



Keeping South Florida Healthy
& Fit for over 20 Years!

BODYCRAFT

R400G

SEMI-RECLINING EXERCISE BIKE

The R400g is a Remarkable Semi-Recumbent Bike. Its Compact Size Belies the Commercial Quality Construction. Infinitely Adjustable to Fit Almost Every Size User, Yet Only 48 inches Long. Generator Driven - Place this Bike ANYWHERE in the Room Without the Worry of Running a Cord to an Outlet! You are the Power. Add the Optional Progressive Power Arms to Simultaneously Train Both your Cardiovascular System AND Upper Body.



AT THE TIPS OF YOUR FINGERS

Our Designers Integrated Console Controls and Heart Rate Pulse Grips into the Ergonomically Correct Handle Bars so You Can Control Your Workout From the Comfort of Your Seat. Sit Back and GD!



DARTH VAPOR TRANSMISSION

Stay Cool and Comfortable During Your Workout with Our Cool-Breeze Mesh 3 Position Reclining Seat Back and Ultra-Wide Comfort Seat. Our Mesh Seat Back Allows Moisture Vapor Transmission and Airflow, Helping to Keep You Cool and Dry.



(SHOWN WITH OPTIONAL PROGRESSIVE POWER ARMS)



PROGRESSIVE POWER ARMS



NO WIRES, NO PLUG, NO WORRIES



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R400G

SEMI-RECUMBENT EXERCISE BIKE

- No Plug-In Required. Place Anywhere in Your Room with Our Generator Driven Hybrid Magnetic **GREEN** Brake System
- Up to 20 levels of Resistance utilizing BODYCRAFT Eddy Current Technology
- Ergonomic Handle Bars with Console Controls and Heart Rate Pulse Grips
- BluView High Contrast LCD Display with Extendable Tablet/ Phone Holder
- Infinite Fore/Aft Seat Positions on Ball Bearing Rollers and Extruded Aluminum Seat Track
- Binding Style Speed Ratchet Foot Pedals
- Entertainment Features Include Built-in Extendable Tablet/Phone Holder. and Reading Rack
- Ultra-Wide Comfort Seat and Conforming Cool-Breeze Mesh Seat Back W/ 3 Reclining Positions
- Center Mounted Water Bottle Holder
- Easy Glide Transport Wheels

SPECS

- **FRAME:** 4mm Thick (11 Gauge) Steel Frame W/ Diamond Gray Powder Coat Finish
- **PEDAL SPACING:** 5" with Speed Ratchet Pedals
- **STEP THROUGH HEIGHT:** 9.5" Ultra Low Height
- **BEARINGS:** Industrial SKF Precision Sealed Bearings
- **HANDLEBAR:** Ergonomically Correct Seat Mounted Handlebars with Console Controls and Heart Rate Pulse Grips
- **FLYWHEEL,** 201b Precision Balanced. Perimeter Weighted
- **MAX USER WEIGHT:** 350 pounds
- **CONVENIENCE,** Built-in Transport Wheels, Reading Rack. Extendable Tablet Holder and Water Bottle Holder
- **DIMENSION:** 48" L x 21" W x 39" H (Boxed) 51" L x 15" W x 30" H
- **WEIGHT (Boxed):** 155lbs (Assembled) 136lbs

BODYCRAFT

BluView HC DISPLAY

- High Contrast LCD Infinity Display
- Alphanumeric Display Window
- Workout Summary Review
- Quick Start/ Go Key
- Extendable Tablet/ Phone Holder
- Built in Wireless HR Receiver - Readings Taken from Either included Pulse Hand Grips or Compatible with Any 5 kHz HR Strap
- User Profile Customization - Age, Weight Program Time. Target/Work HR
- 8 Programs - Manual Random, Interval Hill Climb. Strength. Target HR. HR Interval and Custom
- User Activity Saved for 3 Minutes when Machine is Not Moving and 10 Sec Backlight
- Data Display Windows - Speed, Time, Distance, Calories, RPM. Level, Watts, and Pulse



WARRANTY

- **RESIDENTIAL,** Lifetime-Frame/7 Year -Parts/2 Years - Labor
- **LIGHT COMMERCIAL:** 10 year-Frame/3 year-Parts/1 Year - Labor (RatadUpID5/hrsDay)



BINDING STYLE SPEED RATCHET PEDALS



INFINITE SLIDE ADJUSTMENT



CONFORMING COOL-BREEZE MESH SEAT BACK W/ 3 RECLINING POSITIONS