



XBR95 Fitness Bike



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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

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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

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

[www.spiritfitness.com](http://www.spiritfitness.com)



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