



*ProAction*

BH Fitness

# HOME FITNESS





## About us, more than a century innovating in home fitness.

The industrial career of BH (Beistegui Hermanos) was born in 1909 in the town of Eibar (Basque Country, Spain), the result of the genius and entrepreneurial spirit of three brothers. It wasn't till 1969 that BH produced the first prototype of a home exercise bike, and the increasing demand of fitness equipment led to the establishment of BH Fitness in 1985. Growing day by day, we focus our production on fitness equipment for home and professional use. After more than a century, BH continues to uphold the values that gave birth to it: innovation, research and technological development, social and environmental responsibility, dynamism, commitment, trust and reliability. And all this, with the aim of continuing to offer sports and health products for everyone.





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# i.CONCEPT TECHNOLOGY

Compatible with:



## Fitness and fun What is FTMS?

In BH Fitness we are always trying our best to adapt our fitness equipment to the latest trends and technology advances.

FTMS is a machine service protocol through Bluetooth, used to control fitness equipment, like treadmills, crosstrainers, or training bikes.

Our products work with FTMS technology looking for the best compatibility between our machines and most of the fitness apps that grow up on the market.

Any app using standard Bluetooth protocol is compatible with our fitness machines. Most of the fitness apps now, such as Zwift, Kinomap, Bkool, Volava, already use it.





# MULTIMEDIA

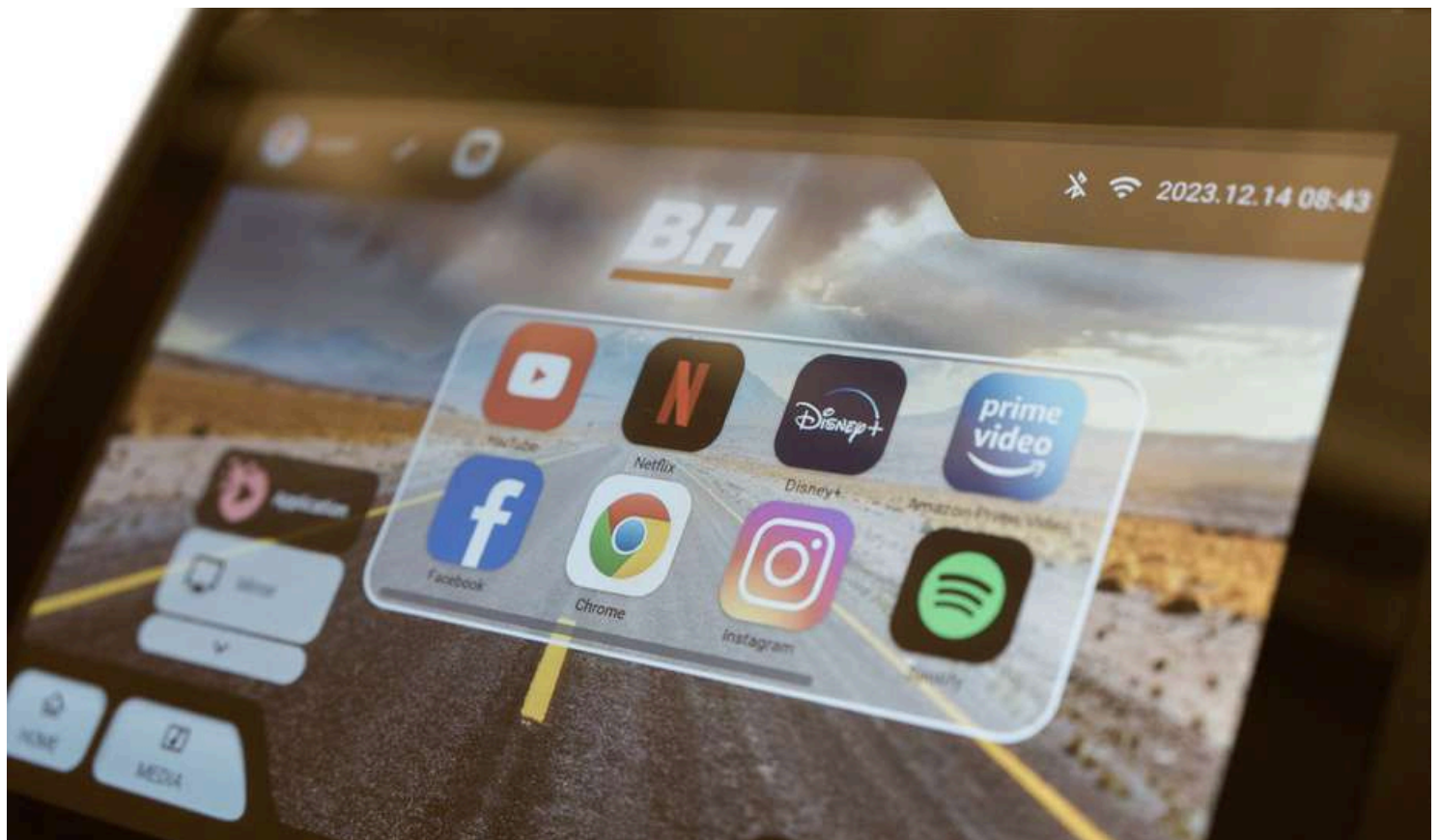


## Full connectivity

The new Multimedia software developed by BH Fitness combines the best of the two dominant technologies in the market: the FTMS to interact with simulation apps and the best entertainment solutions and digital content to liven up the most demanding training sessions.

The user will be able to enjoy content from platforms such as Netflix or Spotify while exercising or compete in simulators such as Zwift or Kinomap. All this on touch screens of up to 16 inches and with integrated speakers.

In addition, the monitors incorporate everything necessary for a complete workout, completely adapted to the user's physiognomy, with 36 training programmes, specific programmes by objectives or virtual routes.



