Cardio machines
Cardio machine

- 365 days per year
- Reduced risk of injury
- Stable conditions for program
- The precise dosage for workload
The development of devices depends on the technology?
Adjustment of exercise bike

12 reasons why **BODY BIKE**

- Various saddles for option
- Saddle horizontal and vertical adjustable for body size 140–215 cm
- Fly-wheel 21kg (± 46.3 lb)
- Zinc-phosphated and powder coated frame
- Various pedales for option
- Micro adjustable brake system with push button emergency stop
- Handle bar horizontal and vertical adjustable for body size 140–215 cm
- Easy care by stainless steel shroud
- Bottle rack
- Re-tensionable drive-belt
- High safety standard by covered fly-wheel
- Transport rollers

**BODY BIKE**

E-mail: bodybike@stg-fitnessproducts.de • Internet: www.stg-fitnessproducts.de
STG Fitnessproducts-Trading GmbH • Holger-Crafoord-Strasse 11/1 • D-72379 Hechingen
TEL (49) 7471-91393 • FAX (49) 7471-91394
Harte rate during the exercise

PULS U TOKU OPTEREĆENJA
Exercise bike

PROFILE of track
MODEL of training
ZONE OPTEREĆENJA
Horizontal bicycle 2.
Bike Orizzontale
SPINING
Power-Stepper

499.-
Adjustment

The electronic cockpit - a precision instrument for recording your rise to all new heights of fitness. Measuring and monitoring time and performance, it lets you program your workouts. It can also set your training rhythm. On display: time, stop timer, movement counter, pace timer.

Rising to the challenge? Then it's time to increase the tread load. It's infinitely variable thanks to two hydraulic cylinders.
Nordic skiing
Running
Walking up hill
Nordic skiing
Hiking
Your Trimm-Drive as a Rowing Trainer

This enables your respiratory tract right to the apex of your lungs. Just a few weeks' training are enough to give you the well-developed back muscles of a rower or canoeist.

Your Trimm-Drive as a Toboggan

Tobogganers have slim waists, and soon so will you. Because tobogganing uses a lot of trunk side muscle power to correct the steering.

In this exercise, you carry out exactly the same sequences of movements.

Your Trimm-Drive as a Swimming Trainer

The best stroke for reducing superfluous tummy fat is without a doubt the butterfly. While backstroke, on the other hand, strengthens the shoulder muscles. With the Trimm-Drive, both swimming styles are possible.

Dimensions: 150 cm long x 30 cm wide x 22 cm high

Width with rowing attachment fitted: 135 cm

2-Year Guarantee
Slide aerobic
Pulsschläge pro Minute

Altersabhängige maximale Herzfrequenz

Aerober Trainingszone

Lebensalter in Jahren

D. Mitić
Interaction between HR and workload
Classic concept

The cardiovascular area

D. Mitić
Club concept