

Landice U9 ACHIEVE Upright Bike

The **Landice U9 ACHIEVE Upright Bike** combines sleek design, durability, and advanced functionality to set a new standard in commercial fitness equipment. Built with user-centric features and backed by an industry-leading warranty, this self-powered machine is the perfect addition to any commercial gym, health club, or wellness center.

Key Features:

1. Ergonomic Design:

- **Racing Style Handlebars:** Multiple handrail positions for a road-bike-inspired ride.
- **Well-Cushioned Seat:** Tapered and cushioned with a chrome-plated post offering 12 height adjustments for user comfort.

2. Intuitive Controls:

- **Fingertip Resistance Adjustment:** Quick-access controls to maintain focus during workouts.
- **LCD Achieve Console:** Equipped with a durable 9" glass screen featuring capacitive touch buttons for easy navigation.

3. High-Quality Performance:

- **Self-Powered:** No electrical requirements, making it eco-friendly and easy to install.
- **Eddy Current Magnetic Braking System:** Offers a resistance range from 1 to 20 with smooth transitions.
- **Flywheel Weight:** 15 lbs for consistent and reliable pedaling.
- **Max User Weight:** 350 lbs.

4. Connectivity and Apps:

- **Bluetooth Compatibility:** Sync with third-party fitness apps like Zwift, Runkeeper, Map My Fitness, and Strava.
- **Integrated Apps:** Includes support for Gymtrakr, KinoMap, Virtual Runner, and more.
- **Landice App:** Monitor workout data, review history, and customize settings via iOS or Android.

5. Convenient Features:

- **Accessory and Water Bottle Holder:** Keep essentials within reach during workouts.
- **Transport Wheels:** Allows easy relocation of the bike.
- **Levelers:** Ensure stability on uneven surfaces.

Achieve Console Features:

- **Motivational Display Options:**
 - Five display screens to keep workouts engaging.
 - **Built-In and User Programs:**
 - 8 preloaded programs, 6 user-defined programs.
 - 3 goal programs (time, distance, calorie).
 - 2 HIIT programs.
 - 2 built-in and 4 user-defined heart-rate monitoring programs.
 - **Data Display:**
 - Metrics include time, distance, resistance level, calories, RPM, and heart rate.
 - **Customizable Interface:**
 - Options for English or metric configurations.
 - Durable glass surface for easy cleaning.
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Optional Add-Ons:

1. **Landice Vision System:**
 - A 19" widescreen HDTV with HDMI and coaxial cable inputs.
 - Compatible with Amazon Fire Stick, Roku, and more (devices not included).
 - Broadcastvision remote with volume control and headphone jack.
 2. **Tablet Bracket:**
 - Adjustable clamp for devices between 7" to 12".
 - Perfect for streaming, internet browsing, or viewing digital content.
 3. **VESA-D Mounting Bracket:**
 - Supports up to a 19" monitor for an enhanced workout experience.
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Specifications:

Feature	Details
Frame Type	Upright
Pedal Type	Self-balanced with adjustable straps
Seat Adjustment	12 height settings
Flywheel Weight	15 lbs.
Resistance Range	Levels 1 through 20

Handlebars	Racing style with contact heart-rate monitoring and resistance controls
Display	9" LCD with capacitive touch
Electrical Requirements	Self-powered
Weight	Assembled: 159 lbs.
Dimensions	44.56" x 24.72" x 58.11"
Max User Weight	350 lbs.

Warranty Information:

- **Commercial Warranty:**
 - **Parts:** 5 years.
 - **Labor:** 1 year.
 - High-wear items (e.g., pedal straps): 90-day warranty against material and workmanship defects.
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Why Choose the Landice U9 ACHIEVE Upright Bike?

The **Landice U9 ACHIEVE Upright Bike** offers unmatched durability, comfort, and connectivity. Whether you're managing a commercial gym or a rehabilitation center, this bike delivers a smooth, quiet, and customizable workout experience. With its extensive warranty and optional entertainment systems, it is designed to meet the highest expectations of fitness enthusiasts and facility managers alike.

SPIRIT FITNESS REHAB 7.0R RECUMBENT BIKE

The **Spirit Fitness Rehab 7.0R Recumbent Bike** is designed for rehabilitation and therapy settings, offering comfort, precision, and versatility. With advanced features such as customizable range of motion, forward and reverse pedaling, and 50 levels of resistance, this recumbent bike ensures an optimal therapy experience for users at every stage of recovery.

