

Exercise bikeelliptical (50 GBP)



Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-346359-z>



2 months old, hardly used. Excellent condition. The exercise bike, is great for focusing on your lower body and because you're sitting down the bike has less impact on your hips, knees and ankles. Your aerobic fitness will improve from the comfort of your own home.

No need to go outdoors and ride a bike in rainy days.

Fully adjustable it can be altered to suit your shape and size perfectly as it comes with a padded adjustable saddle and oversize non-slip foot plates and pedals.

This machine comes with an easy to use dial to adjust the resistance levels, so you can select the level of resistance for to match your fitness level.

Incorporated into the hand grips are pulse sensors and a monitor that measures time and speed with calorie expenditure.

Built to last from a robust tubular steel frame. If you want to exercise in your home, then this cross trainer and exercise bike is a great solution.

Our electronic monitor displays the following information:

TIME: How long you have been exercising

SPEED: How fast you are cycling

DISTANCE: How far you have travelled & distance left

CALORIE: Calories burned throughout your workout

SCAN MODE: The scan mode lets you monitor automatically alternate the four readouts in short intervals, so you don't have to stop and press a button to check different information.

Adjustable Magnetic Exercise Bike Indoor Gym Machine, quick & easy to set up Build athletic

fitness. Improve your stamina Product Size: W94.5*D56.5*H148CM LCD display with computer function: time, speed, calories, distance, stand time, weight



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