



Since 1999

Keeping South Florida Healthy &  
Fit for over 25 Years!

**SPIRIT** | 40 YEARS



**XBR55** RECLUMBENT



This ergonomically designed recumbent bike comes complete with a fully adjustable, mesh-back seat that reclines. A bright 7.5" multi-colored LCD screen, cooling fan, and handlebar resistance controls, means no more stop and go adjustments. With a 24 lb flywheel and 20 levels of resistance, you will stay challenged during every training session

## FEATURES

- Sleek steel frame and 7.5" multi-color LCD
- 24 lb flywheel with 20 levels of magnetic resistance
- Large reclining mesh back seat adjusts fore/aft
- Bluetooth connectivity allows you to track your progress and connect with your favorite health and fitness apps
- Pedals are oversized with fast-latching straps

### CONNECTS TO:



SPIRIT+



FITBIT\*



ZWIFT



APPLE  
HEALTH  
KIT\*



KINOMAP



MAP MY  
FITNESS\*

AND MORE!

\*CONNECTS VIA SPIRIT+ APP



561-712-0381



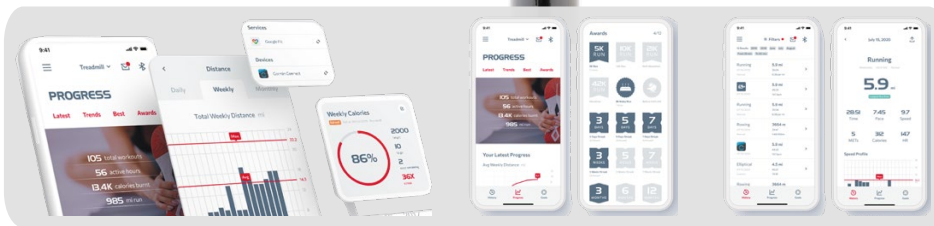
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**SPIRIT+ APP**



- Set fitness goals
- Track workout progress
- Review workout history
- Share with other fitness apps
- Unlock achievements
- Stay motivated

## EQUIPMENT SPECIFICATIONS

Console	7.5" Multi-Color LCD, Heart Graph, Tilt/Swivel Tablet Holder, Adjustable Fan, Bluetooth Speakers, USB Charging Port
Programs	Manual, Hill, Fat Burn, Cardio, Strength, HIIT, Fusion, Time, Distance, Calories, 2 Custom, 4 Heart Rate
Heart Rate	Contact & Telemetric (5kHz & Bluetooth), Chest Strap Not Included
Resistance Levels	20 Levels
Hand Pulse Sensors	Yes
Flywheel	24 lb
Seat Back Angle	Adjustable
Pedals	Oversized and Self-Balancing w/ Fast-Latching System
Seating	High Density Seat w/ Adjustable Nylon Mesh Back
Remote Buttons	Resistance, Seat Handlebar Mounted
Dimensions	57" L x 30" W x 57" H
Product Weight	146 lb
Max User Weight	350 lb

## WARRANTY

Residential Warranty: Frame/Brake: Lifetime | Parts: 10 Yrs | Labor: 1 Yr



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