

ERGO SERIES

ERGO EMS H678



R.R.P.

EAN: 8431284890827



Exercise bikes

The Ergo EMS is a comfortable and strong bicycle that allows up to 20 hours per week workouts. Choose your favourite training program from the 12 available and enjoy a gentle, impact-free workout.



Monitor

Measurements:

Time, Speed / RPM, Distance, Watts / Calories, Pulse

- Max. user weight: 150Kg
- Weight: 27Kg
- Dimensions: 88cm x 50cm x 132cm
- Flywheel: 10Kg



OPEN FRAME

It provides easy access to the machine that makes it suitable for rehabilitation purposes.



STEADY WATTS RATE PROGRAM (SWR: 25-280 WATTS)

Designed for specific training and rehabilitation programs.



ELECTROMAGNETIC

Equipped with an electromagnetic braking system, it guarantees an exact calculation of the watts worked during workouts.



HEARTRATE MEASUREMENT BY CONTACT IN THE HANDGRIPS

Contact pulse measurement.



Specs	I.TFB H862I
Use frequency	Intensive
Maximum user weight	150Kg
Brake system	Electromagnetic
Flywheel	10Kg
SRV	Yes
Contact heart rate measuring	Yes
Fan	No
Saddle adjustment	Horizontal and vertical
Handlebar adjustment	No
Bottleholder	Yes
Transport wheels	Wheels
Length	88 cm
Width	50 cm
Height	132 cm
Weight	27 Kg
Open frame / easy access	Yes
Transpirable backseat	No
Backrest	No
XXL seat	Yes
Reinforced pedal	No
Multiposition handlebar	Yes
Autogenerated	No
Monitor	M3
Programs	
Preset programs (Prg)	12
Intensity levels	24
Random program (RP)	Yes
Customizable profiles (uprg)	5
Fitness test (FT)	Yes
Heart rate control program (HRC)	4
Recovery Program (RT)	Yes
Body Fat test (BF)	No
Monitor	
Screen	Blue backlit LCD
Monitor with HIIT by BH training scheme	No
Universal holder for Smartphones and/or tablets	Yes
Telemetric heart rate	Yes, optional chest belt
Bluetooth	No
iConcept	No

 Notes