







R8 Recumbent Bike

SKU: **GG-RB-002**

Low-impact recumbent training makes the R8 ideal for rehab, active ageing, and users seeking a joint-friendly workout. The adjustable seat recline, ergonomic handlebars, and smooth resistance system ensure comfort and safety while maintaining effective cardiovascular training.

Key Features

- Heavy-duty frame built for long-lasting reliability
- Adjustable seat recline for optimal support and posture
- Ergonomic handlebars designed for comfort and stability
- Intuitive control panel with simple one-touch adjustments
- Range of pre-set and custom workout programmes
- Accurate heart rate monitoring via chest belt and hand sensors
- Self-powered system removes cables for safer environments
- Dual bottle holders and accessory trays within easy reach

Technical Specifications

Weight	89.9 kg
Length / Depth	168 cm
Height	136 cm
Width	63 cm
Max User Weight	182 kg
Screen Type	LED
Power Required	Self Generating