

Exercise Bike CAR-001



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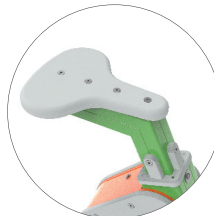
Features

Handles and Phone Rest



The Exercise Bike features ergonomic grab handles on all sides to cater to users' varied grip preferences. This design enhances the overall usability and safety of the equipment. A phone rest is seamlessly integrated within the handle section, providing a secure spot for users' devices. This addition enables users to effortlessly glance down at their phone while exercising, making it easy to track their fitness progress through apps or enjoy entertainment as they pedal away.

Seat



The seat on the Exercise Bike is specially designed for easy adjustability by the local council's maintenance crew to suit the requirements of the area's demographic. With customisation capabilities to modify height, it can easily cater to the diverse needs of the local community.

Magnetic Resistance



The Exercise Bike features magnetic resistance. This type of resistance offers an exceptionally smooth and quiet riding experience, reducing noise and vibrations during workouts. With adjustability by the local council's maintenance crew, each bike will be set to suit the requirements of the area's demographic.

Product Specification

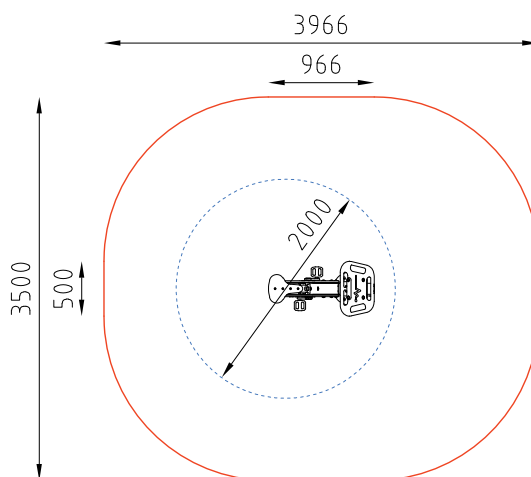
Compliance
AS 16630:2021

Softfall Requirement
Free Height of Fall - 0.93m

Materials

- UV Stable HDPE
- Powder Coated Marine Grade Aluminum
- Stainless Steel Fasteners
- Stainless Steel Bearings & Fastners
- Adjustable Magnetic Resistance Unit

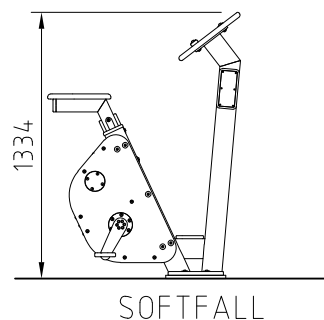
Top View



Training Space

Movement Space

Elevation



SOFTFALL



Key Benefits

The exercise bike is an effective tool for improving cardiovascular fitness and lower body endurance. It primarily targets the quadriceps (front of the thighs), hamstrings (back of the thighs), glutes (butt muscles), and calf muscles while also engaging the core muscles for balance and stability.

