

# Spirit Commercial AB900 Air Bike

£1,295.00

## Product Images



## Short Description

A commercial grade model, the Spirit AB900 Airbike is self powered offering a full bluetooth enabled console as well as range of programs and metrics from the console. The Isokinetic resistance from the large front wheel fan means you can do an upper and lower body resistance workout for the push and pull.

## Choosing A Commercial Air Bike

Air bikes are a great way to get a total body workout. The air-driven resistance works at low RPM, low load right up to high resistance high load scenarios. The AB900 has a small footprint and has been manufactured to be durable and stable even during the most intense workout. Finally, it's comfortable seat and multi adjustment fore/aft and up and down ensures every one is in the perfect ride position.

## Why Choose Air Bikes?

In short, the air bike is synonymous with CrossFit and HIIT sessions and is hugely popular as you can be as intense as you want during a workout. Not only that it's a superb piece of cardio equipment for rehab as even

from a low RPM base you get resistance and can work your upper and lower body.

The AirBike is probably best known for the fact the handles move with your pedalling. As they are not fixed, you also therefore get an upper body workout too. By using the large 'front wheel' fan you get as much or as little resistance as you want, based on how fast or slow you pedal and push and pull on the bars. It's a simple linear relationship that most people seem to love.

## Key Features

- Very low impact, total body workout
- Work arms and legs
- Low to High Intensity and resistance
- Self powered console - site wherever
- Small footprint
- Strong steel frame
- Console has Bluetooth for apps and LCD has all important metrics.
- Commercial grade 1/8" chain drive system with fixed gear
- High-quality bearings NOT bushings on pedals
- Full seat adjustment up/down, fore and aft
- Wide, low profile pedals
- Transport wheels built in for easy movement

## Additional Information

SKU	AU800-GA001-01F
Weight	48.000000
Equipment Usage	Home & Commercial Use
Warranty	3yrs Parts & Labour
Made From	Commercial-Grade Structural Steel w/ Durable Powder-Coat Paint
Display Monitor	LED
Console Functions	Interval, target time, distance/calories, watts/speed/RPM and heart rate;
Program Types	Quick start, target time, target distance, target calories, target heart rate, interval 20-10, interval 10-20, interval custom
Max User Weight	350 lbs
Power Source	Self-contained power supply, no external power needed (console requires 4x AA batteries)
Resistance Type	Isokinetic, air resistance
Drivetrain	1/8" chain
Pedal Type	Pedals: Flat, platform-style pedals with anti-skid surface/knurled footrests for upper-body only workout
Saddle	Cushioned, Performance Design
Seat Adjustment	Up/down – locking pop-pin, fore/aft – lever lock
Type of Weight	Bike Weight 119 lbs.
Width Dimensions	26 in
Height Dimensions	50 in
Depth Dimensions	48 in