

# ISO7000R RECUMBENT BIKE WITH IFI ACCREDITATION AT STAGE 2

## Key Features & Benefits

- Comfortable, oversized seat featuring exceptional lumbar support and integrated side handles to assist safe and easy transfer.
- Oversized, self-righting pedals with easily adjustable straps
- Easy step-through access to allow entry without having to lift the leg up
- Heavy-duty, 3-piece proprietary crank system with bi-directional resistance
- Only 6 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user
- IFI Accredited



Specification	ISO7000R IFI
Workout Position	Recumbent
Console	IFI Approved
Standard Seat	IFI Approved
Pedals	Oversized • adjustable footstraps
Cranks	Fixed cranks as standard • adjustable available as an option
Medical CE IIa Certification	No
Bi-directional Resistance	Yes
Resistance	200 levels • adjustable in 0.1 increments
Programmes	Manual • Iso-Strength • Heart Rate • Constant Work • Random • Hill Profiles • Fit-Quik • Power Burst™ • Heart-Fit Test • Heart-Fit Training • Power-Fit Test • Power-Fit Training
Feedback	Heart Rate • Time • RPM • Calories • Distance • Level • Watts • METS
Power	Self-generating from just 6 watts with auto recharge and battery back up
Length	150cm
Width	66cm
Height	132cm
Weight	95kg
Max. User Capacity	204kg
Colour	Silver powder coated frame and grey metallic covers with UV protection
Warranty	3 years parts



inclusive fitness  
accredited item  
Stage 2 (2007-2014)



**English Federation  
of Disability Sport**

In association with the EFDS, this machine has been awarded Inclusive Fitness Accreditation at Stage 2 - the highest level of accreditation in the UK