

XEBEX

F I T N E S S

***Behind The Scenes
look at Xebex Fitness Manufacturing***





INTRO

The Xebex Fitness XT3 PLUS Sled is an innovative training tool that brings conventional training and modern technology together to provide an advanced workout experience. It's intelligently designed to enhance strength and conditioning regimens with an optional, easy-to-use console that enables the user to track their speed, distance, watts, and more. The wheeled design allows for training on virtually any surface while keeping noise at a minimum; the Tri-Handlebar and sled base provide multi-functional pushing, pulling, and wheelbarrow movement options. The variety of functions that the XT3 Plus Sled offers would normally require numerous individual pieces of equipment and enough floor space, while the XT3 Plus Sled conveniently stores vertically into a 28" x 24" area.

PRODUCT SPECS

Gross Weight (with packaging): 51 KG
Net Weight (without packaging): 46 KG
Package Dimensions: 1170x540x470mm
Assembled Dimensions: 1150x714x1206mm

TRAIN SMARTER



MEASURE & TRACK PERFORMANCE

The standard option includes phone holder with 180° rotation and allows you to use a phone timer. Upgrade to the backlit **Smart Connect console** with 180° rotation that displays workout metrics and connects to various third-party apps to record your workout history.

KEY FEATURES

VERTICAL STORAGE

Space-saving footprint of 714mm x 598mm when stored in an upright position

BI-DIRECTIONAL MOVEMENT

Push and pull from either end using the **Tri-Handlebar** and **Low Handlebar**; the 3-wheel design makes the sled easy to maneuver

HASSLE-FREE TRANSPORT

The width fits standard size doorways for effortless transport and convenient storage

MINIMAL NOISE

Wheeled design allows for training on virtually any surface while keeping noise at a minimum



MAGNETIC RESISTANCE

Adjustable magnetic resistance from levels 1 to 8; the harder you push, the greater the resistance

DESIGNED FOR INDOORS & OUTDOORS

The sled is coated with anti-UV black powder coat to withstand the elements

ACCESSORIES INCLUDED

Includes **phone holder** and **V-strap** to attach a harness or rope. Upgrade to console version to track performance metrics (removes phone holder option)



Able to attach harness from back, 2-wheel side which keeps the resistance from front wheel engaged more easily

TRI HANDLEBAR & LOW HANDLEBAR

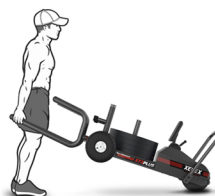
Supports different grip styles for a variety of exercises. Insert the Tri Handlebar into the base to use the sled as a wheelbarrow and add weight on the plate sleeve to increase the load.



CONVENTIONAL HIGH PUSH



X-DRIVE PUSH



WHEELBARROW PUSH



LOW BAR PUSH

PRODUCT SPECS

Gross Weight [with packaging]: 49.2 KG
Net Weight [without packaging]: 42.6 KG
Package Dimensions: 118x61x47cm

KEY FEATURES

USER FRIENDLY

Eco console uses battery only, no adapter or plug-in required

CHALLENGING & EFFECTIVE

10 Levels of air resistance and programmable HIIT workouts



Air Resistance
Damper

MOUNTING OPTIONS

Attach ASKI-FS Floor Stand for freestanding or attach the ASKI-WM Wall Mount Brackets to mount to the wall



MEASURE & TRACK PERFORMANCE

The console is designed for ease of use by all athletes. No need to toggle through multiple screens — all performance metrics are displayed on one screen:

- 500m Pace
- Time
- Pulse
- Watts
- Calories
- Distance
- Strokes
- Resistance Levels



Eco Console



Eco Console
Smart Connect
upgrade (optional)

OPTIONAL UPGRADE TO SMART CONNECT

Upgrade to ASKI-100-EBA Smart Connect console, compatible with the Smart Connect ecosystem of third-party apps

AIRPLUS SKI TRAINER APSKI-200-HBA SMART CONNECT



PRODUCT SPECS

Gross Weight (with packaging): 49.2 KG
Net Weight (without packaging): 42.6 KG
Package Dimensions: 118x61x47cm

KEY FEATURES

USER FRIENDLY

The brightly-lit console is self-generating and features a large, single color display

SMART CONNECT CONSOLE

HIIT console with Smart Connect technology, compatible with the Smart Connect ecosystem of third-party apps

