

# HEALTHY SPINNER

whole body cycle exercisers

## spinning bike

The HealthySpinner is a very heavy and stable fixed wheel training bike. Mostly used by keen cyclists to train indoors.

It is a serious calorie burner and is great for strength training, toning & fat burn. It has no training computer and is normally used in a class environment, where people come together with a qualified instructor.

The seat and handlebars have five adjustments to create perfect geometry. The high gauge V Belt which connects the crank to the flywheel always transmits a silent and genuine cycling feel.

### Model Specification

type	exercise cycle		
max user weight	224kg		
net unit weight	52kg		
dimintions (cm)	135 (l)	120 (w)	53 (h)
dimintions (inch)	54 (l)	47 (w)	60 (h)



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