XTERRA FITNESS

R89 Recumbent Bike

Item # 16204680890

XF CONNECT APP
Includes XF Connect App membership with purchase.

ULTRA-QUIET OPERATION: Smooth, precise 20 lb (9 kg) flywheel is quiet and maintenance-free

BLUETOOTH CONNECTIVITY: Connect via Bluetooth to access virtual workouts with third-party apps and XF Connect, and heart rate tracking

HEAVY-DUTY STEEL CONSTRUCTION: Steel frame offers lasting durability, ensuring a long-term investment that will last years to come

ULTIMATE COMFORT: Adjustable seat molds to your body, while the large cushion ensures a comfortable riding experience

12 FITNESS PROGRAMS: Users of all fitness levels can stay motivated and challenged

TENSION RESISTANCE: 20 levels of computerized resistance challenge you to your limits with a wide range of workout intensity options

EQUIPMENT SPECIFICATIONS

CONSOLE	Large 6.5" blue backlit LCD with tablet ledge and built-in speakers, Time, Distance, RPM, Speed, Calories, Pulse, Heart rate profile, Program, Level, Watts
PROGRAMS	Manual, 7 Preset, 2 User, 2 Heart Rate Control
HEART RATE	Heart rate hand pulse grips on rear handlebars, Bluetooth
RESISTANCE	20 levels of computerized resistance
CRANK	6.5", 3-Piece crank
FLYWHEEL	20 lb/9 kg balanced flywheel system
SEAT	Oversized cushioned adjustable seat (fore/aft)
FOOT PEDALS	Large pedals with adjustable straps
POWER	A/C adapter included, 59" (150 cm) cord length
BLUETOOTH	Bluetooth connectivity with 3rd-party apps, heart rate
DIMENSIONS	57" x 29" x 50" / 144 cm x 74 cm x 128 cm, 134 lb / 61 kg
MAX USER WEIGHT	300 lb / 136 kg
PACKAGING	57" x 18" x 31" / 145 cm x 46 cm x 78 cm, 152 lb / 69 kg
WARRANTY	Frame: 10 Years, Parts: 2 Years, Labour: 1 Year

Hand Pulse Grips

Steel Frame Construction and Sturdy Stabilizers

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