

**BIKE RUN-7409-PC**

Width: 55 cm  
Lenght: 120 cm  
Height: 148 cm  
Weight: 80 kgs

**Technical Specifications:**

- 10.1" touch screen monitor resistive;
- PC iMX6 DL 1GB, Micro SD 8GB, OS Linux;
- USB output;
- WiFi;
- Video / MP3 player;
- RS232 output;
- Resistance: 0-600 Watt constant;
- Electronic variation of effort;
- Electronic system of resistance;
- Double cardio recording: hand grip + chest belt;
- Electric power supply: 72W 100-240Vac 50-60Hz / 24Vdc 3A;
- Belt traction;
- Speed: 3-130 Rpm;
- Effort increasing: 1 Watt;
- Height adjustable saddle with selector;
- Certificate of Conformity to EC Rules.

**Standard Accessories:**

- Service equipment;
- Chest belt for cardio rate recording;
- Wheels for movement.

**Optional Accessories:**

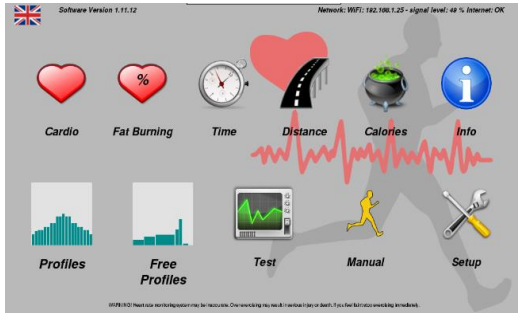
- Software RunnerConnect.

**Maintenance:**

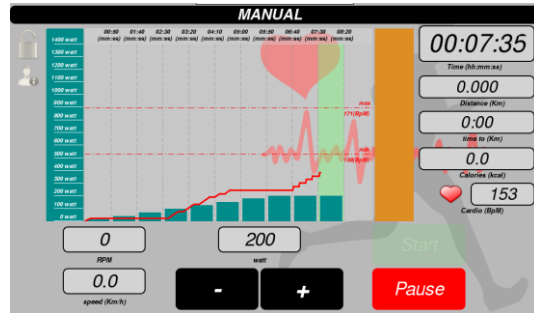
- Not required.

**Console Functions (picture 1):**

- Manual use (picture 2);
- Cardio (picture 3);
- Fat burning (picture 3);
- Time (picture 4);
- Distance (picture 5);
- Calories (picture 6);
- 10 Profiles (pre-set) (picture 7/8);
- 100 Free profiles (picture 7/8);
- Test: CHR test, CWL test, RUNNER test VO2MAX test, TEST01-14; (picture 9);
- Exercise saving on USB key (picture 10).



(picture 1)



(picture 2)

**PERSONAL DATA**

Sex - **M** +  
 Age - **40** +  
 Weight (Kg) - **90** +  
 Max Theor. Heart beat (BpM) - **180** +  
 HB Min (BpM) - **135** +  
 HB Max (BpM) - **153** +

**CONFIRM**

(picture 3)

**EXERCISE PARAMETERS**

Warm-up (mm:ss) - **1:00** + Watt - **50** +  
 Cooldown (mm:ss) - **1:00** + Watt - **50** +  
 Exercise Time (hh:mm:ss) - **00:05:00** +

**CONFIRM**

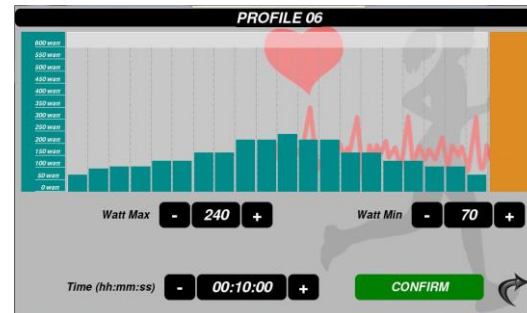
(picture 4)

**EXERCISE PARAMETERS**

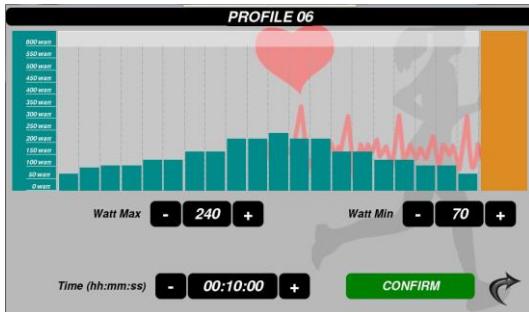
Warm-up (mm:ss) - **1:00** + Watt - **50** +  
 Cooldown (mm:ss) - **1:00** + Watt - **50** +  
 Distance exercise (Km) - **1.000** +

**CONFIRM**

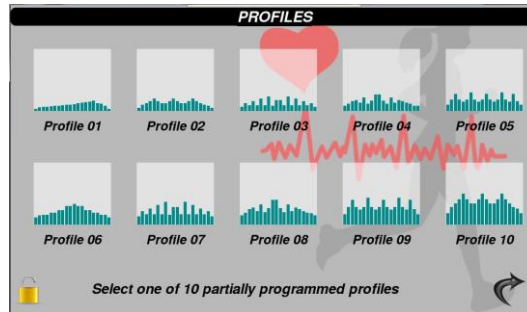
(picture 5)



(picture 6)



(picture 7)



(picture 8)

**TEST**

CHR CWL RUNNER  
 VO2MAX TEST 01 TEST 02  
 TEST 03 TEST 04 TEST 05  
 TEST 06 TEST 07 TEST 08  
 TEST 09 TEST 10 TEST 11  
 TEST 12 TEST 13 TEST 14

Selezionare il tipo di test che si vuole eseguire

(picture 9)

**EXERCISE SUMMARY**

Time (hh:mm:ss) **00:10:00** Distance (Km) **0.000**  
 Calories (KCal) **0.0** METs **0.000** VO2Max (ml/min/kg) **34.110**

	Minimum	Medium	Maximum
RpM	0.0	0.0	0.0
Watt	80.0	198.8	400.0
Cardio (BpM)	0	0	0

**SHOW GRAPHIC** **SALVA ESERCIZIO SU USB**

(picture 10)