## RS1200 TFT / RS1200

G6512TFT/G6512



- Max. user weight: 150 Kg
- Power: AC 3.5 HP
- Speed: 1-22 Km/h
- Running surface: 152x55 cm
- Weight: 114 Kg
- Dim.: 200x92x159 cm

LCU  
LightCommercialUse



MULTIMEDIA CONSOLE  
(G6512TFT)



LED CONSOLE  
(G6512)



## RS1000 TFT / RS1000

G6179TFT/G6179



- Max. user weight: 150 Kg
- Power: AC 3.5 HP
- Speed: 1-22 Km/h
- Running surface: 152x55 cm
- Weight: 114 Kg
- Dim.: 200x92x159 cm

LCU  
LightCommercialUse



MULTIMEDIA CONSOLE  
(G6179TFT)



LED CONSOLE  
(G6179)



Foldable



## RCM PRO

G6515



- Max. user weight: 180 Kg
- Power: AC 3.5 HP
- Speed: 0.8-18 Km/h
- Running surface: 155x55 cm
- Weight: 125 Kg
- Dim.: 185x82x154 cm

**LCU**  
LightCommercialUse



LED CONSOLE



Available with handrails



## i.RC12

G6182i



- Max. user weight: 150 Kg
- Power: 4.5 HP
- Speed: 1-22 Km/h
- Running surface: 155x55 cm
- Weight: 137 Kg
- Dim.: 210x94x148 cm

**LCU**  
LightCommercialUse



LED CONSOLE



## RS900 TFT / RS900

G6178TFT/G6178



- Max. user weight: 150 Kg
- Power: 4.0 HP
- Speed: 1-22 Km/h
- Running surface: 150x55 cm
- Weight: 114 Kg
- Dim.: 200x92x159 cm



MULTIMEDIA CONSOLE  
(G6178TFT)



LED CONSOLE  
(G6178)



## RS800 TFT / RS800

G6176TFT/G6176



- Max. user weight: 130 Kg
- Power: 3.5 HP
- Speed: 1-20 Km/h
- Running surface: 150x51 cm
- Weight: 85 Kg
- Dim.: 195x91x155 cm



MULTIMEDIA CONSOLE  
(G6176TFT)



LCD CONSOLE  
(G6176)



## NYDO

G6540

ProAction

- Max. user weight: 130 Kg
- Power: 3.0 HP
- Speed: 1-18 Km/h
- Running surface: 140x50 cm
- Weight: 71 Kg
- Dim.: 170x75x128 cm



Maximum electrical elevation 12%.



LED CONSOLE



170 cm

75 cm  
22 cm



## NYMAN PLUS / NYMAN

G6405/G6400

ProAction

- Max. user weight: 115 Kg
- Power: 2.5 HP
- Speed: 1-16 Km/h
- Running surface: 122x45 cm
- Weight: 54 Kg
- Dim.: 152x73x125 cm



Maximum electrical elevation 12%.



LED CONSOLE



152 cm

73 cm  
22 cm



## RUNLAB PLUS

G6311/G6311B/G6311G

ProAction

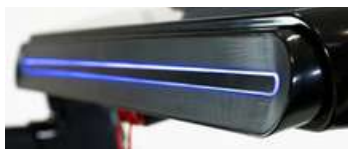
- Max. user weight: 110 Kg
- Power: 2.5 HP
- Speed: 1-15 Km/h
- Running surface: 126x46 cm
- Weight: 48 Kg
- Dim.: 153x79x134 cm

With electric incline.

Dimensions folded:  
32x79x153 cm









Available in three colors.



## RS300

G6165

ProAction

-  Max. user weight: 120 Kg
-  Power: 3,0 HP
-  Speed: 1-18 Km/h
-  Running surface: 125x48 cm
-  Weight: 58,5 Kg
-  Dim.: 165x79,2x134,2 cm









LCD CONSOLE



## PIONEER R3

G6487B

ProAction

-  Max. user weight: 115 Kg
-  Power: 2.75 HP
-  Speed: 1-18 Km/h
-  Running surface: 125x45 cm
-  Weight: 62 Kg
-  Dim.: 162x74x146 cm









LCD CONSOLE



## SHERPA RUN

G6319

ProAction

-  Max. user weight: 110 Kg
-  Power: 2.0 HP
-  Speed: 1-14 Km/h
-  Running surface: 120x42 cm
-  Weight: 40 Kg
-  Dim.: 143x66x104 cm









LCD CONSOLE



## PIONEER S3

G6261

ProAction

-  Max. user weight: 115 Kg
-  Power: 2.5 HP
-  Speed: 1-16 Km/h
-  Running surface: 130x41 cm
-  Weight: 50 Kg
-  Dim.: 162x72x131 cm









MONITOR LCD



## CLUBRUN

G6300

ProAction

-  Max. user weight: 110 Kg
-  Power: 2.0 HP
-  Speed: 1-14 Km/h
-  Running surface: 122x45 cm
-  Weight: 41.5 Kg
-  Dim.: 147.5x76.5x127 cm

Vertical folding:  
14x76.5x127 cm







Horizontal folding:  
167x76.5x14 cm



## PIONEER SENIOR

G6484H

ProAction

-  Max. user weight: 100 Kg
-  Power: 2.0 HP
-  Speed: 1-13 Km/h
-  Running surface: 125x45 cm
-  Weight: 62 Kg
-  Dim.: 162x74x146 cm



# CROSSTRAINERS



## KHRONOS GENERATOR G260B



- Max. user weight: 150 Kg
- Stride: 51 cm
- Inertial system: Eq. to 35 Kg
- Weight: 74 Kg
- Dim.: 210x64x170 cm

