

RST7000 RECUMBENT STEPPER

Key Features & Benefits

- Dependent step motion with 36cm step range and self-leveling footplates
- Super smooth natural linear movement for lower body only, upper body only or total body exercise
- Removable seat with side assist lever to allow for wheelchair access
- Oversized, rubber footplates with safety edges
- Dual-position hand grips and easy step-through access to help those with limited mobility
- 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
- Optional wheelchair platform
- Footstraps and range limiters also optional extras



Specification	RST7000
Workout Position	Recumbent
Console	Standard
Standard Seat	Tall Back Fixed
Handgrips	Dual-position
Step Movement	Dependent
Medical CE IIa Certification	No
Contact Heart Rate	No
Resistance	200 levels adjustable in 0.1 increments
Programmes	Same as PRO Series & Bike programmes
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	188cm
Width	76cm
Height	147cm
Weight	139kg
Max. User Capacity	227kg
Colour	Silver powder coated frame and grey metallic covers with UV protection
Warranty	3 years parts