



XBR95 Fitness Bike

Indoor exercise bikes have been around for decades. Their appeal and effectiveness have stood the test of time. The **XBR95** was designed to assure optimum comfort to help you achieve your fitness goals.

Spirit Fitness designed semi-recumbent bikes so that all of the adjustments can be made from the seated position, and all of the key features can easily be reached while working out. Below are a few of those features.

- A bright blue backlit LCD console offers a multitude of feedback data
- Remote resistance controls make adjustments more convenient
- Convenient squeeze-grip handles adjust fore/aft seat & reclining backrest positions
- A muscle activation figure that shows which areas are being targeted
- A heart rate bar graph that makes it easier to maintain your heart rate zone
- Included wireless telemetric heart rate chest strap is ideal for monitoring exercise intensity
- Generator power system eliminates the need for electricity
- An audio jack and speakers for personal entertainment
- Multiple storage areas for organization



Squeeze-Grip Adjustment Handles

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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 areas for beverages, keys, a phone, or an MP3 player; ergonomically friendly pulse grip sensors for a more natural hand position, and a cooling fan to keep you cool and encourage you to workout longer.

A quick press of a button and you are off on one of the unique programs. Our large, easy to read console even features a muscle activation figure that specifies which muscle groups are minimally or maximally activated at different 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, Hill, Fat Burn, Cardio, Strength, Interval, Calories, Fusion, 2 HR, 2 User
HEART RATE	Contact & Telemetric, Heart Rate Strap included
RESISTANCE	40 Levels
FLYWHEEL SYSTEM	30 lbs., Steel
SEAT	High density foam with reclining Mesh Back
FOOT PEDALS	Oversized, Cushioned w/ 2-Degree Inversion
FRAME	Commercial-Grade Structural Steel w/ durable Powder-Coat Paint
DIMENSIONS	57" x 30" x 50"
PRODUCT WEIGHT	147 lbs.
MAX USER WEIGHT	350 lbs.

Warranty Information

RESIDENTIAL WARRANTY	Lifetime: Frame & Brake 10 Yrs: Parts 1 Yr: Labor
COMMERCIAL WARRANTY	Lifetime: Frame 5 Yrs: Brake 3 Yrs: Parts 1 Yr: Labor

(Up to 5 hours use or less in a non-dues paying facility)

Scan the code below for more information



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