**LCU**  
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## SUPER KHRONOS TFT / i.SUPER KHRONOS

G2488TFT/G2488

- Max. user weight: 150 Kg
- Stride: 51 cm
- Inertial system: Eq. to 35 Kg
- Weight: 74 Kg
- Dim.: 210x64x170 cm

**LCU**  
LightCommercialUse



MULTIMEDIA  
(G2488TFT)



LCD CONSOLE  
(G2488)



## FDC20 STUDIO TFT / i.FDC20 STUDIO

G868TF TM/G868i



- Max. user weight: 150 Kg
- Stride: 51 cm
- Inertial system: Eq. to 35 Kg
- Weight: 86 Kg
- Dim.: 185x70x170 cm



MULTIMEDIA  
(G868FTM)



LCD CONSOLE  
(G868i)



## NC19

G858



- Max. user weight: 130 Kg
- Stride: 48 cm
- Inertial system: Eq. to 22 Kg
- Weight: 73 Kg
- Dim.: 200x51x170 cm



## EASY FLEX

G852

*ProAction*

- Max. user weight: 130 Kg
- Stride: 45 cm
- Inertial system: Eq. to 20 Kg
- Weight: 54 Kg
- Dim.: 165x63x183 cm



Vertical folding

## FDC19 TFT / i.FDC19

G860TF TM/G860i



- Max. user weight: 130 Kg
- Stride: 48 cm
- Inertial system: Eq. to 35 Kg
- Weight: 77.2 Kg
- Dim.: 185x70x170 cm



MULTIMEDIA  
(G860FTM)



LCD CONSOLE  
(G860i)



## CRYSTAL 2.0 TFT / CRYSTAL 2.0

G2383TF TM/G2383N

*ProAction*

- Max. user weight: 150 Kg
- Stride: 43.5 cm
- Inertial system: Eq. to 18 Kg
- Weight: 58 Kg
- Dim.: 166x70x158 cm



MULTIMEDIA  
(G2383FTM)



LCD CONSOLE  
(G2383N)



## EASY STEP DUAL

G2518

*ProAction*

- Max. user weight: 125 Kg
- Stride: 38 cm
- Inertial system: Eq. to 14 Kg
- Weight: 47 Kg
- Dim.: 144x63x153 cm



Vertical and horizontal folding

# INDOOR CYCLING

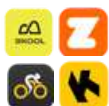


## XCALIBUR EMS

H9343



- Max. user weight: 130 Kg
- Flywheel: Eq. to 20 Kg
- Brake system: EMS
- Weight: 65 Kg
- Dim.: 156x62x138 cm



The electromagnetic resistance system allows a very precise and progressive regulation of the intensity.



## XCALIBUR MAGNETIC

H9340

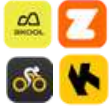


## XCALIBUR MAGNETIC SILVER

H9340S



- Max. user weight: 130 Kg
- Flywheel: Eq. to 20 Kg
- Brake system: Magnetic
- Weight: 65 Kg
- Dim.: 156x62x138 cm



- Max. user weight: 130 Kg
- Flywheel: Eq. to 20 Kg
- Brake system: Magnetic
- Weight: 65 Kg
- Dim.: 156x62x138 cm



## LYON CLIMBER

H9117

ProAction

- Max. user weight: 110 Kg
- Flywheel: 16 Kg
- Brake system: Magnetic
- Weight: 32 Kg
- Dim.: 140x50x122 cm



With incline adjustment system.



## LYON

H9115

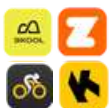
ProAction

## OSAKA

H9110

ProAction

- Max. user weight: 110 Kg
- Flywheel: 16 Kg
- Brake system: Magnetic
- Weight: 32 Kg
- Dim.: 140x50x122 cm



- Max. user weight: 110 Kg
- Flywheel: 16 Kg
- Brake system: Magnetic
- Weight: 32 Kg
- Dim.: 140x50x122 cm



**SB3**  
H919N



- Max. user weight: 110 Kg
- Flywheel: Eq. to 18 Kg
- Brake system: Magnetic
- Weight: 46 Kg
- Dim.: 104x64x119 cm



**STRATOS**  
H9178



- Max. user weight: 130 Kg
- Flywheel: 22 Kg
- Brake system: Friction
- Weight: 55.6 Kg
- Dim.: 128x57x131 cm



**SB2.6**  
H9173



- Max. user weight: 105 Kg
- Flywheel: 22 Kg
- Brake system: Friction
- Weight: 45 Kg
- Dim.: 104x52x119 cm



**SB2.2**  
H9162



- Max. user weight: 105 Kg
- Flywheel: Eq. to 20 Kg
- Brake system: Friction
- Weight: 43 Kg
- Dim.: 104x52x119 cm



**SB1.4**  
H9158



- Max. user weight: 100 Kg
- Flywheel: 18 Kg
- Brake system: Friction
- Weight: 39 Kg
- Dim.: 104x49x117 cm



**TABLETS & SMARTPHONES HOLDER**  
Ref: 0190906





# BICYCLES



## TFR ERGO TFT / i.TFR ERGO

H651TFT/H650Bi



## ARTIC COMFORT PROGRAM

H854B

*ProAction*

- Max. user weight: 130 Kg
- Flywheel: Eq. to 12 Kg
- Weight: 53 Kg
- Dim.: 167x68x130 cm



MULTIMEDIA  
(H651TFT)



LCD CONSOLE  
(H650Bi)

- Max. user weight: 120 Kg
- Flywheel: Eq. to 8 Kg
- Weight: 40 Kg
- Dim.: 135x65x120 cm



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## TFB TFT / i.TFB

H863TFT/H862Bi



- Max. user weight: 130 Kg
- Flywheel: Eq. to 14 Kg
- Weight: 53 Kg
- Dim.: 130x62x156 cm



MULTIMEDIA (H863TFT)



