



## XT-524 upright bike XT Series

### TECHNICAL SPECIFICATIONS:

- High quality, silent and maintenance free magnetic brake system.
- Self-generated (does not require power connection).
- Pulse measurement by contact sensors incorporated in the handlebar for a comfortable and immediate reading of the pulse.
- Adjustable seat height with position indicator.
- Handlebar with forearm support.
- 7 "backlit LCD monitor with time, speed, distance, heart rate, watts, resistance level and calorie indicators.
- Quick resistance adjustment key on the console panel.
- Manual and Program Operation.
- 12 Programs.
- 24 Levels of resistance.
- 4 customizable USER programs.
- 4 HRC heart rate control programs to automatically control exercise intensity and keep effort within selected heart rate limits.
- RECOVERY recovery test that helps to control physical condition.
- FITNESS test to know the physical condition of the user.
- Bottle rack included.
- Built-in wheels for easy machine transfer.
- Dimensions: 118x63x148 cm.
- Weight: 50 kg.
- Maximum user weight: 150 kg.
- Semi-intensive use.

