



Prescribed for Progress™



REX™

RECUMBENT ELLIPTICAL

REX's smooth, natural knee movement replicates climbing stairs to improve functional gait.

- Smooth, elliptical movement for efficient total body exercise in both directions
- Dual position handles allow muscle change on the fly
- Knee-to-elbow core exercise
- Comfortable, sturdy orthopedic footbeds with safety edge
- Bi-directional exercise
- Very low starting resistance
- Premium seat swivels for easy access but due to the nature of the REX's design, it does not adjust up and down or have a reclining back.

REX with Premium Seat and Cool Grey Covers



SPECIFICATIONS

Specification	REX™
Workout Position	Recumbent
Console	Intell-Fit
Seat System	Premium Seat with swivel and forward/back adjustability
Handgrips & Footbeds	Dual-position handgrips and orthopedic footbeds with patented Bio-Flex™ technology
Easy Entry Step & Handrails	n/a
Medical CE IIa Certification	No
Contact Heart Rate	n/a
Resistance	200 levels of bi-directional resistance adjustable in 0.1 increments
Programmes	Manual • Iso-Strength • Heart Rate • Constant Work • Random • Hill Profiles • Fit-Quik • Power Burst • Heart-Fit Test • Heart-Fit Training • Power-Fit Test • Power-Fit Training
Feedback	Heart Rate • Time • RPM • Calories • Distance • Level • Watts • METS
Power	Self-generating from just 6 watts with auto recharge and battery back up
Length	182cm
Width	71cm
Height	140cm
Weight	128kg
Max. User Capacity	204kg
Colour	Silver powder coated frame and cool grey covers
Warranty	3 years parts

Optional Accessories

- Footstraps (as pictured)



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