

XBR95 Fitness Bike



SPIRIT FITNESS

A Heritage of Quality | The Spirit of Innovation



XBR95 Fitness Bike

The **XBR95** boasts a heavy duty steel frame and a durable powder coat paint finish, making it ideal for the commercial environment. The design focuses on convenience, comfort, and durability. Along with proper ergonomics and biomechanics, this unit features:

- A muscle activation figure that shows which areas are being targeted
- A mesh backrest that allows air flow and can be reclined to keep the user more comfortable
- Contact & Telemetric heart rate capabilities to make the workout more effective
- Generator powered console means there is no need for electricity
- 2° of inversion at the padded foot pedals places the user in a comfortable, anatomically correct position
- High density foam seat for extra comfort during a long ride
- 30 lb. flywheel combined with the weight of each crank arm produces the ideal amount of inertia
- 40 levels of resistance to satisfy the needs of beginners or advanced exercisers



Nylon Mesh
Seatback

XBR95 Fitness Bike



Integrated Speakers for MP3 Player

Muscle Activation Profile

Large LCD with scrolling feedback and scrolling message center

Heart Rate % Profile

Swivel Fan to keep you cool

Twelve innovative programs offer a variety of work-outs

Convenient cargo compartment for keys, phone, or MP3 player

Easy-Touch Control Buttons

As with any product, a major importance is the user interface. We focused on making everything easily accessible and comfortable: Multiple storage trays for beverages, keys, a phone, or an MP3 player; ergonomically friendly pulse grip posts for a more natural hand position, and a swivel cooling fan to keep your clients cool and encourage them to workout longer.

A quick press of a button and your clients are off on a manually controlled ride or one of the unique programs like Fusion, which combines cardio & strength intervals or Calories which calculates the amount of time to burn a specific amount of calories. Our large, easy to read console even features a muscle activation figure that specifies which muscle groups are minimally or maximally activated at different resistance levels and a heart rate bar graph that simplifies staying in your target zone.

Equipment Specifications

CONSOLE	7.5" Blue Backlit LCD, Heart Rate % Profile, Muscle Activation Profile & an Integrated Reading Rack
PROGRAMS	Manual, Fusion, Calories, Hill, Fat Burn, Cardio, Strength, Interval, 2 HR, 2 User
HEART RATE	Contact & Telemetric
RESISTANCE	40 Levels
POWER	Self-Generating
FLYWHEEL SYSTEM	30 lbs., Steel
PEDALS	Oversized w/ 2-Degree Inversion
FRAME	Commercial-Grade Structural Steel w/ Durable Powder-Coat Paint
DIMENSIONS	57" x 30" x 50"
PRODUCT WEIGHT	139 lbs.
MAX USER WEIGHT	350 lbs.

Warranty Information

LIGHT COMMERCIAL WARRANTY	Lifetime: Frame
(Non-Dues Paying Facilities; Up to 5 Hours Daily Use)	5 Yrs: Brake
	3 Yrs: Parts
	1 Yr: Labor

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