

# HUMAN RECUMBENT



## DESCRIPTION

The Human Recumbent is designed to strengthen the leg muscles while providing a low-impact cardiovascular workout.

It's especially ideal for those who need to exercise without putting strain on the back, offering greater comfort with a more open thigh-to-torso angle compared to a traditional upright bike.

## KEY FEATURES

### Comfort During Exercise

Adjusting the pedal distance to your ideal position is quick and easy, thanks to the levers placed near the seat. The redesigned seat, featuring an ergonomic and breathable backrest, enhances comfort by reducing sweat buildup and preventing drafts on the lower back.

### Easy Access

The platform height has been lowered for easier access, so users can step on and off the machine without having to climb over it. Additionally, the extra space between the seat and pedals ensures a comfortable fit for users of all sizes.

**TECHNICAL SPECIFICATIONS**

|                             |              |
|-----------------------------|--------------|
| Product Code                | HBL - 00330  |
| Minimum/Maximum User Height | 150 - 205 cm |
| Length                      | 120 cm       |
| Width                       | 68 cm        |
| Height                      | 150 cm       |
| Equipment Weight            | 65 kg        |
| Resistance Levels           | 36           |
| Training Programs           | 8            |
| Wattage                     | 300 W        |
| Device Charging             | USB Port     |
| Number of Speakers          | 2            |
| Hand Sensors                | 2            |

