

EVOCARDIO

Renegade Air Bike AB100



The Renegade air Bike is an upright stationary exercise bike with handles, also known as a fan bike. The resistance is provided by a fan wheel that exponentially increases wind resistance as you pedal harder. The intensity of exercise on the Renegade air Bike is completely dependent on the person exercising. You can exercise your lower and upper body at the same time, or exercise your legs or arms independently, simply by resting your feet on pegs in the center of the fan wheel.

Out of all fitness equipment available for losing weight, air Bikes are the most popular, because they are light and easy-to-use. The Renegade air Bike is a great way to exercise conveniently and efficiently, especially in the comfort of own home. It's easy to use and a good machine for burning fat.

LOW-IMPACT, TOTAL-BODY WORKOUT

An air bike gets your arms in the action for better conditioning and calorie burning, all without any jarring impact to the joints.

INFINITE INTENSITY AND RESISTANCE

Unlike other types of exercise bikes, an air bike provides the advantage of unlimited wind resistance to customize every stage of your workout.

GREAT TOOL FOR REHABILITATION

It's a great tool for rehabilitation as it provides safe movement with no impact. It also allows the area of the injury to move and provide blood flow to the area to aid in recovery.

HIGH INTENSITY INTERVAL TRAINING

An air bike is the perfect tool for interval training like HIIT (High Intensity Interval Training). Unlike other types of exercise bikes with fixed handles, an air bike has handles that move with your pedaling action, so you get a full upper body workout as you work your legs.

COOLING EFFECT

You get the cooling effect from the air moving through the fan, helping you to keep cool during your workout.

TECHNICAL SPECIFICATIONS

Pedals	Dual pedal with mountable toe clip & strap assembly
Seat adjustments	Horizontal & vertical seat adjustments
Resistance	Unlimited
Handlebars	Multi-grip placements dual action
Heart rate monitoring	Polar compatible
Fan	4.8 kg dual steel fan

CONSOLE/WORKOUTS

Computer display	LCD
Console feedback	Time, calories, RPM, distance, speed, watts
Pre-set programs	8
HRC programs	1

DIMENSIONS

Product (L x W x H)	123 x 67.5 x 142 cm
Carton (L x W x H)	133 x 43 x 88 cm
NW / GW	76.5 kg / 81 kg
Max. user weight	130 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Wear parts	6 months