LCD CONSOLE (H862Bi)

## CARBON BIKE RS / MULTIMEDIA

H8705BTFT/H8705B



- Max. user weight: 130 Kg
- Flywheel: Eq. to 14 Kg
- Weight: 53 Kg
- Dim.: 115x54x153 cm



MULTIMEDIA (H8705BTFT)



LCD CONSOLE (H8705B)



## ERGO EMS

H678

ProAction

- Max. user weight: 150 Kg
- Flywheel: Eq. to 10 Kg
- Weight: 27 Kg
- Dim.: 88x50x132 cm



## NEXOR MULTIMEDIA / DUAL / PLUS

H1065TFTM/H1065L /H1055N

ProAction

- Max. user weight: 130 Kg
- Flywheel: Eq. to 8 Kg
- Weight: 32 Kg
- Dim.: 101x55x142 cm



MULTIMEDIA (H1065TFTM)



MONITOR DUAL (H1065L)



## ARTIC DUAL

H674UB

ProAction

- Max. user weight: 90 Kg
- Flywheel: Eq. to 8 Kg
- Weight: 30 Kg
- Dim.: 103x54x128 cm



## ARTIC

H673

ProAction

- Max. user weight: 90 Kg
- Flywheel: Eq. to 8 Kg
- Weight: 30 Kg
- Dim.: 103x54x128 cm



# ROUER



## KINGSTON

R385



## CARDIFF

R370



- Max. user weight: 140 Kg
- Weight: 26 Kg
- Dim.: 244x51x114 cm
- Brake system: Air



- Max. user weight: 125 Kg
- Weight: 38.5 Kg
- Dim.: 205x56x97 cm
- Brake system: Water



## VARIO PRO

R350



## i.THAMES

R311

ProAction

- Max. user weight: 135 Kg
- Weight: 38 Kg
- Dim.: 192x48x68 cm
- Brake system: Magnetic with programs



- Max. user weight: 120 Kg
- Weight: 25 Kg
- Dim.: 162x48x61 cm
- Brake system: Magnetic with programs






# STRENGTH



## RACK SMITH

G160



-  Max. dynamic tension/charge: 2x90 Kg
-  Weight: 352 Kg
-  Dim.: 124x220x225,5 cm

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\*Discs not included



## POWER SMITH with plates

G145



- Max. dynamic tension/charge: 2x90 Kg
- Weight: 411 Kg
- Dim.: 160x210x220 cm



Included accessories:



\*Discs not included



2x90 Kg weight stacks included in this model.



## POWER SMITH

G140



- Weight: 231 Kg
- Dim.: 160x210x220 cm



Included accessories:



\*Discs not included



## PULLEY CAGE

G520



- Max. dynamic tension/charge: 90 Kg
- Weight: 66 (+90) Kg
- Dim.: 181x173x220 cm



\*Discs not included



## INDAR PRESS

G128



- Max. user weight: 130 Kg
- Weight: 225 Kg
- Dim.: 200x191x210 cm

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## INDAR

G127



- Max. user weight: 130 Kg
- Weight: 225 Kg
- Dim.: 190x72x210 cm

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## TT4

G159B



- Max. user weight: 130 Kg
- Max. dynamic tension/charge: 70/100 Kg
- Weight: 346 Kg
- Dim.: 314x244x230 cm



## LEG PRESS/HACK SQUAT

G530



- Max. user weight: 130 Kg
- Weight: 124 Kg
- Dim.: 207x103x138 cm



\*Discs not included



## ADJUSTABLE PRESS

G510



- Max. user weight: 150 Kg
- Weight: 40 Kg
- Dim.: 169x123,5x144 cm



With the accessory G510100, the G510 bench becomes a powerful leg/bicep curl station. Not included.

By simply adding the accessory G510200 to the G510 bench, it becomes a butterfly to work the chest. Not included.



## GLOBAL GYM

G152B



- Max. user weight: 110 Kg
- Max. dynamic tension/charge: 100 Kg
- Weight: 210 Kg
- Dim.: 174x200x211 cm



The Global Gym has an abdominal and dips station.

## NEVADA PLUS

G119B

**ProAction**

- Max. user weight: 100 Kg
- Max. dynamic tension/charge: 100 Kg
- Weight: 145 Kg
- Dim.: 160x115x215 cm



Foldable seat

## MULTIGYM PLUS

G112B

**ProAction**

- Max. user weight: 100 Kg
- Max. dynamic tension/charge: 70 Kg
- Weight: 112 Kg
- Dim.: 138x92x207 cm



Foldable seat

## POWER CAGE WITH PULLEY

G315



- Max. dynamic tension/charge: 130 Kg (pulley).
- Max. load: 360 Kg
- Weight: 100 Kg
- Dim.: 215x113x227 cm



## POWER CAGE

G314



- Max. load: 360 Kg
- Weight: 67,5 Kg
- Dim.: 128x113x210 cm



## POWER RACK

G310



- Max. user weight: 140 Kg
- Max. load: 360 Kg
- Weight: 41,4 Kg
- Dim.: 128x137x206 cm



## POWER TOWER

G340



- Max. user weight: 135 Kg
- Weight: 40 Kg
- Dim.: 106x96x212 cm



## SQUAT MACHINE

G350



## ADJUSTABLE WEIGHT BENCH

G322

## WEIGHT BENCH

G312



- Max. user weight: 130 Kg
- Weight: 17,5 Kg
- Dim.: 103x55x80,5 cm

- Max. user weight: 140 Kg
- Weight: 33 Kg
- Dim.: 180x61x132 cm

- Max. user weight: 140 Kg
- Weight: 22 Kg
- Dim.: 141,5x59x129,5 cm



## OPTIMA PRESS

G330B

*ProAction*

## OPTIMA

G320B

*ProAction*

## ATLANTA

G59X

*ProAction*

- Max. user weight: 100 Kg
- Max. load: 50 Kg
- Weight: 46 Kg
- Dim.: 208x103x171 cm

- Max. user weight: 100 Kg
- Max. load: 50 Kg
- Weight: 17 Kg
- Dim.: 136x55x129 cm

- Max. user weight: 90 Kg
- Weight: 10 Kg
- Dim.: 131x31x60 cm



## DUMBBELL RACK

G505



- Weight: 45 Kg
- Dim.: 78x78x145 cm

-It has space to store 8 pairs of dumbbells.  
-Reinforced rubber buffers to protect the structure from friction.