HIIT PROGRESS CIRCLE

Keeps users motivated with a visual representation of their entire workout progress

MOUNTING OPTIONS

Attach **ASKI-FS Floor Stand** for freestanding or attach the **ASKI-WM Wall Mount Brackets** to mount to the wall



HIIT Console
Smart Connect



BLUETOOTH & ANT+ COMPATIBILITY

Compatible with Bluetooth and Ant+ chest belts

AIRPLUS TECHNOLOGY

10 Levels of air resistance and 8 levels of **magnetic resistance (AirPlus)** for a more challenging workout

MEASURE & TRACK PERFORMANCE

The console is designed for ease of use by all athletes. includes our HIIT Progress Circle which keeps users motivated with a visual representation of their workout progress. No need to toggle through multiple screens — all performance metrics are displayed on one screen:

- 500m Pace
- Time
- Pulse
- Watts
- Calories
- Distance
- Strokes
- Progress Circle
- Resistance Levels



Magnetic
Resistance
Selector



Air Resistance
Damper

AIR BIKE AB-1-R



Optional
Bluetooth/ANT+

The Xebex Air Bike features increased durability by using higher quality parts throughout the frame. The frame weighs more than comparable models which leads to more stability and also uses longer-lasting moving parts.

CONSOLE

- Tracks distance, speed, pace, calories burned, watts, and heart rate
- Programmable interval functions
- Set distance time tracking

SPECIFICATIONS

- Net Weight: 49.5kg (109 lbs)
- Ship Weight: 51.5kg (114 lbs)
- Ship Dimensions: 127x28x89 cm (50x11x35 in)
- Assembled Dims: 122x65x133 cm (48x26x52 in)
- Max User Weight: 159kg (350 lbs)
- Warranty: 5 year frame, 2 year parts

PADDED HANDLES

Provides extra comfort

ERGONOMIC SEAT

Sweat-proof and features extra padding

EASY SEAT ADJUSTING

Forward-backward, height, and tilt adjustments

FOOT REST PEGS

Knurled for greater traction and security

EXTRA HEAVY DUTY HANDLES

3X stronger and more durable

USER-FRIENDLY CONSOLE

Tracks a variety of markers and programs functions

24" RESISTANCE FAN; 27" WITH FAN HOUSING

Heavy duty and provides challenging resistance

SEALED BEARING

Security and reliability

UNIVERSAL BALL JOINTS

Provides greater stability and durability for more intense workouts

EASY TRANSPORT

Tilt and wheel away for storage

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FITNESS

AIRPLUS PERFORMANCE BIKE

ABMG-3



Optional
Bluetooth/ANT+

PATENT PENDING

CONSOLE

- Tracks distance, speed, pace, calories burned, watts, and heart rate
- Programmable interval functions
- Set distance time tracking
- Displays resistance level

SPECIFICATIONS

- Net Weight: 51.92kg (115 lbs)
- Ship Weight: 53.92kg (119 lbs)
- Ship Dimensions: 127x28x89 cm (50x11x35 in)
- Assembled Dims: 122x65x133 cm (48x26x52 in)
- Max User Weight: 159kg (350 lbs)

USER-FRIENDLY CONSOLE

Tracks a variety of markers and programs custom workouts

AIR/MAGNETIC RESISTANCE

Wide range of resistance; 8 levels of magnetic resistance

FOOT REST PEGS

Knurled for greater traction and security



EASY TRANSPORT

Tilt and wheel away for storage



UNIVERSAL BALL JOINTS

Greater durability to last through the toughest workouts

EXTRA HEAVY DUTY HANDLES

3x stronger and more durable; padded to reduce slipping

ERGONOMIC SEAT

Oversized for more comfort; sweat-proof

MICRO-ADJUSTABLE SEAT

Adjusts upward/downward, forward/backward



SEALED BEARING

Security and reliability

XEBEX

FITNESS

AIRPLUS EXPERT BIKE

ABVR-3L



PATENT PENDING



Optional
Bluetooth/ANT+

**Advanced version with:
wider handlebar range of motion**

CONSOLE

- Tracks distance, speed, pace, calories burned, watts, and heart rate
- Programmable interval functions
- Set distance time tracking
- Displays resistance level

SPECIFICATIONS

- Net Weight: 79kg (174 lbs)
- Ship Weight: 89kg (196 lbs)
- Ship Dimensions: 145x39x96 cm (57x15x38 in)
- Assembled Dims: 144x66x139 cm (57x26x55 in)
- Max User Weight: 227kg (500 lbs)

