

FDR SERIES

FDR20 G869

BH

R.R.P.

EAN: 8431284816964

Elliptical trainer for semi-professional use with special warranty conditions and designed for large size users. If you like hard trainings this is your machine.



Monitor

Measurements:

Speed / RPM, Time, Distance, Watts / Calories, HRC

- Max. user weight: 150Kg
- Weight: 112Kg
- Dimensions: 214cm x 67cm x 174cm



LCU

Light commercial warranty. Specially designed to withstand more than 20h of weekly workouts.



MULTIPOSITION GRIPS

UTW multi position grips that allow Upper body Total Workout



CROSSHIIT CONSOLE

Monitor equipped with HIIT workout plans by BH. System includes a colour guide that will help you optimize your training.



50 CMS STRIDE

Ideal for tall users who are aiming for a running training



Specs	FDR20 G869
Use frequency	Intensive
Maximum user weight	150Kg
Resistance system	Magnetic
Stride (length)	50cm
Distance between pedals (width)	8cm
Monitor	M6 CrossHIIT
Steady Watt (SRV)	Yes
Contact pulse measurement system	Yes
Bottle holder	Yes
Transport wheels	Yes
Length	214cm
Width	67cm
Height	174cm
Weight	112Kg
Inertial system	35Kg
Programs	
Preset programs (Prg)	12 + HIIT
Intensity levels	24
Random program (RP)	Yes
Customizable profiles (uprg)	Yes
Fitness test (FT)	Yes
Heart rate control program (HRC)	4
Recovery Program (RT)	No
Body Fat test (BF)	No
Monitor	
Screen	Dual display: blue backlit + chromatic HIIT
Monitor with HIIT by BH training scheme	Yes
Universal holder for Smartphones and/or tablets	Yes
Telemetric heartrate	Yes
Bluetooth heartrate	No
iConcept	No

 Notes