

BODYCRAFT

R25

Whether you live in a large house, or a small apartment, space is a luxury not to be squandered. This is the reason behind the innovative space-saving design of the R25 Recumbent Bike. The R25 is only 48 inches long, requiring much less space than other bikes. Yet, the infinite adjustability fits most any size user. Built and warranted for Commercial use, but priced for Home use, the R25 will provide many years of impact-free exercise!

- Back Relief™ Air Grid Back Pad w/ Lumbar keeps you cool and comfortable. Three different adjustable positions from Upright to Reclining.
- Ultra-Smooth Perimeter-Weighted 25-Pound Flywheel
- User Watt Output range from 4 - 685 Watts



The state-of-the-art 2-color LCD display keeps you constantly informed of vital stats such as workout time, distance, calories burned, pulse rate, and watts output. There is even a Fitness Test you can perform at the end of a workout that provides a score of your fitness level.



Telemetry Chest Strap and Hand Grip pulse monitors are included for accurate monitoring and HR control programs.

Why Heart Rate Control (HRC)?

Exercising in HRC mode is akin to using cruise control on a vehicle. Many factors affect your heart rate and changes in heart rate; fit level, current stress levels, last meal, etc. The HRC programs eliminate the need to guess the required effort to keep your heart rate in the desired target zone. The HRC programs will automatically adjust the resistance to automatically keep your heart rate at the desired level.

R18		R25	
Display type	Console		
	Multi-Window Backlit LCD with 16 x 16 Profile Matrix		
	Easy to use Tactile Buttons, and Scrolling Wheel		
	Program Profile, Current User, Speed/RPM, Remaining/Elapsed Time, Distance, Pulse, Calories Burned/Watts*		
	Yes, 4 minutes to resume before power down		
Input	*The display can count up or down based on any target goal you preset.		
	Programs		
	12 Preset Programs, plus one Fitness Test**		
	4 User Created Memory Banks - Profile, and/or Target Controlled Programs		
	N/A		
Display Feedback	3 HRC Programs at Different Target Levels		
	16		
	Manual with one Quick Start, or four different Target Goals		
	** Programs include a Fitness Test in the Recovery Program. It monitors and provides a score of your fitness level.		
	Drive		
Pause Feature	Silent Ride™ Servo-controlled Eddy Current Brake		
	18lb Perimeter Weighted Flywheel		
	25lb Perimeter Weighted Flywheel		
	3 - 375 Watts		
	4 - 685 Watts		
Presets	Hutchinson 6 Rib Poly V Automotive Drive Belt		
	3-Piece Crank with 5" Spacing		
	Commercial German SKF Bearings		
	Self Leveling with Adjustable Straps		
	Self Leveling with Quick Adjust Straps		
Custom	Power		
	110VAC Plug-in Power Supply		
	Physical Specifications		
	48"L x 21"W x 39"H		
	142lbs.		
Heart Rate Controlled	155lbs.		
	350 lbs.		
	Residential and Light Commercial up to 5 hours a day.		
	Additional Features		
	Hand Grip		
Resistance Levels	Hand Grip, and Wireless HR Belt (Belt Included)		
	Yes		
	Yes		
	Yes		
	Ergonomics		
Manual	Vertical Back Pad Adjustment		
	Adjustable Reclining Back Pad		
	Infinite Adjustment Friction Brake along a No-Rust Aluminum Rail		
	Upholstered w/ Lumbar		
	Back Relief™ Air Grid Mesh Seat Back w/ Lumbar		
Resistance Brake	Side for Riding and Front to assist Entry and Exit of the Bike		
	Yes		
	Construction		
	Robotically welded 4mm thick (11 gauge) Steel, Punch-thru posts with 4-way welds		
	Electro-statically applied No-Rust Powder Coat Paint		
Flywheel Weight	Non-corrosive Aluminum Extruded Seat Track		
	Warranty		
	Lifetime Frame, 3 Years Parts, 1 Year Labor		
	Lifetime Frame, 5 Years Parts, 1 Year Labor		
	10 Years Frame, 2 Years Parts, 90Days Labor		
User Power Output	Parts Warranty include Resistance Brake and Electronics		
	Upgrades from the R18 to the R25 are displayed in Blue		
Drive Belt			
Crank Specs			
Crank Bearings			
Pedals			
Power Supply			
Assembled Dimensions			
Unit Weight			
User Weight Capacity			
Operating Environment			
Heart Rate Type			
Water Bottle/Holder			
Transport Wheels			
Frame Levelers			
Seat Back Adjustments			
Seat Slide Adjustments			
Back Pad			
Handlebars			
Step Through			
Frame			
Paint			
Seat Rail			
Residential			
Light Commercial			