Key Features:

- **Adjustability**
Numbered seat and pedal adjustments simplify customization for precise alignment. The swiveling seat enables easy entry and exit for users of all mobility levels, while the adjustable crank arm allows for a tailored range of motion to suit individual therapy needs.
 - **Versatility**
Forward and reverse pedaling facilitate comprehensive muscle engagement and balanced development. The 50 resistance levels support progressive challenges to match therapy goals, and the bike includes preset programs such as manual, hill, plateau, interval, VO2, HR, custom, isokinetic speed-based resistance (25-100 RPM), and symmetry programs.
 - **Comfort and Safety**
The high-density foam seat offers ergonomic support with adjustable fore, aft, and recline angles. The low-step entry ensures easy accessibility for users with limited mobility, and the oversized, fast-latching pedals provide secure and stable positioning for extended therapy sessions.
 - **Convenience**
Heart rate monitoring is supported via both wireless compatibility and built-in hand pulse sensors. The white LED console features a 20-character message window for clear feedback. Additional conveniences include a tablet holder, reading rack, and transportation wheels for easy movement and storage.
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Rehabilitation Benefits:

The low-impact design of the recumbent bike promotes targeted muscle rehabilitation and improved circulation while reducing strain on joints. Bidirectional motion engages multiple muscle groups and supports symmetrical strength development, making it ideal for physical therapy and rehabilitation programs.

Specifications:

- **Power Requirement:** 90-240V Cord/Outlet
 - **Resistance Levels:** Bidirectional, 50 levels
 - **Pedaling Motion:** Forward and Reverse
 - **Frame Material:** Commercial-grade steel with powder-coat paint
 - **Seat Adjustments:** Adjustable angle, fore/aft
 - **Crank Arm Adjustments:** 12 levels
 - **Pedals:** Oversized, fast-latching
 - **Console Display:** White LED, 20-character message window
 - **Programs:** Manual, Hill, Plateau, Interval, VO2, HR, Custom, Isokinetic Speed-Based Resistance, Symmetry
 - **Heart Rate Receiver:** 5 KHz
 - **Dimensions (Assembled):** 55.1" L x 32.7" W x 46.9" H
 - **Dimensions (Boxed):** 57.1" L x 17.7" W x 29.9" H
 - **Weight (Assembled):** 180.1 lbs
 - **Weight (Boxed):** 198.9 lbs
 - **Recommended User Height:** 4'10" - 6'6"
 - **Maximum User Weight:** 440 lbs
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Warranty:

- **Parts:** 5 Years
 - **Labor:** 1 Year
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Why Choose the Spirit Fitness Rehab 7.0R Recumbent Bike?

The **7.0R Recumbent Bike** is meticulously designed to meet the diverse needs of rehabilitation and recovery, combining comfort, accessibility, and functionality. Its advanced features allow users to track progress, customize workouts, and achieve their recovery goals with ease.

Whether in a clinical setting or at home, this bike is an invaluable tool for physical therapy and rehabilitation programs.

Landice R9 ACHIEVE Recumbent Bike

The **Landice R9 ACHIEVE Recumbent Bike** combines comfort, durability, and advanced features, making it an ideal solution for users of all abilities. Designed to meet Landice's high commercial standards, this self-powered bike is built to last and complements any exercise facility or commercial setting.

Key Features

- **Step-Through Design**
The wide, 7 ¾-inch step-through frame ensures easy access, accommodating users of all mobility levels. This thoughtful design promotes safety and convenience.
 - **Ventilated Back Rest**
The ventilated backrest offers superior lumbar support with 15 length settings to cater to all users. Enhanced airflow keeps users comfortable during longer rides.
 - **Fingertip Resistance Controls**
Resistance adjustments are conveniently located on the handlebars, allowing for seamless intensity changes without interrupting your workout.
 - **Accessory and Water Bottle Holder**
Keep essentials within reach with a well-placed storage holder for water bottles and other items.
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Specifications