MULTI-GRIP HANDLE BAR

Allows for a neutral or narrow grip



Durable construction allows sitting/standing

AIR/MAGNETIC RESISTANCE

Wide range of resistance; 8 levels of magnetic resistance

ERGONOMIC SEAT

Oversized for more comfort

MICRO-ADJUSTABLE SEAT

Adjusts upward/downward, forward/backward

HEAVY DUTY PARTS AND FRAME

Able to withstand seated and standing pedaling

BELT DRIVE

Provides a smooth and quiet ride

85-KG BASE

Heavy base provides stability for even the most intense workouts

PROTECTIVE COVER

Plastic cover provides protection for the user and prevents rusting



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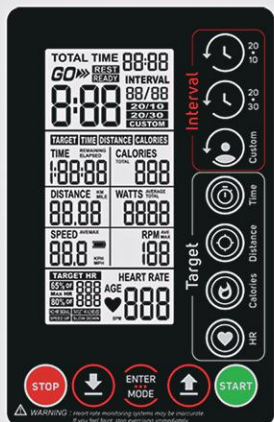
FITNESS

AIR CYCLE ECO

AMSB-01-E

PATENT PENDING

USER-FRIENDLY CONSOLE



- Super Big LCD Display
- Console designed for simplicity and easy viewing
- RPM/ Distance/ Calories/ Pulse/Watts/Speed/Time
- Color-Coded Progress Circle for easy progress tracking

SPECIFICATIONS

- Net Weight: 57.6 kg (127 lbs.)
- Ship Weight: 66 kg (145.5 lbs.)
- Ship Dimensions: 137x42x110 cm

MICRO-ADJUSTABLE SEAT

Saddle fore/aft :
1.5 in (38.1 mm) Approximately

Seat Angle :
30 Degrees of Seat Angle
Adjustability

Seat height Range:
11.65 in (29.6 cm) of
Adjustability
(30 levels)

CONSOLE FORE/AFT

7.56 in (19.2 cm) of
Adjustability



AIR RESISTANCE

Wide range of resistance:
10 levels of air resistance



ERGONOMIC SEAT

Oversized for more
comfort;
sweat-proof



CONSOLE HEIGHT RANGE

Console Height Range:
11.65 in (29.6 cm) of Adjustability
(30 levels)

Console Angle:
270 Degrees of Console Angle
Adjustability

TOE CUP PEDAL

Included with
Air Cycle

EASY TRANSPORT

Tilt and wheel away
for storage



XEBEX
FITNESS

AIRPLUS CYCLE

AMSB-03-BA



PATENT PENDING USER-FRIENDLY CONSOLE



- Wireless SmartConnect Bluetooth/ANT+ functionality

- Super Bright, Color-Coded Backlight Display
- Console designed for simplicity and easy viewing
- RPM/ Distance/ Calories/ Pulse/Watts/Speed/Time
- Color-Coded Progress Circle for easy progress tracking
- Color-Coded Display shows Watts and Pulse Zones
- Ability to see Resistance level on console
- Air Resistance Level color display (White - left side)
- Magnetic Resistance Level color display (Red - right side)

SPECIFICATIONS

- Net Weight: 57.6 kg (127 lbs.)
- Ship Weight: 66 kg (145.5 lbs.)
- Ship Dimensions: 137x42x110 cm

MICRO-ADJUSTABLE SEAT

Saddle fore/aft :
1.5 in (38.1 mm) Approximately

Seat Angle :
30 Degrees of Seat Angle
Adjustability

Seat height Range:
11.65 in (29.6 cm) of
Adjustability
(30 levels)

ERGONOMIC SEAT

Oversized for more
comfort;
sweat-proof



AIR RESISTANCE

Wide range of resistance:
10 levels of air resistance



MAGNETIC RESISTANCE

Wide range of resistance:
8 levels of magnetic
resistance

Optional Adapter plug port



CONSOLE FORE/AFT

7.56 in (19.2 cm) of
Adjustability

CONSOLE HEIGHT RANGE

Console Height Range:
11.65 in (29.6 cm) of Adjustability
(30 levels)



TOE CUP PEDAL

Included with
AirPlus Cycle

EASY TRANSPORT

Tilt and wheel away
for storage



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FITNESS

AIR ROWER 2.0

AR-2



Optional
Bluetooth/ANT+

The overall pull of the Xebex Rower 2.0 runs smoother with every pull, eliminating the aggressive startup pulls that force athletes out of their range of motion. As the athlete builds momentum, each pull becomes smoother.

