

PRO1 SPORT UPPER BODY EXERCISER

Key Features & Benefits

- Infinitely adjustable control head and console accommodating users of all heights to allow exercise while seated (on a stability ball), standing or for overhead exercise
- Adjustable and reversible arm cranks for a greater range of movement and exercise variety
- Enhanced standing platform for performing exercises in the standing position, while seated on a stability ball or standing on another balance-related accessory
- Only 6 watts of resistance needed to start and maintain programme function, ideal in rehab applications or for the 'not yet fit' user



Specification	PRO1 Sport
Workout	Upper Body
Head	Adjustable
Cranks	Adjustable
Console	Standard
Standard Seat	n/a
Removable Seat	n/a
Wheelchair Platform	n/a
Medical CE IIa Certification	No
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	152cm
Width	76cm
Height	196cm
Weight	86kg
Max. User Capacity	n/a
Colour	Silver powder coated frame and grey metallic covers with UV protection
Warranty	3 years parts