- **Frame Type:** Step-through with low step-over height
- **Pedal Type:** Self-balanced pedals with adjustable straps
- **Seat Adjustment:** Forward/backwards with 15 settings
- **Flywheel Weight:** 15 lbs.
- **Resistance System:** Eddy current magnetic braking system
- **Resistance Range:** 1 through 20
- **Handlebars:** Console grip bars and seat grips with contact heart-rate monitoring and resistance controls
- **Display:** 9" LCD screen with capacitive touch buttons
- **Heart Rate:** Contact heart-rate monitoring; optional wireless chest strap available
- **Accessories:** Water bottle holder, reading rack, and accessory pocket
- **Power Source:** Self-powered (no electrical requirements)
- **Transport Wheels:** Yes
- **Levelers:** Yes
- **Dimensions:** 65.74 in. x 25.31 in. x 52.20 in.
- **Assembled Weight:** 205 lbs.
- **Maximum User Weight:** 350 lbs.

R9 ACHIEVE Console Features

- 5 motivational display screens for variety
- Numeric keypad for quick data entry
- 8 built-in programs
- 6 user-defined programs
- 3 goal programs: time, distance, and calorie
- 2 HIIT programs
- 2 interactive heart-rate monitoring programs
- 4 user-defined heart-rate monitoring programs
- Bluetooth connectivity for third-party apps like Map My Fitness, Runkeeper, and Strava
- Interactive HRC with contact heart rate
- Displays data in English or metric configurations

Optional Add-Ons

- **Landice Vision System (LVS):**
Transform your bike into an entertainment hub with a 19-inch widescreen HDTV LCD monitor, featuring HDMI inputs and a VESA-D TV mounting bracket.
- **Tablet Bracket:**
Securely holds tablets and e-readers for on-the-go entertainment or internet browsing during your workout.
- **Mesh Back Rest:**
Offers additional comfort and breathability.

Warranty Information

- **Parts:** 5 years
- **Console:** 3 years
- **Labor:** 1 year

The **Landice R9 ACHIEVE Recumbent Bike** is an exceptional choice for users seeking a safe, comfortable, and feature-rich exercise bike. Its ergonomic design, advanced features, and robust warranty make it a reliable addition to commercial fitness facilities, health clubs, and rehabilitation centers.

Spirit Fitness Rehab 7.0U Upright Bike

The **Spirit Fitness Rehab 7.0U Upright Bike** is designed to cater to the unique needs of rehabilitation and physical therapy. With unmatched versatility and comfort, this bike offers advanced features that provide a tailored workout experience for users of all mobility levels. Its robust construction and ergonomic design ensure durability and comfort, making it an excellent addition to any therapy or fitness facility.

Key Features

- **Adjustable Crank Arm:** Fits any range of motion, accommodating individual therapy needs.
 - **50 Levels of Resistance:** Bidirectional pedaling with forward and reverse motion for a comprehensive workout.
 - **Ergonomic Handlebars:** Multi-posture handlebars provide comfort and support for various exercises.
 - **Preset and Custom Programs:** Choose from a variety of built-in programs or design custom workouts for specific therapeutic goals.
 - **Adjustable High-Density Foam Seat:** Fully adjustable for fore, aft, and vertical positioning to ensure proper posture and comfort for users of all sizes.
 - **Heart Rate Monitoring:** Built-in contact sensors and wireless heart rate monitoring (compatible with 5KHz devices).
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Features and Benefits

Customizable Intensity

With 50 levels of resistance, the bike offers a progressive workout experience that caters to users of varying fitness and mobility levels. The bidirectional pedaling system engages different muscle groups, providing flexibility for rehabilitation needs.

Enhanced Comfort

The fully adjustable seat, paired with ergonomic multi-posture handlebars, ensures a comfortable and supportive workout. This upright design promotes proper posture, maximizing the benefits of each session.

Intuitive Tracking

The bright white LED display offers real-time feedback on metrics such as distance, calories, and heart rate. With intuitive progress tracking, users can monitor their improvement effortlessly and stay motivated.

Safety and Accessibility

Built with a durable steel frame, the 7.0U upright bike is designed to accommodate users up to 440 lbs. Oversized, fast-latching pedals ensure secure footing, while the compact design allows for easy integration into clinical or home environments.

Convenient Features

A built-in tablet holder, reading rack, and transportation wheels enhance usability and convenience. The bike's compatibility with wireless heart rate devices adds an extra layer of functionality for focused therapy sessions.

