



# XBR95 Fitness Bike



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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
- Wireless heart rate (telemetric chest strap included) makes monitoring more accurate
- Back rest adjustment that reclines for individual comfort and preference
- An audio jack and speakers for personal entertainment
- Multiple storage areas for organization



Squeeze-Grip  
Adjustment Handles

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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 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 speeds 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	14 kgs, Steel
SEAT	High density foam with reclining Mesh Back
FOOT PEDALS	Oversized, w/ 2-Degree Inversion
FRAME	Commercial-Grade Structural Steel w/ durable Power-Coat Paint
DIMENSIONS	144 x 76 x 127 cm
PRODUCT WEIGHT	67 kgs
MAX USER WEIGHT	160 kgs

## 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 4 hours use or less in a non-dues paying facility)

Scan the code below for more information



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