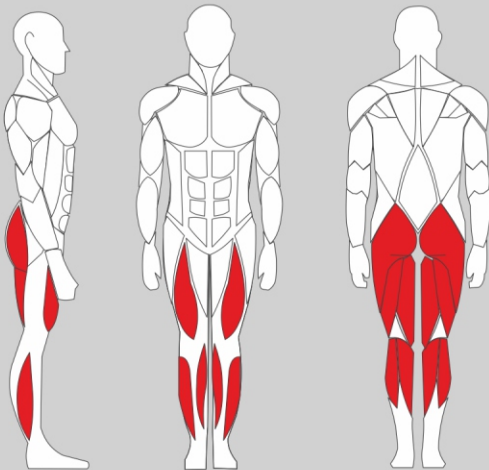


◆ A perfect choice for seated workouts, due to its ergonomic seat and back support, the Intenza 450 RBi2 Series Recumbent Bike brings aesthetics and optimal efficiency together to create a product that supports a lifetime of healthy living. The ultimate combination of function and results, and particularly suited to positive agers, this machine will challenge the way athletes and beginners think about their training.

◆ **MUSCLE WORKED:**  
Quadriceps, Hamstrings, Shins, Calf muscles, Glutes



Display readouts	<ul style="list-style-type: none"> <li>HR, Resistance level, Time, Watts, Calories, Distance, RPM, Speed, workout summary, Workout Profile</li> </ul>
OPTITRAIN	<ul style="list-style-type: none"> <li>Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts</li> </ul>
Heart rate monitoring	<ul style="list-style-type: none"> <li>Polar®-coded wireless telemetry technology: built-in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability</li> </ul>
Display type	<ul style="list-style-type: none"> <li>Industrial grade 12" colour TFT LCD display for longer life time.</li> </ul>
On-the-fly	<ul style="list-style-type: none"> <li>Allows switching to other workout programs during exercise</li> </ul> <p><b>Performance Features:</b></p>
Belt drive	<ul style="list-style-type: none"> <li>Belt drive system for smoother, quieter performance. Minimize maintenance. Service made quick and easy</li> </ul>
3-Phase generator	<ul style="list-style-type: none"> <li>Power saving hybrid generator delivers consistent performance for a smooth and quiet workout</li> </ul>
Bottom bracket	<ul style="list-style-type: none"> <li>High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance</li> </ul>
Max user weight	<ul style="list-style-type: none"> <li>181kg</li> </ul>
Resistance levels	<ul style="list-style-type: none"> <li>40 resistance levels meets new European EN 957-5 standards</li> </ul> <p><b>Workout options:</b></p>
Fitness test	<ul style="list-style-type: none"> <li>Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand-rhythmic</li> </ul>
Target program	<ul style="list-style-type: none"> <li>3 Target programs: Time (1-99 mins), Distance (1-99km), Calories (10-2500 Kcal)</li> </ul>
Advance program HR control	<ul style="list-style-type: none"> <li>10 Preset programs</li> <li>4 heart rate control programs in constant power mode-HR Zone, Interval, Hill, Cardio Strength</li> </ul> <p><b>Comfort features:</b></p>
Accessories holder	<ul style="list-style-type: none"> <li>Yes</li> </ul>
Frame	<ul style="list-style-type: none"> <li>Robust frame structure designed to ensure stability and durability. Low cross over design allows for ease of getting on and off the bike</li> </ul>
Multi-functional handlebar	<ul style="list-style-type: none"> <li>Ergonomically designed handlebar with integrated contact HR and resistance adjustment buttons for ease of use during workout</li> </ul>
Pedals	<ul style="list-style-type: none"> <li>Ergonomic oversized pedals with integrated straps for quick adjustments.</li> </ul>
Seat back and saddle	<ul style="list-style-type: none"> <li>Ergonomic ventilated seat back designed with lumbar support delivers maximum comfort and support.</li> </ul>
Dimensions	<p><b>Overall dimensions:</b></p> <ul style="list-style-type: none"> <li>63" x 28" x 49"</li> </ul>