Specifications

Performance:

- Power: 90-240V Cord/Outlet
- Resistance: Bidirectional with 50 levels
- Pedaling: Forward and reverse

Frame:

- Material: Commercial-grade steel
- Paint: Durable powder-coat
- Seat: High-density foam with fore/aft/vertical adjustments
- Crank Arm: 12 adjustable levels
- Pedals: Oversized, fast-latching

Console:

- Display: White LED with a 20-character message window
- Programs: Manual, Hill, Plateau, Interval, VO2, HR, Custom, Constant Power, Isokinetic Speed-Based Resistance (25-100 RPM)
- Heart Rate Receiver: 5 KHz compatible
- CSAFE compatibility

Convenience:

- Features: Wireless heart rate monitoring, hand pulse sensors, tablet holder, reading rack, transportation wheels

Dimensions and Weight:

- Set-Up Dimensions: 43.3" L x 22.4" W x 54.3" H
- Box Dimensions: 44.9" L x 19.3" W x 29.9" H
- Item Weight: 117.5 lbs
- Box Weight: 132.9 lbs

User Specifications:

- Recommended Height: 4'10" - 6'6"
 - Maximum Weight Capacity: 440 lbs
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Warranty

- **Parts:** 5 Years
 - **Labor:** 1 Year
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The **Spirit Fitness Rehab 7.0U Upright Bike** offers a perfect blend of comfort, functionality, and durability, making it an essential tool for physical therapy and rehabilitation. Its customizable features and innovative design cater to the specific needs of each user, ensuring an effective and enjoyable exercise experience.

Spirit Fitness Rehab 4.0R Recumbent Bike

The **Spirit Fitness Rehab 4.0R Recumbent Bike** is the perfect companion for restoring mobility and achieving rehabilitation milestones. With its cordless, self-generating power system, the bike ensures convenience and flexibility for use in any location. Designed with precision, comfort, and therapeutic effectiveness in mind, the 4.0R supports a variety of rehabilitation and fitness goals.

Key Features

- **Cord-Free Operation:** Powered by a self-generating system, eliminating the need for cords or power outlets.
 - **40 Resistance Levels:** Customizable intensity levels for all stages of rehabilitation and fitness progression.
 - **Ergonomic Seat Design:** Supportive high-density foam seat with fore, aft, and recline angle adjustments for optimal posture and comfort.
 - **Built-In Cooling and Hydration Features:** Stay cool with the 3-speed fan and hydrated with dual cup holders during extended sessions.
 - **Heart Rate Monitoring:** Bluetooth, ANT+ FTMS, and G-FIT connectivity ensure precise heart rate tracking for intensity management.
 - **11 Preset Programs:** Includes options for various therapeutic goals, such as heart rate training, intervals, and custom workouts.
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Features and Benefits

Restore Mobility with Confidence

Experience a gentle yet effective therapy session that minimizes strain on joints and muscles. The recumbent position provides targeted support for specific muscle groups, promotes circulation, and accelerates healing.

Unmatched Comfort

Sink into the ergonomic high-density foam seat, offering unparalleled support for long rehabilitation sessions. Adjustable seat positioning ensures comfort and proper alignment for users of varying heights.

Customizable Intensity

With 40 levels of resistance and forward/reverse pedaling options, the bike adapts to the user's fitness and recovery needs, allowing for precise intensity control and progression.

User-Friendly Technology

The white LED display provides real-time feedback, helping users track their progress in metrics like METs, calories, and heart rate. Bluetooth and ANT+ FTMS compatibility add advanced tracking options.

Safety and Accessibility

The low-step entry design ensures easy accessibility for individuals with restricted mobility. Oversized, fast-latching pedals and a sturdy frame provide safety and stability throughout every session.

Specifications

Performance:

- Power: Self-Generator
- Resistance: 40 Levels

Frame/Deck:

- Frame: Commercial-grade steel with durable powder-coat paint
- Seat: High-density foam with adjustable angle, fore, and aft settings
- Pedals: Oversized, fast-latching

Console:

- Display: White LED with 20-character message window
- Programs: Manual, Hill, Plateau, Interval, Custom, VO2, METs HR (HR 65%, HR 80%, HR Interval), HR Auto Pilot
- Heart Rate: Bluetooth, ANT+ FTMS, G-FIT (devices not included)
- CSAFE compatibility

Convenience:

- Features: Hand pulse sensors, 3-speed cooling fan, tablet holder/reading rack, transportation wheels

Dimensions and Weight:

- Assembled Dimensions: 56.9" L x 29.1" W x 47.2" H
- Box Dimensions: 57.6" L x 22.2" W x 47.2" H
- Item Weight: 176 lbs
- Box Weight: 195 lbs

- Recommended User Height: 4'10" - 6'6"
 - Max User Weight: 350 lbs
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Warranty

- **Parts:** 5 Years
- **Labor:** 1 Year

Note: Warranty excludes coverage for prisons and correctional facilities.