CONSOLE

- Tracks and displays performance metrics, including distance, speed, calories, heart rate, and more
- Programmable interval functions
- Set distance time tracking

ROWER SPECIFICATIONS

- Net Weight: 42.1kg (93 lbs)
- Ship Weight: 50.8kg (112 lbs)
- Ship Dimensions: 146x66x38 cm (58x26x15 in)
- Assembled Dims: 251x50.6x115 cm (99x20x45 in)
- Max user weight: 227 kg (500 lbs)

USER-FRIENDLY CONSOLE

Tracks heart rate when connected to a HR monitor, includes customizable and preset functions

ERGONOMIC SEAT

Padded and contoured for maximum comfort

55" MONORAIL

Angled for consistently smooth movement

DAMPER

Universal resistance setting that mimics rowing in water; suitable for athletes of all skill levels

21" HIGH BASE
Swift entry and exit

PADDED HANDLEBAR

Lightly padded handle ensures a firm and comfortable grip

ONE-TOUCH FOOTING ADJUSTMENT

Adjusts quickly to retain efficiency

EASY STORAGE AND TRANSPORT

Fold up and wheel away for storage



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FITNESS

AIR ROWER 3.0

AR-3GL



Optional
Bluetooth/ANT+



The overall pull of the Xebex Rower 3.0 runs smoother with every pull, eliminating the aggressive startup pulls that force athletes out of their range of motion. As the athlete builds momentum, each pull becomes smoother.

CONSOLE

- Self-generated backlight
- Tracks and displays performance metrics, including distance, speed, calories, heart rate, and more
- Programmable interval functions
- Set distance time tracking

ROWER SPECIFICATIONS

- Net Weight: 46kg (101 lbs)
- Ship Weight: 50.8kg (112 lbs)
- Ship Dimensions: 146x70x33 cm (58x28x13 in)
- Assembled Dims: 245x61x107 cm (97x24x42 in)
- Max user weight: 227kg (500 lbs)



USER-FRIENDLY CONSOLE

Backlit, tracks heart rate when connected to a HR monitor, includes customizable and preset functions

DAMPER

Universal resistance setting that mimics rowing in water; suitable for athletes of all skill levels

55" MONORAIL

Angled for consistently smooth movement

ERGONOMIC SEAT

Padded and contoured for maximum comfort

21" HIGH BASE

Swift entry and exit

FOOTING ADJUSTMENT

Adjustable length and width

PADDED HANDLEBAR

Lightly padded bamboo handle ensures a firm and comfortable grip

EASY STORAGE AND TRANSPORT

Tilt up and wheel away for storage



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FITNESS

AIRPLUS ROWER

ARRV-4-BA



WIRELESS SMARTCONNECT BLUETOOTH/ANT+ FUNCTIONALITY

- Super Bright, Color-Coded Backlight Display
- Console designed for simplicity and easy viewing
- RPM / Distance / Calories / Pulse / Watts / Speed / Time
- Color-Coded Progress Circle for easy progress tracking
- Color-Coded Display shows Watts and Pulse Zones
- Ability to see Resistance level on console
- Air Resistance Level color display (White-left side)
- Magnetic Resistance Level color display (Red-right side)

ROWER SPECIFICATIONS

- Net Weight: 43 kg (95 lbs.)
- Ship Weight: 50 kg (110 lbs.)
- Ship Dimensions: 254x51x99 cm
- Assembled Dims: 147x66x35 cm
- Max user weight: 227 kg (500 lbs)
- Power supply: Not required
- Warranty: 5 year frame / 2 year non-wear parts



AIRPLUS MAGNETIC RESISTANCE

Supercharge your workout: 8 levels of magnetic resistance gives you the greatest resistance and ability to perform power-specific exercises

AIR RESISTANCE DAMPER

Universal resistance setting that mimics rowing in water: 10 levels of air resistance suitable for athletes of all skill level

