

Assault Fitness Assault Bike Classic

£745.00

Product Images





Short Description



This popular HIIT Bike was designed by athletes for athletes and is the bike most CrossFitters love to hate. The Assault Fitness Assault Bike Classic offers you a low impact HIIT workout. The resistance increases the harder you work and thanks to working upper and lower body simultaneously, you will get a harder workout and burn more calories than a conventional bike.

With an easy to read LCD console that tracks all the key metrics you will need, it's the perfect bike for a home gym where you just need to get a workout and you hate rowing!

Why Choose An Assault Bike?

This is the Assault Bike Classic (which is really the home version) which is a heavy duty and sturdy air bike that could feature in most CrossFit Boxes (see the Assault Bike Pro for the commercial model). With non slip feet and a steel frame, you can throw as much leg and arm power at this as you want.

The transition from the original version to a v2 has included the addition of 20 sealed-bearings across the bike to help keep the pedal and arm action as smooth as you like. The 25" steel fan creates the resistance and you can seamlessly increase the harder you workout - no buttons or levers to worry about - just pedal and push and pull harder to increase your resistance. Adjustments for the height and rake of the seat mean you're perfectly set for each workout.

Finally, the LCD console offers Watts; Calories; Distance; Speed; Time; Odometer; Heart Rate Monitor, RPM, and Interval Training options.

Key Features

- Durable HIIT Bike
- Smooth pedal and arm action
- 25" Diameter steel fan
- High-resolution clear LCD console
- Adjustable seat height and rake
- Pedals and Cranks Reinforced
- Heavy-Duty Steel Frame
- Solid Rubber Footings
- Industrial Powder Coating

Additional Information

SKU	AF-ABC
Weight	44.000000
Equipment Usage	Home Use
Warranty	2 Year Warranty Parts (based on a non-commercial setting). 5 Year Warranty on Welds
Max User Weight	155kg
Resistance Type	Air resistance - 25" fan
Seat Adjustment	Adjustment for height and rake
Length Dimensions	1300mm
Width Dimensions	600mm
Height Dimensions	1230mm