



# NORDICTRACK COMMERCIAL VR21 RECUMBENT BIKE

SKU: NTEVEX76017



## PRODUCT DESCRIPTION

Keep your focus on your training. The Commercial VR21 Recumbent Bike offers a back-supporting chair-like seat and in-handle controls that let you adjust your workout without taking your hands off the grips. A powerful self-adjusting fan cools you while a secure tablet holder lets you add your digital media for inspiration.



### 01 SEATED WITH SUPPORT

Exercise in comfort with the chair-like design of our recumbent cycles. The oversized, cushioned seat is built with lumbar support and is also ventilated so you can stay cool, relaxed and focused during your workout.



### 02 IFIT COMPATIBLE

A revolutionary interactive training program, iFit technology helps you get much more out of each workout. Track your progress, replicate real-life runs with Google Maps™, train with Jillian Michaels, and custom-tailor your workouts to your specific goals.



### 03 CONTROLLED COOLING

Enjoy a blast of cooling comfort from the fan that automatically adjusts its speed to match your workout speed. Located on the console, close to your body, this fan blows other workout fans away with cooling power you can feel.



### 04 CARDIOGRIP PULSE MEASUREMENT

Get a quick, accurate heart rate reading with sensors built into both handlebars. This exercise bike also comes with a Bluetooth Smart wireless receiver, which uses BLE technology to send a continuous reading to the display so you stay in the right training zone to help you reach your goals. (BLE Chest strap not included)



## 05 RECUMBENT FRAME

With comfort in mind, this bike's recumbent design places its extra-wide ergonomic pedals directly in front of you with a cushioned seat and backrest to provide support for your lower back.

This design allows you to enjoy your workout and pursue your fitness goals in a comfortable, relaxed position.

## 06 ONETOUCH™ CONTROLS

Quick, responsive controls adjust your resistance almost instantly at the touch of a button. Your focus stays on your workout, instead of scrolling through options.

## 07 HEART RATE MONITOR

Stay in your target heart rate zone to help you reach your fitness goals. CardioGrip™ sensors are built into both handlebars for a quick, accurate heart rate reading.

## 08 TRANSPORT WHEELS

Quickly move your stationary bike from room to room with built-in, front-mounted transport wheels.

## 09 9 KG INERTIA-ENHANCED FLYWHEEL

Engineered for incredibly smooth performance, this 9 Kg effective inertia-enhanced flywheel delivers a more natural ride. You'll feel the difference in your first workout.

## 10 32 WORKOUT APPS

Get the training you want with built-in workouts designed by a certified personal trainer to help you reach your fitness goals. Choose from calorie, intensity and performance training programs.

## 11 25 DIGITAL RESISTANCE LEVELS

Quick, responsive, OneTouch™ controls adjust your resistance to vary the intensity of your workout. With SMR™ Silent Magnetic Resistance, every adjustment is quiet, smooth and natural.

## 12 WATER BOTTLE HOLDER

Stay hydrated throughout your workout by keeping your water bottle close. This convenient water bottle holder is built in for easy access.

## 13 WIRELESS CHEST STRAP COMPATIBLE

Wear your own Bluetooth Smart chest strap for a continuous heart rate reading to help you stay in the right training zone for your fitness goals.

### ADDITIONAL INFORMATION

More Information	
Program	32 Preset Workout Apps
Level Of Resistance	25 Digital Resistance Levels
Flywheel Weight	9kg Flywheel
Warranty	1 year
Panel Design	5" Backlit Display
Product Dimension	155cm x 59 cm x 132cm
Max Load	130 Kg
Product Weight	60kg
More Information	Adjustable Viewing Angle, Cooling Fan