The G505 dumbbell rack has 2 bar holders.



## ZERO

G400

- Max. user weight: 130 Kg
- Weight: 29 Kg
- Dim.: 138x73x148 cm

ProAction

# INVERTER



## FLOOR PROTECTORS



Available in two sizes: Ref:  
0191009 - 120x60x0.4 cm Ref:  
0191010 - 200x90x0.4 cm

4 mm thick

Decreases  
noise and vibrations  
Protects  
sweat surface

Non-slip surface



# TREADMILLS

		G6512TFT	G6512	G6515	G6182BI	G6179TFT	G6179	G6178TFT	G6178	G6176TFT	G6176
		RS1200 TF	RS1200	RC M Pro	i.RC12	RS1000 TFT	RS1000	RS900 TFT	RS900	RS800 TFT	RS800
USE	Frequency of use*	LCU	LCU	LCU	LCU	LCU	LCU	INTENSIVE	INTENSIVE	INTENSIVE	INTENSIVE
	Max. user weight	150 Kg	150 Kg	180 Kg	150 Kg	150 Kg	150 Kg	150 Kg	150 Kg	130 Kg	130 Kg
SPECIFICATIONS	Power (peak/continuous)	3.5 CV-AC	3.5 CV-AC	3.5 CV-AC	3.0/4.5 CV	3.5 CV-AC	3.5 CV-AC	2.5/4.0 CV	2.5/4.0 CV	2.0/3.5 CV	2.0/3.5 CV
	Speed	1-22 km/h	1-22 km/h	0,8-18 Km/h	1-22 km/h	1-22 km/h	1-22 km/h	1-22 km/h	1-22 km/h	1-20 km/h	1-20 km/h
	Max. electric incline	15%	15%	15%	15%	15%	15%	15%	15%	12%	12%
	ECO Mode	No	No	No	Yes	No	No	No	No	No	No
	Instant speed keys	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Instant incline keys	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Running surface (LxW)	152x55 cm	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Damping System	6 elastomers	6 elastomers	6 elastomers	Smart Konik + Flex System	6 elastomers	6 elastomers	6 elastomers	6 elastomers	6 elastomers	6 elastomers
	Contact heartrate	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Fan	No	No	No	No	No	No	No	No	Yes	Yes
	Soft Drop System (SDS)	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
	Transport wheels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Length	200 cm	200 cm	185 cm	210 cm	200 cm	200 cm	200 cm	200 cm	195 cm	195 cm
	Width	92 cm	92 cm	82 cm	94 cm	92 cm	92 cm	92 cm	92 cm	91 cm	91 cm
	Height	159 cm	159 cm	154 cm	148 cm	159 cm	159 cm	159 cm	159 cm	155 cm	155 cm
	Weight	120 Kg	120 Kg	125 Kg	137 Kg	114 Kg	114 Kg	114 Kg	114 Kg	85 Kg	85 Kg
	Foldable	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
	PROGRAMS	Preset Programs (Prg)	32	8	36	14	32	8	32	8	32
Random program (RP)		No	No	No	No	No	No	No	No	No	No
User profiles (uprg)		5	3	3	3	5	3	5	3	5	3
Fitness Test (FT)		Yes	No	No	No	Yes	No	Yes	No	Yes	No
Heartrate program (HRC)		3	3	3	Yes	3	3	3	3	3	3
Recovery Program (RT)		No	Yes	No	No	No	Yes	No	Yes	No	Yes
Bodyfat Test (BF)		Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Screen		16" Touch-screen	LED	LED + Dot Matrix	LED + Dot Matrix	16" Touch-screen	LED	16" Touch-screen	LED	10" Touch-screen	LCD
Universal smartphone holder		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Telemetric heartrate		Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt
CONSOLE	Bluetooth heartrate	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	
	i.Concept	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	

\*Recommended frequency of use: Occasional (1-3 hours per week), Regular (3-7 hours per week), Intensive (7-20 hours per week), Semiprofessional (more than 20 hours per week).

