



**Coastal
Fitness**

Since 1999

Keeping South Florida Healthy
& Fit for over 25 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

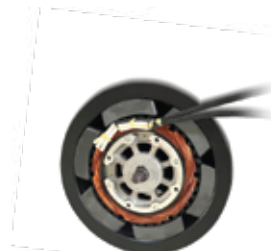
HIGHLIGHTS



HR PULSE GRIPS W/ QUICK LEVEL KEYS



6 RECLINING & 16 FORE/AFT POSITIONS



WHISPER QUIET GENERATOR BRAKE



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

R1000 UPRIGHT BIKE



TECHNICAL SPECIFICATIONS

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

TOUCHSCREEN CONSOLE SPECIFICATIONS

DISPLAY	10" or 16" High Definition, Full Color, Interactive Touch Screen Computer Display
DATA FEEDBACK	User Defined Data Feedback: RPM, Distance, Speed, Time, Pulse, METs, Calories, Watts, Level, Profile, Media, Volume, Wifi, Bluetooth, Workout Summary
USER PROFILES	6 Fully Customizable User Profiles - 10 Favorite/Custom Programs Each - Stores Comprehensive Data
PROGRAMS	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
VIRTUAL SCENES	4 Virtual Scenes - Forests, Beaches, Tropics, Mountains
APPS/MEDIA	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
BODYCRAFT CONNECT	BODYCRAFT CONNECT Module for Connecting Apps on Smart Phone or Tablet
HEART RATE	Bluetooth, ANT+, and 5kHz Wireless Receivers
AUDIO	3.5mm Audio Jack & Wireless Bluetooth Audio
USB	Power Charging, Software Updates, MP3/MP4 Player
INTERNET	Wired (Ethernet) and Wireless (Wifi) Internet, Cloud Software Update
HDMI	HDMI Input to Expand Your Entertainment Experience
C-SAFE	Dual C-Safe Ports, Charging port and Communication port for optional 3rd party devices.
LANGUAGE	Choose from 4 Languages, English, French, Spanish, or Chinese
MANAGER MODE	Change Parameters, Add Own Logo, Error Code Feedback, Software Updates, Diagnostic History Log, and More

LCD CONSOLE SPECIFICATIONS

DISPLAY	9" Black Mask LCD Interactive Computer Display
DATA FEEDBACK	All-In-One Continuous Feedback with Message Center. RPM, Distance, Speed, Time, Pulse, METs, Calories, Watts, Level, Profile, Workout Summary.
USER PROFILES	2 User Profiles--(Can Be Disabled)
PROGRAMS	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
C-SAFE	Dual C-Safe Ports, Charging port and Communication port for optional 3rd party devices.
BODYCRAFT CONNECT	BODYCRAFT CONNECT Module for Connecting Apps on Smart Phone or Tablet
HEART RATE	Bluetooth, ANT+, and 5kHz Wireless Receivers
MANAGER MODE	Software Update, Pause Mode, Display Mode, and More
USB	Power Charging, Software Updates

WARRANTY

COMMERCIAL	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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