



# COMMERCIAL SPIN BIKE X959

SKU: X959





**Brand new, overstock**

## **A COMMERCIAL SPIN GYM BIKE THAT CAN HANDLE THE DEMANDS OF INDOOR GROUP CYCLING**

Commercial Spin Gym Bike is designed and manufactured for the demands of indoor group cycling. The ultimate low Maintenance, long lasting indoor cycle that gives members and participants excellent positioning and a realistic experience

### **Features:**

- **Frame** - Stainless Steel Tube
- **Resistance** - High performance friction pad.
- **Crank** - Multi-bolt fixation system with poly V-belt
- **Pedals** - pedalarm in cast iron w/toe clip and strap, Oversized Central Axis (Dia.:40mm)
- **Seat Adjustments** - Vertical Adjustment of the Seat (Adjustable Range 50cm), Horizontal Adjustment of the Seat (Adjustable Range 6.5cm)
- **Handle Bar** - Vertical, Adjustment of Handlebar (Adjustable Range 38cm), Horizontal Adjustment of Handlebar (Adjustable Range 8.5cm)
  - **Fly Wheel** - 23kg Fly Wheel
  - **Portability** - Front transport wheels
  - **Other Features** - Bottle cage, Low maintenance

## **PERSONALIZED ADJUSTMENTS FOR EACH INDIVIDUALS**



Vertical and horizontal adjustment of both handlebar and saddle provides an optimal cycling position. The Ultra-long range for vertical adjustment of the handlebar which provides upright exercise. The adjustment handles are large for easy use and the bars are rubber coated which can be operated even with sweaty palms.

## **CRANK SYSTEM AND PEDALARM**



A special crank and multi-bolt fixation system making the Gym Bike completely maintenance free. A smooth and quiet ride is achieved by a poly V-belt, a 23kg flywheel and high quality bearings. Lower noise whilst more fluency for belt transmission. Special designed unbreakable Gym BIKE pedalarm in cast iron, with a thicker central axis and bigger pedal shaft core.

## SIDE AND TOP COVERS



Made form ABS plastic, all critical components are enclosed which offers excellent protection against dust, perspiration and ensure nothing gets caught inside the cycle. The protective service hatches are easy to operate due to the simple click-function.

## RESISTANCE KNOB



The Spinner comes equipped with an uncomplicated resistance knob. Simply turn the dial to adjust your resistance quickly and easily.

### 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.

\*Comes without digital console

#### ADDITIONAL INFORMATION

#### More Information

#### Product Dimension

103 x 58 x 114cm

#### Max Load

135kg

#### Product Weight

68kg