



**Coastal  
Fitness**

*Since 1999*

Keeping South Florida Healthy  
& Fit for over 20 Years!

**BODYCRAFT**

**EXP SERIES™**

# R1000 RECUMBENT

One of the Most Comfortable and Fully Featured Recumbent Bikes Available. The R1000 is a Commercial Recumbent Bike Featuring a Fully Adjustable, Ultra-Wide, Extra Padded Comfort Seat with Lumbar Support Back Pad. Safe and Easy Walk-Through Frame Design. Features and Ergonomics of the R1000 Ensure a Comfortable, Quiet, and Smooth Workout.

Fully Interchangeable EXP Series Consoles. Choose between the 16" and 10" Touchscreen Consoles or Our 9" LCD Console



Fully Adjustable Ultra-Wide Extra Padded Comfort Seat with Lumbar Support Back Pad.

## CONSOLE OPTIONS

**16 INCH  
TOUCHSCREEN**



**10 INCH  
TOUCHSCREEN**



**9 INCH  
LCD**



## HIGHLIGHTS

- Interchangeable EXP Series Consoles
- Quiet Pure Precision Commercial Generator Brake
  - 30 Resistance Levels
  - Heart Rate Hand Pulse Grips
  - Handlebar Resistance Controls
- BODYCRAFT CONNECT Module for Connecting Apps on Smart Phone or Tablet

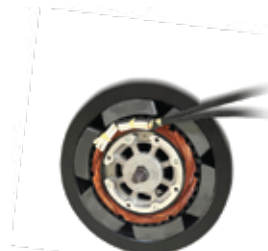
## HIGHLIGHTS



HR PULSE GRIPS W/ QUICK LEVEL KEYS



6 RECLINING & 16 FORE/AFT POSITIONS



WHISPER QUIET GENERATOR BRAKE



561-712-0381



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# R1000 UPRIGHT BIKE



## TECHNICAL SPECIFICATIONS

<b>BRAKE SYSTEM</b>	Whisper Quiet Pure Precision Commercial Generator Brake
<b>RESISTANCE</b>	30 / 610 Watts Max
<b>DRIVE SYSTEM</b>	10 LB Flywheel with Dual Stage Drive
<b>PEDAL SPACING</b>	Q Factor 7.5"
<b>SEAT</b>	Ultra Wide Comfort Seat w/ 6 Reclining and 16 Fore / Aft Positions
<b>SEAT HANDLE</b>	Built-in Adjustable Resistance Controls
<b>HEART RATE</b>	Hand Pulse Grips / Wireless Receiver (Bluetooth, ANT+, & 5kHz)
<b>STABILITY</b>	Adjustable Self Leveling Stabilizer Feet
<b>ENTRY/EXIT</b>	Walk Through Frame - Front Frame Grips
<b>QUICK KEYS</b>	Quick Level Keys
<b>POWER</b>	12V - 3 AMP - AC Adapter / Self Generating LCD Display
<b>MAX USER WEIGHT</b>	400 lbs
<b>DIMENSIONS/WEIGHT</b>	58"L x 27"W x 60"H / 197 lbs Assembled (205 lbs Packaged)

## TOUCHSCREEN CONSOLE SPECIFICATIONS

<b>DISPLAY</b>	10" or 16" High Definition, Full Color, Interactive Touch Screen Computer Display
<b>DATA FEEDBACK</b>	User Defined Data Feedback: RPM, Distance, Speed, Time, Pulse, METs, Calories, Watts, Level, Profile, Media, Volume, Wifi, Bluetooth, Workout Summary
<b>USER PROFILES</b>	6 Fully Customizable User Profiles - 10 Favorite/Custom Programs Each - Stores Comprehensive Data
<b>PROGRAMS</b>	20+ Pre-Loaded Programs: Quick Start, Classics (Goals, Hill, Random, Plateau, Constant Power, Race), Intervals (Classic, HIIT, Custom), HRC's Target, Interval, Fat Burn, Cardio), Fitness Test, Custom, Cool Down
<b>VIRTUAL SCENES</b>	4 Virtual Scenes - Forests, Beaches, Tropics, Mountains
<b>APPS/MEDIA</b>	Pre-Loaded Media Apps, Chrome, YouTube, Facebook, Instagram, Hulu, Netflix, Disney+, Prime Video, Spotify, USB Music MP3 and Video MP4, HDMI Input, Use Bluetooth to Connect to Apps on Your Device
<b>BODYCRAFT CONNECT</b>	BODYCRAFT CONNECT Module for Connecting Apps on Smart Phone or Tablet
<b>HEART RATE</b>	Bluetooth, ANT+, and 5kHz Wireless Receivers
<b>AUDIO</b>	3.5mm Audio Jack & Wireless Bluetooth Audio
<b>USB</b>	Power Charging, Software Updates, MP3/MP4 Player
<b>INTERNET</b>	Wired (Ethernet) and Wireless (Wifi) Internet, Cloud Software Update
<b>HDMI</b>	HDMI Input to Expand Your Entertainment Experience
<b>C-SAFE</b>	Dual C-Safe Ports, Charging port and Communication port for optional 3rd party devices.
<b>LANGUAGE</b>	Choose from 4 Languages, English, French, Spanish, or Chinese
<b>MANAGER MODE</b>	Change Parameters, Add Own Logo, Error Code Feedback, Software Updates, Diagnostic History Log, and More

## LCD CONSOLE SPECIFICATIONS

<b>DISPLAY</b>	9" Black Mask LCD Interactive Computer Display
<b>DATA FEEDBACK</b>	All-In-One Continuous Feedback with Message Center. RPM, Distance, Speed, Time, Pulse, METs, Calories, Watts, Level, Profile, Workout Summary.
<b>USER PROFILES</b>	2 User Profiles--(Can Be Disabled)
<b>PROGRAMS</b>	10 Pre-Loaded Programs - INTERVAL, HIIT - (High Intensity Interval Training), HRC - ( Target, HR Interval ), MANUAL - ( Goal ), CLASSIC - ( Random, Hill, Plateau ), CONSTANT POWER - ( Watts ), Cool Down
<b>C-SAFE</b>	Dual C-Safe Ports, Charging port and Communication port for optional 3rd party devices.
<b>BODYCRAFT CONNECT</b>	BODYCRAFT CONNECT Module for Connecting Apps on Smart Phone or Tablet
<b>HEART RATE</b>	Bluetooth, ANT+, and 5kHz Wireless Receivers
<b>MANAGER MODE</b>	Software Update, Pause Mode, Display Mode, and More
<b>USB</b>	Power Charging, Software Updates

## WARRANTY

<b>COMMERCIAL</b>	Frame: 10 Years / Parts: 5 Years / 3 Years Console Parts* / Labor: 2 Years** *90 Days CSAFE & USB Ports **Excludes CSAFE & USB Ports, No Labor
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