HIIT CONSOLE

Super Bright, Color-Coded Backlight Display with HIIT Progress Circle

21" HIGH BASE

Swift entry and exit

ERGONOMIC SEAT

Padded and contoured for maximum comfort

55" MONORAIL

Angled for consistently smooth movement

PADDED HANDLEBAR

Lightly padded handle ensures a firm and comfortable grip

ONE-TOUCH FOOTING ADJUSTMENT

Adjusts quickly to retain efficiency

EASY STORAGE AND TRANSPORT

Fold up and wheel away for storage



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CLIMBER 2.0

CBR-02



CONSOLE W/ BLUETOOTH/ANT+

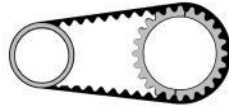
- Bluetooth and ANT+ functionality
- Tracks and displays various performance metrics
- Includes pre-built programs for HIIT and cross-training
- Target programs: time, distance, calories, and heart rate
- Set custom interval programs

CLIMBER 2.0 SPECIFICATIONS

- Net Weight: 91.5 kg (202 lbs)
- Ship Weight: 105 kg (232 lbs)
- Ship Dimensions: 232x76x33 cm (91x30x13 in)
- Assembled Dims: 108.7x100.2x225.4 cm (43x40x89 in)
- Max User Weight: 159kg (350 lbs)
- Power supply: Not required
- Warranty: 5 year frame / 2 year non-wear parts

BELT-DRIVE

20" HANDLEBAR STRIDE
Greater range of motion



BELT DRIVE
Eliminates all noise associated with previous chain-drive models. Provides a much smoother and sophisticated training experience



16 LEVELS OF RESISTANCE

Vary the resistance to meet different training requirements and goals

20" PEDAL STRIDE



SELF-GENERATING POWER
Plug-in not required

BUILT-IN PHONE HOLDER



BACKLIT CONSOLE
Bluetooth/ant+ functionality; includes various HIIT and cross-training programs

ADJUSTABLE HANDLE POSITIONS

4x Handlebar positions; accommodates shorter and taller athletes



FREESTANDING

Heavy duty 91.5 kg base (202 lbs)



EASY TRANSPORT

Tilt and wheel away for hassle-free moving and storage

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F I T N E S S

CLIMBER ACCESSORIES

CBR-01



Climber Cross Crawl Attachment:

Converts "standard pattern" elbow and knee on same side of body maintain equal distance to "cross crawl" elbow and knee approach each other on same side of body.



Climber Neutral Handles:

Attaches to Climber for a neutral grip handle for a running-like motion.

Climber Extender Arms:



Add max height possibility to your climber by extending the max height of handlebars.

Increases the max height of handle by 276mm (11 inches) and adds 126mm to CBR-01 total height (from 2254mm total height without CBR-EXT to 2380mm total height with CBR-EXT)

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Climber Stepper Rail:

Add a padded handle rail for customers to attach to existing Climbers CBR-01

Transforms climber to a more stable base + option for user to rest hands on stepper rail and use legs only like a stepper.



RUNNER **ACTAR-08**



CONSOLE W/ Bluetooth/ANT+

Advanced version with:

- *more accurate speed calculation
- *works with Kinomap now
- Compatible with smartphones and group leaderboard applications
- Tracks and displays various performance measures, including: time, distance, calories, etc.
- Set target time and distance goals
- Specifically designed for high intensity interval training
- Event Mode easily manages competitions and athlete testing

RUNNER SPECIFICATIONS

- Net Weight: 150.7kg (332 lbs)
- Ship Weight: 182.5kg (402 lbs)
- Ship Dimensions: 185x91x56 cm (73x36x22 in)
- Assembled Dims: 179.7x88.4x152.5 cm (71x35x60 in)
- Max user weight, Running: 159 kg (350 lbs.)
- Max user weight, Walking 4 mph max: 318kg (700 lbs.)
- Power supply: Not required

HIGH QUALITY PARTS

Bearings made in Japan, Singapore, and Taiwan. More durable and long-lasting.