G6165	G6487B	G6319	G6261	G6484H	G6540	G6405	G6400	G6311	G6311B	G6311G	G6300
RS300	Pioneer R3	Sherpa Rur	Pioneer S3	Pioneer Senior	Nydo	Nyman Plus	Nyman	Runlab Plus	Runlab Plus Blue	Runlab Plus Green	Clubrun
INTENSIVE	REGULAR	REGULAR	REGULAR	REGULAR	INTENSIVE	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
120 Kg	115 Kg	110 Kg	115 Kg	100 Kg	130 Kg	115 Kg	115 Kg	110 Kg	110 Kg	110 Kg	110 Kg
1.5/3.0 CV	1.5/2.75 CV	1.0/2.0 CV	1.25/2.5 CV	2.0 CV	2.0/3.0 CV	1.25/2.5 CV	1.25/2.5 CV	1.25/2.5 CV	1.25/2.5 CV	1.25/2.5 CV	1.0/2.0 CV
1-18 Km/h	1-18 km/h	1-14 km/h	1-16 km/h	1-13 km/h	1-18 km/h	1-16 km/h	1-16 km/h	1-15 km/h	1-15 km/h	1-15 km/h	1-14 km/h
12%	12%	10%	Mechanic	Mechanic	12%	12%	No	No	No	No	No
No	Yes	No	No	Yes	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Yes	Yes	Yes	No	No	Yes	No	No	No	No	No	No
124x48 cm	125x45 cm	120x42 cm	130x41 cm	125x45 cm	140x50 cm	122x45 cm	122x45 cm	126x46 cm	126x46 cm	126x46 cm	122x45 cm
6 elastomers	6 elastomers	4 elastomers	8 elastomers	6 elastomers	6 elastomers	4 elastomers	4 elastomers	4 elastomers	4 elastomers	4 elastomers	4 elastomers
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
No	Yes	No	Yes	Yes	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
165 cm	162 cm	143 cm	162 cm	162 cm	170 cm	152 cm	152 cm	153 cm	153 cm	153 cm	147.5 cm
79.2 cm	74 cm	66 cm	72 cm	74 cm	75 cm	73 cm	73 cm	79 cm	79 cm	79 cm	76.5 cm
141 cm	146 cm	104 cm	131 cm	146 cm	128 cm	125 cm	125 cm	134 cm	134 cm	134 cm	127 cm
58.5 Kg	62 Kg	37.5 Kg	50 Kg	62 Kg	71 Kg	54 Kg	54 Kg	48 Kg	48 Kg	48 Kg	41.5 Kg
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8	12	12	12	12	36	36	36	No	No	No	36
No	No	No	No	No	No	No	No	No	No	No	No
3	No	No	No	No	3	3	3	No	No	No	3
No	No	No	No	No	Yes	Yes	Yes	No	No	No	No
5	No	No	No	No	No	No	No	No	No	No	Yes
No	No	No	No	No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes
LCD	Blue backlit LCD	LCD	Blue backlit LCD	Blue backlit LCD	LED	LED	LED	LED	LED	LED	LCD
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yes, optional chest belt	No	No	No	No	Yes, optional chest belt	No	No	No	No	No	No
Yes, optional chest belt	No	Yes, optional chest belt	No	No	Yes, optional chest belt	Yes, optional chest belt	No	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	No
Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	No



# CROSSTRAINERS

	G260B	G2488TFT	G2488	G868TFTM	G868I	G860TFTM
	Khronos Generator	Super Khronos Multimedia	i.Super Khronos	FDC20 Studio Multimedia	i.FDC20 Studio	FDC19 Multimedia
<b>USE</b>	Frequency of use*	LCU	LCU	LCU	LCU	INTENSIVE
	Max user weight	150 Kg	150 Kg	150 Kg	130 Kg	130 Kg
	Resistance system	Electromagnetic	Magnetic	Magnetic	Magnetic	Magnetic
	Stride (length)	51 cm	51 cm	51 cm	51 cm	48 cm
	Distance between pedals (width)	11 cm	11 cm	11 cm	9 cm	9 cm
	Console	Khronos Generator	M12TFT	M12	M12TFT	M10D
<b>SPECIFICATIONS</b>	Steady Watt Program (SRV)	10-350 watts	Yes	50-280 watts	Yes	50-280 watts
	Contact heartrate	Yes	Yes	Yes	Yes	Yes
	Bottle holder	Yes	Yes	Yes	Yes	Yes
	Transport wheels	Yes	Yes	Yes	Yes	Yes
	Length	210 cm	210 cm	210 cm	185 cm	185 cm
	Width	64 cm	64 cm	64 cm	70 cm	70 cm
	Height	170 cm	170 cm	170 cm	170 cm	170 cm
	Weight	74 Kg	74 Kg	74 Kg	85 Kg	85 Kg
	Inertial system	Equivalent to 35Kg	Equivalent to 35Kg	Equivalent to 35Kg	Equivalent to 35Kg	Equivalent to 35Kg
	Preset Programs (Prg)	12	16	12	16	12
	Intensity levels	32	24	24	24	24
	Random Program (RP)	No	Yes	No	Yes	Yes
	User Profiles (uprg)	4	5	Yes	5	Yes
<b>PROGRAMS</b>	Fitness Test (FT)	No	Yes	Yes	Yes	Yes
	Heartrate Program (HRC)	4	3	4	3	4
	Recovery Program (RT)	Yes	No	No	No	No
	Bodyfat Test (BF)	Yes	No	No	No	No
	Screen	LCD	TFT 10"	Blue backlit LCD	TFT 10"	Blue backlit LCD
	Universal smartphone holder	No	Yes	Yes	Yes	Yes
	Telemetric	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt
<b>CONSOLE</b>	Bluetooth heartrate	No	Yes, optional chest belt	Yes	Yes, optional chest belt	Yes, optional chest belt
	i.Concept	No	Yes	Yes	Yes	Yes

\*Recommended frequency of use: Occasional (1-3 hours per week), Regular (3-7 hours per week), Intensive (7-20 hours per week), Semiprofessional (more than 20 hours per week).