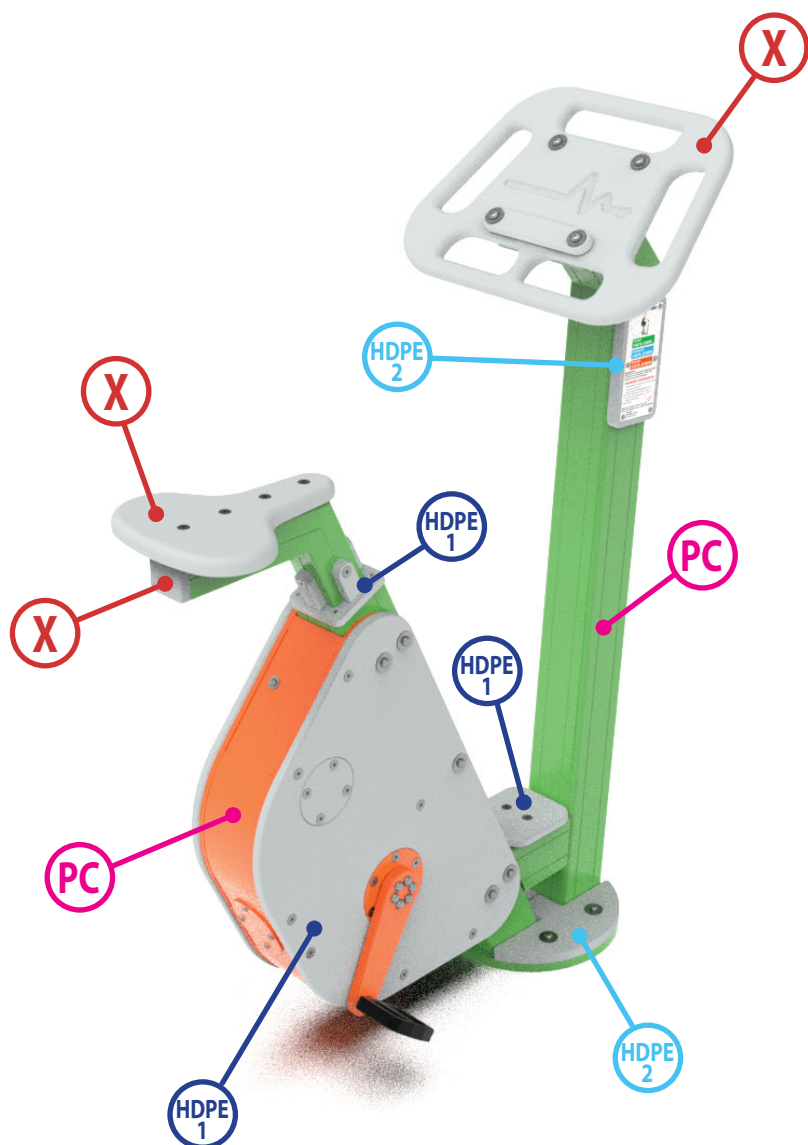
The exercise bike helps improve heart health, calorie burn, and lower body strength, making it beneficial for activities such as cycling, running, and overall fitness maintenance.



Materials Colour Options



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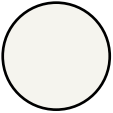
KEY:

- HDPE 1** 15mm - UV Stable HDPE Plastic material colour options
- HDPE 2** 19mm - UV Stable HDPE Plastic material colour options
- PC** Powdercoat material colour options
- X** Non-Changable materials


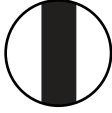





15mm PLASTIC COLOURS: **HDPE 1**

 WHITE 255, 255, 255	 MID GREY 158, 162, 162	 BLACK 0, 0, 0
 SMOOTH CREAM 210, 206, 158	 BROWN 119, 81, 53	 YELLOW 246, 190, 0
 ORANGE 250, 70, 22	 RED 214, 0, 28	 PURPLE 88, 44, 131
 LIGHT BLUE 0, 156, 222	 TEAL 0, 140, 149	 DARK BLUE 0, 53, 148
 LIME GREEN 120, 190, 33	 LIGHT GREEN 0, 163, 81	 DARK GREEN 33, 87, 50

POWDERCOAT COLOURS: **PC**

 GLOSS WHITE 244, 244, 238	 ANODIC SILVER 186, 191, 191	 OLDE PEWTER 110, 113, 115	 IRONSTONE 72, 76, 82	 MONUMENT GREY 62, 59, 56	 SATIN BLACK 44, 44, 44
 YELLOW GOLD 244, 167, 28	 ORANGE X15 227, 126, 41	 FLAME RED 152, 43, 46	 DARK VIOLET 82, 58, 110	 BLAZE BLUE 0, 107, 177	 LYCRA 200, 216, 83
 CLASSIC CREAM 227, 209, 176	 GOLD PEARL 168, 134, 64	 CRYSTAL MINT PEARL	 LEAF GREEN 74, 138, 64	 MISTLETOE GREEN 23, 105, 55	 HAWTHORN GREEN 48, 66, 56

19mm PLASTIC COLOURS: **HDPE 2**

 MID GREY 158, 162, 162	 WHITE/BLUE/WHITE	 WHITE/BLACK/WHITE
 LIME/BLACK/LIME	 YELLOW/BLACK/YELLOW	
 BLUE/WHITE/BLUE	 GREEN/WHITE/GREEN	 RED/WHITE/RED