INDUSTRY-LEADING DRIVE SYSTEM

116 bearings provide a smoother run:

- 112 precision ball bearings
- 4 pillow block bearings
- 12 roller guides with 2.3 mm tolerance

USER-FRIENDLY CONSOLE

Tracks and displays various performance metrics and programs custom workouts

INCREASE EFFICIENCY

Burn up to 30% more calories

CONVENIENT FEATURES

Includes bottle holder and phone holders

OPTIMIZE PERFORMANCE

2.3 mm lateral tolerance reduces shifting and improves form

HIGH TRACTION

Patterned surface reduces slipping

TENSION ADJUSTER

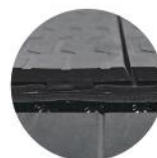
Adjust the slat tightness when running backwards

PILLOW BLOCK BEARINGS



SHOCK ABSORBING

10mm thick vulcanized rubber surface



EASY TRANSPORT

Tilt and wheel away for storage

XEBEX
FITNESS

AIRPLUS RUNNER

ACRT-01



CONSOLE W/ Bluetooth/ANT+

- Compatible with smartphones and group leaderboard applications
- Tracks and displays various performance measures, including: time, distance, calories, etc.
- Set target time and distance goals
- Specifically designed for high intensity interval training
- Event Mode easily manages competitions and athlete testing

RUNNER SPECIFICATIONS

- Net Weight: 160kg (353 lbs)
- Ship Weight: 197kg (434 lbs)
- Ship Dimensions: 185x91x56 cm (73x36x22 in)
- Assembled Dims: 208.9x88.4x167 cm (82x35x66 in)
- Max user weight, Running: 159 kg (350 lbs.)
- Max user weight, Walking 4 mph max: 318kg (700 lbs.)
- Power supply: Not required

INCREASE EFFICIENCY

Burn up to 30% more calories

HIGH QUALITY PARTS

Bearings made in Japan, Singapore, and Taiwan. More durable and long-lasting.

INDUSTRY-LEADING DRIVE SYSTEM

116 bearings provide a smoother run:

- 112 precision ball bearings
- 4 pillow block bearings
- 12 roller guides with 2.3 mm tolerance

OPTIMIZE PERFORMANCE

2.3 mm lateral tolerance reduces shifting and improves form

USER-FRIENDLY CONSOLE

- Tracks and displays various performance metrics and programs custom workouts
- Console backlight button: press and backlight turns on for 5 seconds to be more visible

CONVENIENT FEATURES

Includes bottle holder and phone holders

MAGNETIC RESISTANCE SETTING

- 8 resistance levels
- Wide Range of Resistance Setting from light to very heavy

EASY TRANSPORT

Tilt and wheel away for storage

SHOCK ABSORBING

10mm thick vulcanized rubber surface

HIGH TRACTION

Patterned surface reduces slipping

TENSION ADJUSTER

Adjust the slat tightness when running backwards

PILLOW BLOCK BEARINGS



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FITNESS

MOTORIZED SLAT TREADMILL

AST-02



Console with
Bluetooth/ANT+



TREADMILL FEATURES

- Console tracks and displays various performance measures, including: time, distance, calories, etc.
- Max Speed: 20 KPH (12.5 MPH)
- Max Incline: 15%
- CE approval
- With Fan
- With USB recharging port
- With hand pulse
- With wireless receiver
- With central control box

TREADMILL SPECIFICATIONS

- Net Weight: 194.2 kgs
- Ship Weight: 225 kgs
- Ship Dimensions: 1 95x98x57 cm
- Assembled Dims: 186.3x91.4 x160 cm
- Running Surface: 56 x 147 cm (22" x58")
- Max user weight: 180 kg (400 lbs.)
- AC 2.0HP (Continue)
- AC4.0HP (Peal)
- Power supply : 110V /120V /220V available

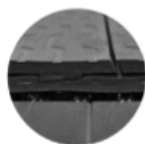
- RUN UNDER REGULAR TREADMILL, MOTORIZED MODE
- OR ADJUST TO RUN UNDER NON-MOTORIZED MODE WITH PRESS OF 1 BUTTON

BUILT FOR COMFORT

Soft, low-impact running surface

HIGH TRACTION

Patterned surface reduces slipping



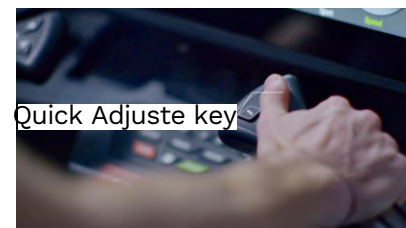
ENDURABLE SLAT BELT

Vulcanized rubber surface

ADJUSTABLE FOOT

LED CONSOLE

with 5K/Hz heart rate receiver
includes bottle holder



Quick Adjuste key

NO DECK DESIGN

Keeps motor longlasting with minimal maintenance

OVER-MOLDED BEARING GUIDE WHEEL WITH PLASTIC

Reduce weight and noise

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