G860I	G858N	G2383TFTM	G2383N	G2383NW	G852	G2518	G2518W
i.FDC19	NC19	Crystal 2.0	Crystal 2.0	i.Crystal 2.0	Easy Flex	Easy Step Dual	i.Easy Step
INTENSIVE	INTENSIVE	Multimedia	Dual	INTENSIVE			Dual
130 Kg	130 Kg	150 Kg	150 Kg	150 Kg	INTENSIVE	REGULAR	REGULAR
Magnetic	Magnetic	Magnetic	Magnetic	Magnetic	130 Kg	115 Kg	115 Kg
48 cm	48 cm	43.5 cm	43.5 cm	43.5 cm	Magnetic	Magnetic	Magnetic
9 cm	6 cm	18 cm	18 cm	18 cm	45 cm	38 cm	38 cm
					13 cm	18 cm	18 cm
M10D	M6U	M6U	M6U	M6U	LCD	M3	M3
Yes	50-280 watts	50-280 watts	50-280 watts	50-280 watts	Yes	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yes	No	Yes	Yes	Yes	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
185 cm	200 cm	166 cm	166 cm	166 cm	165 cm	144 cm	144 cm
70 cm	51 cm	70 cm	70 cm	70 cm	63 cm	63 cm	63 cm
170 cm	170 cm	158 cm	158 cm	158 cm	183 cm	153 cm	153 cm
85 Kg	67 Kg	58 Kg	58 Kg	58 Kg	54 Kg	47 Kg	47 Kg
Equivalent to 35Kg	22Kg	18Kg	18Kg	18Kg	20Kg	14Kg	14Kg
12	12	16	12	12	12	12	12
24	24	24	24	24	24	24	24
Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Yes	Yes	5	Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
4	4	3	4	4	Yes	4	4
No	Yes	No	Yes	Yes	Yes	Yes	Yes
No	No	No	No	No	Yes	No	No
Blue backlit LCD	LCD	TFT 10"	LCD	LCD	Blue backlit LCD	Blue backlit LCD	Blue backlit LCD
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	No	No	No
Yes, optional chest belt	Optional	Yes, optional chest belt	Optional	Optional	No	Yes, optional chest belt	Yes, optional chest belt
Yes	Optional	Yes	Optional	Yes	No	Optional	Yes

# INDOOR CYCLING

		H9343	H9340	H9340S	H9117	H9115
		XCalibur EMS	XCalibur	XCalibur Silver	Lyon Climber	Lyon
<b>USE</b>	<b>Frequency of use*</b>	INTENSIVE	INTENSIVE	INTENSIVE	INTENSIVE	REGULAR
	<b>Max. user weight</b>	130 Kg	130 Kg	130 Kg	110 Kg	110 Kg
<b>SPECIFICATIONS</b>	<b>Flywheel</b>	Eq. to 20 Kg	Eq. to 20 Kg	Eq. to 20 Kg	Eq. to 16 Kg	Eq. to 16 Kg
	<b>Braking system</b>	EMS	Magnetic	Magnetic	Magnetic	Magnetic
	<b>Transmission</b>	Poly-V Belt	Poly-V Belt	Poly-V Belt	Poly-V Belt	Poly-V Belt
	<b>Flywheel cover</b>	Yes	Yes	Yes	Yes	Yes
	<b>Handlebar</b>	Triathlon	Triathlon	Triathlon	Road	Road
	<b>Handlebar adjustment</b>	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical
	<b>Saddle adjustment</b>	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical
	<b>Pedals</b>	Mixed	Mixed	Mixed	Straps	Straps
	<b>Length</b>	156 cm	156 cm	156 cm	140 cm	140 cm
	<b>Width</b>	62 cm	62 cm	62 cm	50 cm	50 cm
	<b>Height</b>	138 cm	138 cm	138 cm	122 cm	122 cm
	<b>Weight</b>	65 Kg	65 Kg	65 Kg	47 Kg	45 Kg
<b>PROGRAMS</b>	<b>Preset Programs (Prg)</b>	No	12	12	4	4
	<b>Intensity levels</b>	24	24	24	32	32
	<b>Random Program (RP)</b>	No	Yes	Yes	No	No
	<b>User Profiles (uprg)</b>	No	5	5	No	No
	<b>Fitness Test (FT)</b>	Yes	Yes	Yes	No	No
	<b>Heartrate Program (HRC)</b>	No	4	4	No	No
	<b>Recovery Program (RT)</b>	No	No	No	No	No
<b>CONSOLE</b>	<b>Bodyfat Test (BF)</b>	No	No	No	No	No
	<b>LCD screen</b>	No	No	No	No	No
	<b>Backlit LCD screen</b>	Yes	Yes	Yes	Tricolor	Tricolor
	<b>Universal smartphone holder</b>	Yes	Yes	Yes	Yes	Yes
	<b>Telemetric heartrate</b>	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt
	<b>Bluetooth heartrate</b>	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt
	<b>i.Concept</b>	Yes	Yes	Yes	Yes	Yes

\*Recommended frequency of use: Occasional (1-3 hours per week), Regular (3-7 hours per week), Intensive (7-20 hours per week), Semiprofessional (more than 20 hours per week).

H9110	H919N	H9178	H9173	H9162	H9158
Osaka	SB3 Magnetic	Stratos	SB2.6	SB2.2	SB1.4
REGULAR	LCU	LCU	REGULAR	REGULAR	REGULAR
110 Kg	110 Kg	130 Kg	105 Kg	105 Kg	100 Kg
Eq. to 16 Kg	Eq. to 18 Kg	22 Kg	20 Kg	20 Kg	18 Kg
Magnetic	Magnetic	Friction	Friction	Friction	Friction
Poly-V Belt	Poly-V Belt	Poly-V Belt	Poly-V Belt	Poly-V Belt	Poly-V Belt
Yes	Yes	No	No	No	No
Road	Triathlon	Triathlon	Triathlon	Triathlon	Triathlon
Horizontal	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical
Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical
Straps	Mixed	Mixed	Mixed	Straps	Straps
140 cm	104 cm	128 cm	104 cm	104 cm	104 cm
50 cm	64 cm	57 cm	52 cm	52 cm	49 cm
122 cm	119 cm	131 cm	119 cm	119 cm	117 cm
32 Kg	46 Kg	63 Kg	45 Kg	43 Kg	39 Kg
No	No	No	No	No	No
32	32	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	No	No	No	No	No
No	Yes	Yes	Yes	Yes	Yes
Tricolor	No	No	No	No	No
Yes	No	No	No	No	No
No	Yes, optional chest belt	Yes, optional chest belt	Yes, optional chest belt	No	No
Yes, optional chest belt	No	No	No	No	No
Yes	No	No	No	No	No



