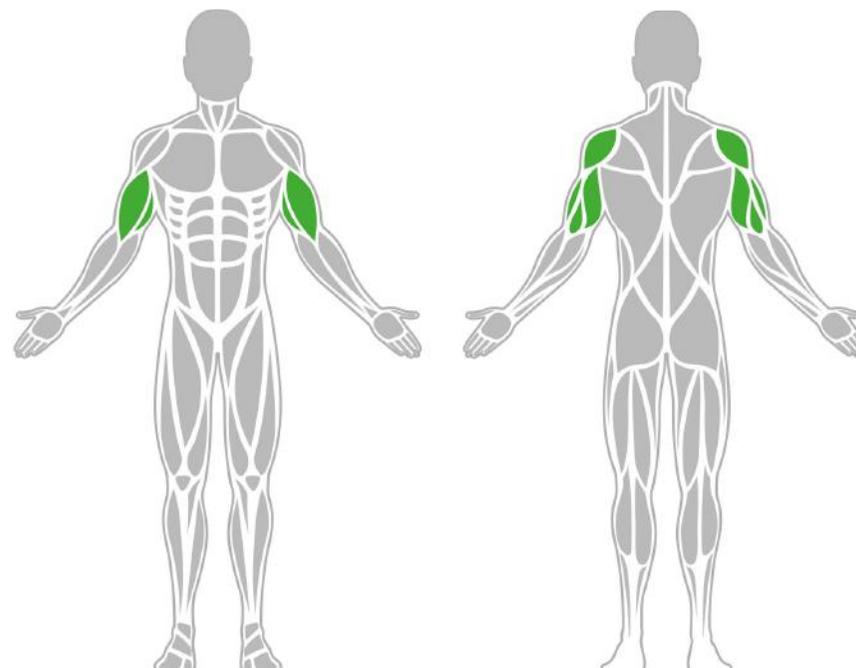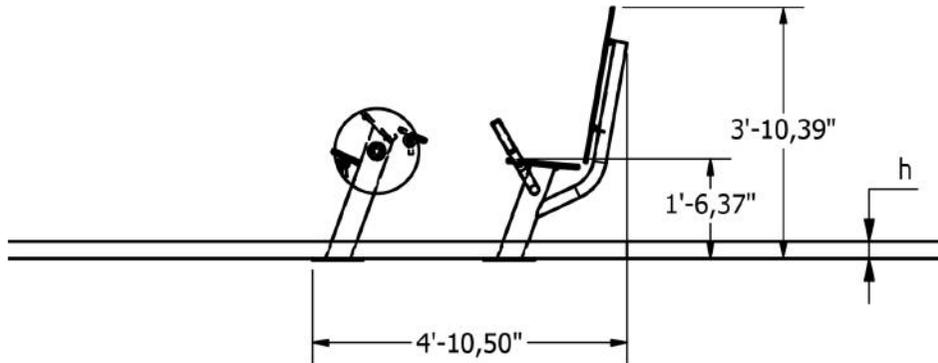## Muscle Groups Focus

Recumbent Bike

The recumbent bike allows the user to exercise their thighs, calves and glutes with less effort. It has a wider and lower seat than the BeStrong Spinning Bike. In addition, recumbent bikes put less strain on the joints, which is ideal for people with arthritis, and the recumbent design allows for a comfortable cardio workout.
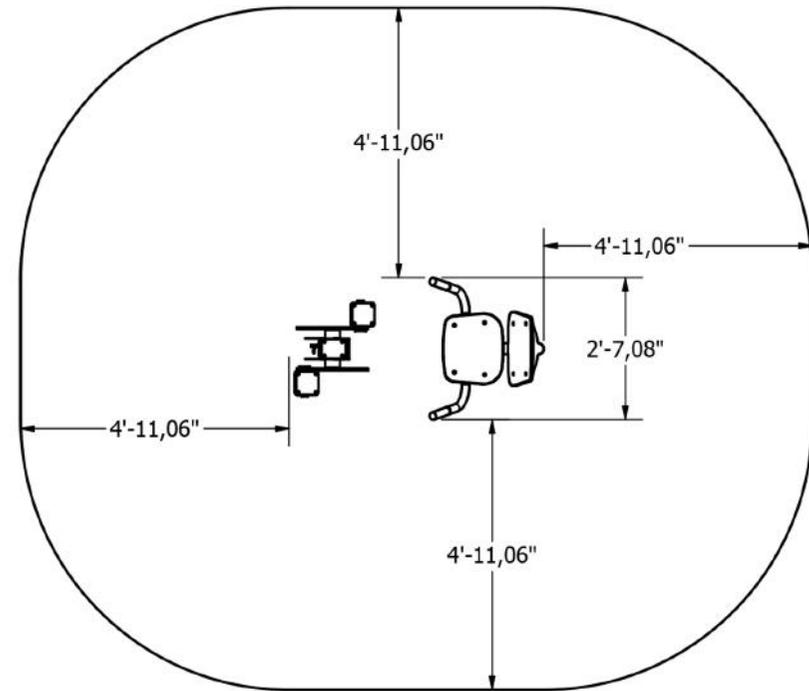
Attributes

Product code	1-1-307
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	286.60 lbs
Type	Recreational
Difficulty level	Easy

Side View

3'-10,39"

1'-6,37"

h

4'-10,50"

Plan View

4'-11,06"

4'-11,06"

2'-7,08"

4'-11,06"

4'-11,06"

Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	60-120 min.
Excavation volume	42,38 ft³
Concrete volume	42,38 ft³
Size of the base structure	31.5 x 72.83 x 31.5 „
Anchoring options	Surface mounted

In combined structures, the volume of concrete required varies.

Technical specification

Safety surfice area	Around 4.92 ft radius
Net weight	174.16 lbs
Material	S235,KO33
Critic fall height	18.9"
Color options	● ● ● ● ● ●

For more color options, discuss with your sales representative.

Warranty

Structure	25 years
Steel	15 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years

Detailed information in the warranty document
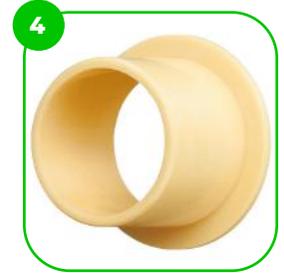
Material specification

1

The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!
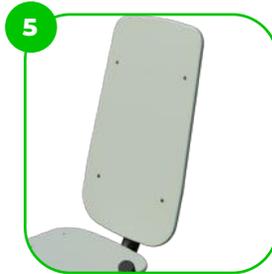

2

The device is equipped with an ergonomic non-slip HDPE phone holder for convenience.

3

At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.

4

The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.

5

The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.

6

The footrests are made of premium quality non-slip HDPE with a high wear resistance.

BESTRONG

TÜV SÜD   ISO 9001 Certified — Quality Management System

Sport and fitness products are compliant with the EN16630 and ASTM F3101 Standards.