



VORTEX V1000 SPIN BIKE

SKU: V1000





Commercial Grade Cast Iron Flywheel

Maintain a smooth and steady cadence for a better workout

Our commercial quality, heavy flywheel replicates the momentum you get on a real bike, you'll feel just like you're cycling on the road, with smooth pedal strokes and a consistent cadence.



Fore and Aft Adjustability

Get the right fit for your body

With adjustable handlebar and saddle positions, you'll find a comfortable riding position no matter what size or shape you are. Suits riders up to 200cm tall.



Commercial Steel Frame

Strong frames that will last

Commercial based Tubular Steel Frame
Super sturdy to minimize frame wobble/shimmy during hard sprints; hill climbs
Correct ergonomic frame sizing allows proper road bike simulation & training

The Vortex 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