



Recumbent exercise bike for rehabilitation H731_89

Professional recumbent exercise bike for muscular and cardio-respiratory rehabilitation, equipped with an advanced computer, magnetic braking system, and seat depth adjustment for optimal ergonomics. Dimensions: L 150 x W 60 x H 116 cm.

The **H731_89 recumbent exercise bike** is a versatile tool, designed to ensure **comfort and safety during rehabilitation** and to offer personalized and controlled training. Thanks to the **horizontal seat position**, it reduces stress on the joints and lumbar area, making it ideal for users with physical limitations or special postural needs.

The **training computer** allows monitoring of the main parameters in real time: **distance, time, calories, pulse, speed, watts, RPM, and recovery**. **Various training programs** are available, including 10 presets, 1 watt, 4 HRC (Heart Rate Control), and 5 customizable user programs, offering a wide range of exercises for every training level and physical condition.

The **magnetic braking system** ensures smooth and silent pedaling, while the **10 kg flywheel** and **1:24 gear ratio** guarantee regular and uniform movement. **Heart rate detection** is performed via **hand sensors (hand pulse)** or via a chest strap compatible with the **integrated wireless receiver**, for precise heart rate monitoring.

The **seat depth adjustment** allows the bike to be adapted to any body type, ensuring a correct and comfortable position. **Integrated transport wheels** make the bike easy to move. Certified **EN957 - 5 HC**, it offers high standards of safety and quality.

**Choose the quality and comfort of the H731_89 recumbent exercise bike for your home workouts!
 Buy now or request more information.**

Technical characteristics:

- **Braking system:** Magnetic
- **Flywheel mass:** 10 kg
- **Gear ratio:** 1:24
- **Training computer:** Display of distance, time, calories, pulse, speed, watts, RPM, recovery
- **Programs:** 1 manual, 10 preset, 1 watt, 4 HRC, 5 user
- **Display:** LCD
- **Pulse measurement:** Hand pulse and integrated wireless receiver
- **Seat adjustment:** Depth
- **Transport wheels:** Yes
- **Power supply:** 230 VAC - 50 Hz
- **Certification:** EN957 - 5 HC
- **Dimensions:** L 150 x W 60 x H 116 cm
- **Weight:** 43 kg
- **Maximum capacity:** 130 kg

User benefits:

- **Perfect:** for rehabilitation and personalized training.
- **Ergonomic horizontal position:** to reduce pressure on the joints.
- **Advanced parameter monitoring:** with various preset programs.
- **Smooth and natural movement:** thanks to the magnetic braking system and the flywheel.
- **Seat depth adjustment:** for a correct and comfortable posture.

FAQ:

1. What parameters does the training computer monitor?

The computer monitors distance, time, calories, pulse, speed, watts, RPM, and recovery.

2. How many training programs are available?

21 programs are available: 1 manual, 10 preset, 1 watt, 4 HRC, and 5 customizable user programs.

3. Is it compatible with a heart rate belt?

Yes, the integrated wireless receiver is compatible with heart rate belts (not included).

4. Is it suitable for people with joint problems?

Yes, the horizontal position is particularly suitable for those with joint or back problems.

5. What is the maximum supported weight?

The maximum capacity is 130 kg.

Mini buying guide:

The **H731_89 recumbent exercise bike** is designed for those looking for an advanced device for **rehabilitation or controlled training**. Thanks to its ergonomic structure and the ability to monitor parameters in real time, it is ideal for users who require low-impact activity.

The **wide range of preset programs** allows for varied exercises, adapting them to each person's needs. The **magnetic braking system** and **10 kg flywheel** ensure a smooth and safe training experience. Perfect for those wishing to improve physical fitness or for long-term rehabilitation paths.

Recumbent rehabilitation bike, H731_89, professional exercise bike, cardio training, magnetic exercise bike, exercise bike with custom programs

**Images purely indicative.*

INFORMATION



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