



SPIRIT

Newsletter - January 2019



Maximum Burn

The SPIRIT AB900 Air Bike is the perfect way to kickstart your workout and burn calories more efficiently. With a self propelled 27" steel resistance fan users can train like a pro athlete but at your own pace; the harder you pedal, the higher the resistance becomes! A recommended basic workout with beginner conditioning goes as follows: 10 sets - 30 seconds on (max effort), 30 seconds off (low effort or stop). We all know the feeling of agony working through that hard 30 seconds, it seemingly goes on forever and yet the rest period goes by in a flash. Sticking to a similar regime you may then expand on the basics and set your own individual training goals with custom modes. For a true H.I.I.T. workout let the superior craftsmanship and quality of the SPIRIT AB900 Air Bike bring you that much closer to realizing your maximum fitness potential.

Coming Soon in 2019

✉ SALES@DYACO.CA 🌐 WWW.SPIRITFITNESS.CA

AB900 Air Bike



RESISTANCE 27", 9-blade fan produces unlimited air resistance

DRIVE SYSTEM 1/8" chain

DIMENSIONS 1220 x 658 x 1281 mm / 48 x 26 x 50 in

PRODUCT WEIGHT 54 kg / 119 lbs

MAX. USER WEIGHT 159 kg / 350 lbs

WARRANTY INFORMATION

Commercial (All Facilities) – 5 years frame, 2 years console and mechanical parts, and 1 year labour



SPIRITFIT APP

Bluetooth compatible with SPIRIT FIT App to monitor and record all of your workout data in seconds



Compatible with iOS / Android

#MoveYourSpirit

