

# NLS SERIES

NLS12 G2350

**BH**

R.R.P.

EAN: 8431284680541




A simple elliptical trainer for regular use with manual resistance. Its ergonomic design focusing on women enables a natural workout position.



Monitor

**Measurements:**

Time, Speed, Distance, Calories, HRC

-  Max. user weight: 110kg
-  Weight: 39Kg
-  Dimensions: 136cm x 59cm x 167cm



**CONTACT PULSE MEASUREMENT**

Pulse read through contact with focus bars.



**MINIMUM DISTANCE BETWEEN PEDALS**

More natural movement.



**LCD MONITOR**

Measure time, speed/RPC, distance, calories and pulse rate.




**HORIZONTAL PEDAL ADJUSTMENT**

Adjust the distance between the footrests and the focus bars for a 100% ergonomic workout.



| Specs   | NLS12 G2350 |
|---|-------------|
| Use frequency                                   | Regular     |
| Maximum user weight                             | 110kg       |
| Resistance system                               | Magnetic    |
| Stride (length)                                 | 30cm        |
| Distance between pedals (width)                 | 16cm        |
| Monitor   | LCD monitor |
| Steady Watt (SRV)                               | No          |
| Contact pulse measurement system                | Yes         |
| Bottle holder                                   | No          |
| Transport wheels                                | Yes         |
| Length  | 136cm       |
| Width   | 59cm        |
| Height  | 167cm       |
| Weight  | 39Kg        |
| Inertial system                                 | 10Kg        |
| Programs  |             |
| Preset programs (Prg)                           | No          |
| Intensity levels                                | 8           |
| Random program (RP)                             | No          |
| Customizable profiles (uprg)                    | No          |
| Fitness test (FT)                               | No          |
| Heart rate control program (HRC)                | No          |
| Recovery Program (RT)                           | Yes         |
| Body Fat test (BF)                              | No          |
| Monitor   |             |
| Screen  | LCD display |
| Monitor with HIIT by BH training scheme         | No          |
| Universal holder for Smartphones and/or tablets | No          |
| Telemetric heartrate                            | No          |
| Bluetooth heartrate                             | No          |
| iConcept  | No          |

 Notes