The **Spirit Fitness Rehab 4.0R Recumbent Bike** offers a comprehensive solution for rehabilitation and fitness needs. Its ergonomic design, advanced features, and commitment to comfort make it a reliable partner in restoring mobility and achieving therapeutic goals.

Spirit Fitness Rehab 4.0U Upright Bike

The **Spirit Fitness Rehab 4.0U Upright Bike** redefines rehabilitation and wellness with cordless convenience, customizable resistance levels, and unparalleled comfort. This self-generating upright bike provides a tailored and versatile fitness experience, empowering users of all mobility levels on their journey to recovery and peak performance.

Key Features

- **Cord-Free Operation:** Self-generating power eliminates the need for cords, ensuring flexibility and uninterrupted sessions.
- **40 Resistance Levels:** Offers precise intensity adjustments for all stages of rehabilitation and fitness.
- **Adjustable High-Density Foam Seat:** Fully customizable seat ensures comfort and proper alignment for users of all sizes.
- **Built-In Cooling Fan:** Stay comfortable during extended sessions with a whisper-quiet 3-speed fan.
- **Heart Rate Monitoring:** Includes built-in contact and Bluetooth/ANT+ wireless connectivity for seamless heart rate tracking (heart rate monitoring devices not included).
- **11 Preset Programs:** Variety of programs including manual, interval, METs, and custom options to suit diverse therapeutic goals.

- **Compact and Quiet Design:** Whisper-quiet operation and compact footprint make it ideal for home or clinical settings.
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Features and Benefits

Empower Every Wellness Journey

The upright position promotes proper posture and alignment, optimizing every workout session. Its advanced design ensures stability, safety, and comfort, supporting users of up to 350 lbs.

Tailored Resistance for All Mobility Levels

With 40 resistance levels and forward/reverse pedaling options, the bike offers personalized therapeutic solutions, accommodating a wide range of fitness and recovery needs.

Track Progress with Intuitive Technology

The easy-to-read white LED display provides real-time feedback on key metrics like METs, calories, and distance. Bluetooth and ANT+ FTMS compatibility enable seamless integration with tracking apps and monitoring devices.

Built for Stability and Durability

The commercial-grade steel frame, durable powder-coat finish, and oversized fast-latching pedals ensure longevity and reliable performance for consistent use.

Convenience at Your Fingertips

Enjoy additional features like a tablet holder, reading rack, and transportation wheels for a hassle-free rehabilitation and fitness experience.

Specifications

Performance:

- Power: Self-Generator
- Resistance: 40 Levels

Frame/Deck:

- Frame: Commercial-grade steel with durable powder-coat paint
- Seat: High-density foam with adjustable fore/aft/vertical settings
- Pedals: Oversized, fast-latching

Console:

- Display: White LED with 20-character message window
- Programs: Manual, Hill, Plateau, Interval, Custom, VO2, METs HR (HR 65%, HR 80%, HR Interval), HR Auto Pilot
- Heart Rate: Bluetooth, ANT+ FTMS, G-FIT (devices not included)
- CSAFE compatibility

Convenience:

- Features: Hand pulse sensors, 3-speed cooling fan, tablet holder, reading rack, transportation wheels

Dimensions and Weight:

- Assembled Dimensions: 42.5" L x 21.6" W x 53.5" H
 - Box Dimensions: 45.3" L x 20.5" W x 30.1" H
 - Item Weight: 133 lbs
 - Box Weight: 151 lbs
 - Recommended User Height: 4'10" - 6'6"
 - Max User Weight: 350 lbs
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Warranty

- **Parts:** 5 Years
- **Labor:** 1 Year

The **Spirit Fitness Rehab 4.0U Upright Bike** is a reliable partner in rehabilitation, designed to enhance comfort, track progress, and empower users on their path to recovery and wellness.