

# SPADA SERIES

I.SPADA II H9355I

R.R.P.

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Indoor cycling

Indoor cycling with triple brake system for the most demanding people, it fits any level. Chromed steel flywheel of 20Kg. Reality and performance as an outdoor bike in a indoor cycling bike.



Monitor

### Measurements:

Time, Speed / RPM, Distance, ODO, Calories, Pulse, Watts

- Max. user weight: 130Kg
- Weight: 57Kg
- Dimensions: 130cm x 59cm x 116cm
- Flywheel: Equivalent to 20Kg



### DOUBLE BRAKE SYSTEM

Choose from three types of resistance: Magnetic for a silent training; Friction, for a more realistic feeling; and Combined to train without limits.



### M1 MONITOR

LCD monitor with 12 preset programs and 24 intensity levels.



### I.CONCEPT SYSTEM

i.concept machine with Bluetooth 4.0 technology. Get the most out of your favourite Fitness Apps.



### MIXED PEDALS

Featuring both standard baskets and cycling shoe clips.



Specs	i.Spada II H9355i
Use frequency	Intensive
Maximum user weight	130Kg
Flywheel	Equivalent to 20Kg
Braking system	Magnetic + friction
Transmission	Poly-V belt
Flywheel cover	Yes
Handlebar	Triathlon
Handlebar adjustment	Horizontal and Vertical
Saddle adjustment	Horizontal and Vertical
Pedals	Mixed
Length	130cm
Width	59cm
Height	116cm
Weight	57Kg
Programs	
Preset programs (Prg)	12
Intensity levels	24
Random program (RP)	Yes
Customizable profiles (uprg)	5
Fitness test (FT)	Yes
Heart rate control program (HRC)	4
Recovery Program (RT)	No
Body Fat test (BF)	No
Monitor	
Monochrome LCD screen	Yes
Blue backlit LCD monitor	No
Monitor with HIIT by BH training scheme	No
Universal holder for Smartphones and/or tablets	Yes
Telemetric heartrate	Yes, optional chest belt
Bluetooth heartrate	Yes
iConcept	Yes

 Notes