



# VORTEC V1000 SPIN BIKE

SKU: V1000





## PRODUCT DESCRIPTION

The Vortec V1000 Spin Bike comes with a **lifetime structural warranty** and 12 month limited manufacturer warranty against faults for all other parts. When you are trying to raise the heart rate in the comfort of the lounge room the V-V1000 is the recommended entry-level spin bike for you. A **solid construction, fully adjustable** and a **20kg fly wheel** ensure a super smooth ride whilst elevating that heart rate!

### KEY FEATURES:

- Belt: **French Hutchinson 8pj High Strength**
  - Flywheel: **20kg**
- Brakes: **Friction braking system with emergency lock**
- Computer: **Yes. Calories, RPM, Speed, Time, Pulse (requires optional chest belt)**
  - Handlebars: **Ergonomic with adjustable height & adjustable forward / back**
    - Grip: **Comfortable, multi-position grip**
  - Seat: **Ergonomic with adjustable height & adjustable forward / back**
    - Frame: **Semi-Commercial with wheels for easy movement**
      - Cranks: **Carbon Steel**
    - Bottle Holder: **1 x water bottle holder**
      - Pedals: **Racing style with straps**
      - Max User Weight: **300lb / 130kg**
- *\*June 2020 update: Water bottle holder mounting point is moved to the side to allow for mounting of tablet holder on the handle.*

### What is a spinning exercise bike?

Spin bikes have a heavy, weighted flywheel that is directly mechanically linked to the pedals. this makes them like fixed-gear bikes, in that if you stop pushing on the pedals, they will tend to keep spinning due to the inertia of the flywheel. A spin bike is generally designed much more like a real road bike, and your posture on the bike will reflect that. A spin bike is very simple and entirely mechanical. this makes it easier to fix and maintain.

### The Spinning exercise bike has the following advantages:

- The fixed wheel helps improve your pedalling technique and cardiovascular fitness.
  - More adjustment options for reach, handlebar height, seat height.
  - They are generally better put together.
- They stress in the training is that the resistance and feel is much more like a road bike.

### Advantage of spinning exercise bike over normal stationary bike:

- You can "climb" by standing out of the saddle and putting hips back as if on a real road bike, targeting different muscle groups than just sitting.
- You can "isolate" muscle groups by standing and peddling slowly, keeping body (besides legs) as still as possible.
- You can "sprint" - you just can't sprint in a real way on a stationary bike, as you cannot lean over with that giant seat in the way of your legs.
- You can have a correct fit that is more like a real road bike, resulting in you being able to push yourself longer/more without discomfort.

## ADDITIONAL INFORMATION

[More Information](#)



**Level Of Resistance**

Infinite Analog Adjustments

**Flywheel Weight**

20kg Flywheel

**Warranty**

1 year

**Product Dimension**

115 x 59 x 120cm (L x W x H)

**Max Load**

135kg

**Product Weight**

54kg

**More Information**

Easy adjustment, Stable