

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 dont have to stop and press a button to check different information. Adjustable Magnetic Exercise Bike Indoor Gym Machine, quick & easy to set upBuild athletic

fitness Improve your staminaProduct Size:W94.5*D56.5*H148CMLCD display with computer function:
 1. Total calories 2. Average speed 3. Average distance 4. Average weight

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