

## REX™ RECUMBENT ELLIPTICAL

### Key Features & Benefits

- Super smooth movement – legs move in a natural orbital motion and the arms in a smooth arc
- The dependent, all body action allows individuals to use passive assistance – using strong limbs to drive weaker limbs through the range of motion
- Bi-directional resistance helps create balance between reciprocal muscle groups
- Standard model comes with a fixed sport seat (see inset picture)
- Dual-position hand grips for extra comfort and fit
- Starting wattage of 6 with low minimum RPM to begin and maintain programme function, ideal in rehab applications or for the 'not yet fit' user
- The adjustable swivel seat shown in the main picture is available as an option and includes a pair of footstraps
- Certified as a Medical Device



Specification	REX™
Workout Position	Recumbent
Console	Standard
Standard Seat	Low Profile Fixed (Swivel Seat + footstraps optional)
Hangrips & Footbeds	Dual-position handgrips and orthopedic footbeds with patented Bio-Flex™ technology
Easy Entry Step & Handrails	No
Medical CE Ila Certification	No
Contact Heart Rate	Yes (not Swivel Seat)
Resistance	200 levels of bi-directional resistance 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	182cm
Width	71cm
Height	140cm
Weight	128kg
Max. User Capacity	204kg
Colour	Silver powder coated frame and grey metallic covers with UV protection
Warranty	3 years parts



Medical CE Ila certification and BS EN ISO13485:2008 for use in hospitals and clinics