regulated by the air resistance system through the number of revolutions - the faster you pedal, the higher the resistance



- mains-independent power supply with battery
- Training computer with monochrome LCD window and display for time, distance, watts, RPM, calories, heart rate
- Console layout with continuously visible metrics
- Dual-action design - the movement of the arms and legs is synchronized for a natural movement sequence
- Foot grid for isolated upper body training
- BioSynch connection system sheathing for safer training
- V-belt drive
- 9 training programs - freely definable interval programs
- Heart rate: telemetric
- Low entry
- Foot straps on self-balancing pedals for better movement control
- Front transport wheels - practical transport wheel position
- Comfort gel saddle
- quick seat height adjustment
- Vertical and horizontal saddle adjustment
- Integrated bottle holder
- transport wheels

Use: Home to commercial continuous use, payload: approx. 160kg

Device dimensions: L106 x W50 x H133cm, weight 51kg

Accessories: integrated receiver for chest strap transmitter

Options: Pulse transmitter belt, windscreen

Warranty: 2 years on labor and spare parts (excluding consumables)