

R400G

SEMI-RECLINING EXERCISE BIKE

BODYCRAFT

COMPACT COOLING COMFORT

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.



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.



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 GO!



Extendable
Tablet/Phone
Holder

BluView HC DISPLAY

Customizable High Contrast LCD Display Featuring an Extendable Tablet/Phone Holder, Reading Rack, and Intuitive User Interface Design Making Your Workout a Simple, Fun, and Educational Experience



PROGRESSIVE POWER ARMS

Add our Optional PPA's to Simultaneously Train Cardio and Your Upper Body. Perform Chest Press, Arm Curls, Shoulder Press, and More! 7 Easily Adjustable Positions for a Comprehensive, Fun Workout

NO WIRES, NO PLUG, NO WORRIES

Self Powered and Driven by Our Hybrid Magnetic GREEN Brake System, the R400G Can be Placed Anywhere In a Room Without the Need to be Plugged in. Never Worry About Wires on the Floor or Pesky Power Surges Causing Havoc On the Electronics

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FEATURES AND SPECS

FEATURES

- 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

- ELECTRICAL REQUIREMENTS: None, Self-Generated with Our New "**GREEN**" Hybrid Generator
- RESISTANCE: Eddy Current **GREEN** Brake with 20 Levels
- 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: 20lb 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

WARRANTY

- RESIDENTIAL: Lifetime- Frame / 7 Year - Parts / 2 Years - Labor
- LIGHT COMMERCIAL: 10 year- Frame / 3 year- Parts / 1 Year - Labor
(Rated Up to 5/hrs Day)



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



BINDING STYLE SPEED RATCHET PEDALS



INFINITE FORE/AFT PRESSURE BRAKE SLIDE ADJUSTMENT



ERGONOMIC HANDLEBARS W/ CONSOLE CONTROLS AND HEART RATE PULSE GRIPS

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