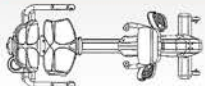


RECUMBENT BIKES

R-45

BODYGUARDFITNESS.COM

SPACE-SAVING
COMMERCIAL GRADE
EXERCISE EQUIPMENT



Footprint
62" L x 25" W x 53" H
157 x 63 x 134 cm

KEY FEATURES



DYNAMIC TRAINING

A wide range of unique customizable workouts that replicate real training scenarios plus some innovative Heart Rate Training programs.



INCREDIBLY SMOOTH FEEL

The momentum created by the self-generating system and precision balanced flywheel lowers perceived exertion.



BIOMECHANICALLY CORRECT

Engineered to replicate natural biomechanics by aligning the hips, knees and ankles.



HANDLEBAR CONTROLS

Easily command the console with the buttons at your fingertips.



STEP-THRU DESIGN

Safely access the seat while holding onto the vertical handlebars. Ideal for users with balance or mobility considerations.



L.C.D. Console

Programs : 16 Preset,
8 Custom & 8 Memory
8 User ID's and a Wireless
Heart Rate Receiver



NO POWER CORDS



For more information please contact your authorized Bodyguard dealer or visit bodyguardfitness.com



SAFETY & COMFORT

Frame Design	Step-Thru
Front Handlebars	Vertical
Quick-Tilt Console	Yes
Seat	Ergonomic
Seat Adjustment	Infinite (sliders)
Seat Range	9.25" / 23.5 cm
Seat Back	Fixed
Handlebar Controls	Yes

MECHANICAL FEATURES

Frame	Steel with Rust Resistant Powder Coating
Seat Rail	Aluminum
Flywheel	Cast Iron
Flywheel Weight	16 lbs / 7 kg
Hub	Industrial Double Sealed Bearings
Resistance Type	Magnetic

TECHNICAL FEATURES

Unit Power	Self-Generated
Display	Blue L.C.D.
Display Feedback	Average Speed, Calories, Calories/Hour, Distance, Elapsed Time, Elevation Change, Goal %, Heart Rate, Maximum Heart Rate %, METS, Pace, RPM's, Speed, Target BPM, Target Remaining, Time In Zone, Watts
Quick Keys	Program Categories & 2 Preset Segments
User ID's	8
Programs	16 Preset, 8 Custom, 8 Memory
Heart Rate Control	Target & Interval (3 Modes)
Resistance Levels	20
Contact Heart Rate	Yes
Wireless Heart Rate	Yes (Compatible 5 kHz Transmitter required)

WEIGHTS & DIMENSIONS

User Weight Capacity	350 lbs / 158 kg
Product Weight	150 lbs / 68 kg
Box Weight	167 lbs / 76 kg
Product Dimensions (L x W X H)	62" x 25" x 53" / 157 x 63 x 134 cm
Box Dimensions (L x W X H)	56" x 11" x 44" / 143 x 29 x 112 cm

COMMERCIAL WARRANTY*

Frame	Lifetime
Parts	5 Years
Labor	2 Years

RESIDENTIAL WARRANTY*

Frame	Lifetime
Parts	10 Years
Labor	3 Years

Interference Standards Compliance	FCC + ICES-003
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*Limited Warranty. Visit bodyguardfitness.com for details. These items and specifications are subject to change.

RECUMBENT BIKES

R-45

Space-Saving Commercial Grade Exercise Equipment-

The Bodyguard R-45 Recumbent bike is designed for users who value comfort, durability and personalized motivational programming

A wide range of features combined with premium quality components

Amazing smooth feeling, tremendous durability

Peace of Mind
Thanks to Bodyguard's great warranty

APPLICATIONS:

Homes, Hotels, Schools, Personal Training Studios, Corporate Gyms, Rehabilitation Clinics, Condominium Buildings or any small to mid-size Commercial Training Facility.

WHY CHOOSE A RECUMBENT BIKE?

- ✓ **Cardiovascular** – great for the heart
- ✓ **Low Impact** – easy on the joints
- ✓ **Lumbar support** – minimal stress on the lower back
- ✓ **Low Perceived Effort** – makes it easy to keep going
- ✓ **Flatter Pedaling Motion** – easy on the knees

IF YOU NEED US, WE'RE HERE TO HELP

Contact Bodyguard's Direct Customer Service Line at **1.888.407.3784**

or customerservice@bodyguardfitness.com or get local help from one of our hundreds of North American Service Partners.

For more information please contact your authorized Bodyguard Fitness dealer or visit bodyguardfitness.com

