

# Cardiostrong Recumbent-Bike BC 70

## **The cardiostrong Recumbent-Bike BC 70: compact dimensions and great training effect !**

The **cardiostrong Recumbent-Bike BC 70** is one of the most compact recumbent ergometers in the world. Being of space-saving dimensions, the cardiostrong recumbent ergometer can be placed in each fitness room. Comfort for taller athletes is guaranteed as well. The cardiostrong Recumbent-Bike BC 70 has a well-padded seat easy-to-adjust in incline and horizontal direction. Persons up to 2 m height can comfortably use the cardiostrong Recumbent-Bike BC 70. The backrest of the cardiostrong recumbent ergometer is flexibly adjustable, the mesh material provides a comfortable ventilation.

## **The cardiostrong Recumbent-Bike BC 70 is designed for ambitious workouts regarding equipment and workmanship.**

Thanks to a top-grade construction, the cardiostrong Recumbent-Bike BC 70 is a durable partner for regular, intensive workouts. The low pedal space offers an optimum of ergonomics and ensures a very joint-gentle workout with the cardiostrong Recumbent-Bike BC 70.

The cardiostrong Recumbent-Bike BC 70 is equipped with a very user-friendly, clear console providing exact overview of your current workout. Time, calory consumption, pulse, distance, etc. - control your workout at any time !

The cardiostrong Recumbent-Bike BC 70 offers 16 resistance levels and 12 programs for a varied workout for each fitness level. 4 of those programs are pulse controlled and ideal for a very effective workout. The cardiostrong Recumbent-Bike BC 70 has integrated hand pulse sensors for measuring heart rate. A chest strap available as accessory can also be used.

The whole family can use the cardiostrong Recumbent-Bike BC 70 thanks to a memory function. Up to 4 athletes can save and always call their individual data. A drinking bottel holder incl. bottle and practical transport wheels complete the equipment and make the cardiostrong Recumbent-Bike BC 70 an excellent recumbent ergometer for leisure workouts and ambitious athletes.

### **Technical information - cardiostrong Recumbent-Bike BC 70:**

- Output: 10 - 350 W
- Flywheel mass: 9 kg
- Length of the handlebars: 17 cm
- Bottom bracket width: 8 cm

### **Computer - cardiostrong Recumbent-Bike BC 70:**

- Display: duration, distance, speed, watts, RPM, calories, heart rate
- Display of exercise profiles via LED
- Exercise programmes in total: 12 , of which heart rate controlled: 4
- Levels of resistance: 16
- User memory: 4

### **Features - cardiostrong Recumbent-Bike BC 70:**

- heart rate measurement: hand pulse sensors + chest strap (optional, sold separately)
- Chest strap for the telemetric measurement of the heart rate optional, sold separately
- Power supply: mains adaptor
- Saddle adjustment: incline, horizontal,
- Extras: extra low access, Transport wheels, drinking bottle holder
- **cardiostrong recumbent bike BC 70 - recumbent ergometer for back-gentle workouts**
- Comfortable seat with breathable backrest made of mesh material
- Low pedal space for ergonomic workouts
- **Very sturdy workmanship**
- Flexible, easy adjustability for great comfort and optimal training position, up to 2 m height
- **Extremely space-saving - the cardiostrong recumbent ergometer can be placed in each fitness room !**
- Clear cockpit
- **Easy to use**
- Max. user-weight - cardiostrong Recumbent-Bike BC 70: 130 kg
- Dimensions set-up - cardiostrong Recumbent-Bike BC 70: (L) 143 cm x (B) 74 cm x (H) 107 cm