

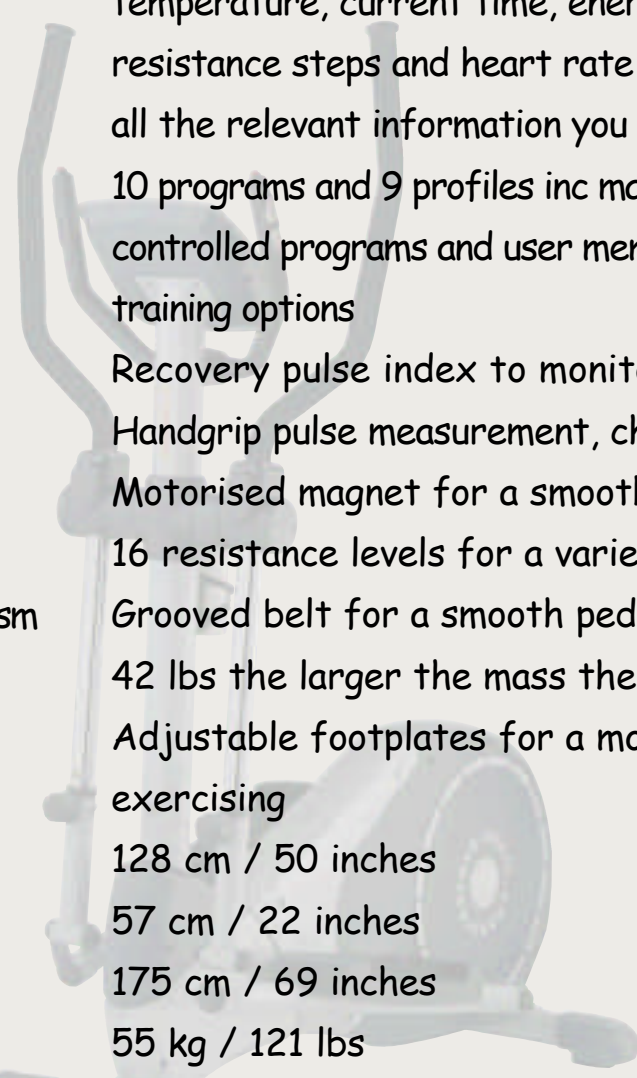
# Control-C

BREMSHEY<sup>®</sup> SPORT

Orbit

- Training progress fully under control
- Graphic profile display to monitor your workout
- Resistance adjusted via handgrips
- Heart Rate Controlled





Backlight Console Displays	Graphic profile display, time, speed, distance, room temperature, current time, energy consumption (calories), resistance steps and heart rate which gives you feedback of all the relevant information you require from your workout
Total no. of programs/profiles	10 programs and 9 profiles inc manual training, heart rate controlled programs and user memory which gives you various training options
Test	Recovery pulse index to monitor your progress
Pulse Measurement	Handgrip pulse measurement, chest belt optional extra
Resistance system	Motorised magnet for a smooth and quiet workout
Resistance levels	16 resistance levels for a varied workout
Transmission mechanism	Grooved belt for a smooth pedalling action
Rotating mass	42 lbs the larger the mass the smoother the action
Foot adjustment	Adjustable footplates for a more comfortable position when exercising
Length	128 cm / 50 inches
Width	57 cm / 22 inches
Height	175 cm / 69 inches
Weight	55 kg / 121 lbs
Operating environment	Home equipment only
Maximum user weight	135 kg / 298 lbs / 21 st 4 lbs
Notes	Transport wheels make the machine easy to move around Upper pulse limit and pulse target zone training programs give a varied choice of workouts User memory for individual training details Drinking bottle holder included Handlebar resistance control makes the braking system easy to adjust whilst exercising