# BICYCLES

	H651TFT	H650Bi	H854B	H863TFT	H862i	
	TFR Ergo Multimedia	i.TFR Ergo LCU	Artic Comfort Program	TFB Multimedia	i.TFB LCU	
<b>USE</b>	Frequency of use*	LCU	REGULAR	LCU	LCU	
	Max. user weight	130 Kg	120 Kg	130 Kg	130 Kg	
<b>SPECIFICATIONS</b>	Braking system	Magnetic	Magnetic	Magnetic	Magnetic	
	Flywheel	12 Kg	12 Kg	8 Kg	14 Kg	
	Steady Watt Program (SRV)	Yes	Yes	Yes	Yes	
	Contact heartrate	Yes	No	Yes	Yes	
	Fan	No	Horizontal	No	No	
	Saddle adjustment	Horizontal		Horizontal	Horizontal & vertical	
	Handlebar adjustment	No	No	Yes	No	
	Bottleholder	Yes	Yes	No	Yes	
	Transport wheels	Yes	Yes	Yes	Yes	
	Length	167 cm	167 cm	128 cm	130 cm	
	Width	68 cm	68 cm	60 cm	62 cm	
	Height	130 cm	130 cm	107 cm	156 cm	
	Weight	53 Kg	53 Kg	40 Kg	53 Kg	
	Open frame/Easy access	Yes	Yes	Yes	Yes	
	Transpirable Backrest	No	No	No	No	
	Backrest	Yes	Yes	Yes	Yes	
	XXL Saddle	No	No	Yes	No	
	Multiposition handlebar	No	No	No	No	
	Self generated	M12TFT	M10 D	M2 Program	M12TFT	
	Console	16	12	12	16	
	<b>PROGRAMS</b>	Preset Programs (Prg)	24	24	24	24
		Intensity levels	Yes	Yes	Yes	Yes
Random Program (RP)		5	Yes	No	5	
User Profiles (uprg)		Yes	Yes	No	Yes	
Fitness Test (FT)		3	4	4	3	
Heartrate Program (HRC)						
Recovery Program (RT)		No	No	No	No	
<b>CONSOLE</b>	Bodyfat Test (BF)	No	No	No	No	
	Screen	TFT 10"	Blue Backlit LCD	LCD	TFT 10"	
	Universal smartphone holder	Yes	Yes	Yes	Yes	
	Telemetric heartrate	Yes, optional chest belt	Yes, optional chest belt	No	Yes, optional chest belt	
	Bluetooth heartrate	Yes, optional chest belt	Yes, optional chest belt	No	Yes, optional chest belt	
i.Concept	Yes	Yes	No	Yes		

\*Recommended frequency of use: Occasional (1-3 hours per week), Regular (3-7 hours per week), Intensive (7-20 hours per week), Semiprofessional (more than 20 hours per week).

H8705BTFT	H8705B	H678	H1065TFTM	H1065L	H1055N	H674UB	H673
Carbon Bike RS Multimedia	Carbon Bike RS	ERGO Ems INTENSIVE	Nexor Multimedia	Nexor Dual	Nexor Plus	Artic Dual	Ar tic
INTENSIVE	INTENSIVE	150 Kg	REGULAR	REGULAR	REGULAR	REGULAR	REGULAR
130 Kg	130 Kg	Electromagnetic	130 Kg	Magnetic	Magnetic	Magnetic	Magnetic
Magnetic	Magnetic	10 Kg	Magnetic	8 Kg	8 Kg	8 Kg	8 Kg
14 Kg	14 Kg	Yes	8 Kg	Yes	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yes	Yes	No	Yes	No	No	No	No
No	No		No				
Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical	Horizontal & vertical
No	No	Yes	Yes	Yes	Yes	Yes	Yes
Yes	Yes	No	Yes	Yes	Yes	No	No
Rollers	Rollers	Yes	Rollers	Rollers	Rollers	Yes	Yes
115 cm	115 cm	88 cm	101 cm	101 cm	101 cm	103 cm	103 cm
54 cm	54 cm	50 cm	55 cm	55 cm	55 cm	54 cm	54 cm
153 cm	153 cm	132 cm	142 cm	142 cm	142 cm	128 cm	128 cm
53 Kg	53 Kg	27 Kg	32 Kg	32 Kg	32 Kg	30 Kg	30 Kg
No	No	Yes	No	No	No	Yes	Yes
No	No	No	No	No	No	No	No
No	No	No	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
No	No	Yes	Yes	Yes	Yes	Yes	Yes
No	No	No	No	No	No	No	No
M12TFT	M12	M3	M12TFT	M6	LCD	M6	LCD
16	12	12	16	12	No	12	No
24	24	24	24	24	8	24	8
Yes	Yes	Yes	Yes	Yes	No	Yes	No
5	Yes	5	5	Yes	No	Yes	No
Yes	Yes	Yes	Yes	Yes	No	Yes	No
3	4	4	3	4	No	4	No
No	No	Yes	No	No	No	No	No
No	No	No	No	No	No	No	No
TFT 10"	Blue Backlit LCD	Blue Backlit LCD	TFT 10"	LCD	LCD	LCD	LCD
Yes	Yes	Yes	Yes	Yes	No	Yes	No
Yes, optional chest belt	Yes, optional chest belt	No	Yes, optional chest belt	No	No	No	No
Yes, optional chest belt	Yes, optional chest belt	No	Yes, optional chest belt	Optional	No	Optional	No
Yes	Yes	No	Yes	Optional	No	Optional	No



ProAction



Systems may be inaccurate, result in serious injury, exercising immediately.

CAUTION  
Always use proper technique when exercising on the treadmill.

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Notes

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