



# VORTEC V1000 SPIN BIKE (CLEARANCE)

SKU: C-V1000





**Brand new Set, but selling as clearance because of paint drop at the base, refer to product images for reference. Free Assembly Provided.**



The Vortec V1000 Spin Bike comes with a **lifetime structural warranty** and 12 month limited manufacturer warranty against faults for all other parts. When you are trying to raise the heart rate in the comfort of the lounge room the V-V1000 is the recommended entry-level spin bike for you. A **solid construction, fully adjustable** and a **20kg fly wheel** ensure a super smooth ride whilst elevating that heart rate!

#### KEY FEATURES:

- Belt: **French Hutchinson 8pj High Strength**
  - Flywheel: **20kg**
- Brakes: **Friction braking system with emergency lock**
- Computer: **Yes. Calories, RPM, Speed, Time, Pulse (requires optional chest belt)**
  - Handlebars: **Ergonomic with adjustable height & adjustable forward / back**
    - Grip: **Comfortable, multi-position grip**
  - Seat: **Ergonomic with adjustable height & adjustable forward / back**
    - Frame: **Semi-Commercial with wheels for easy movement**
      - Cranks: **Carbon Steel**
    - Bottle Holder: **1 x water bottle holder**
      - Pedals: **Racing style with straps**
      - Max User Weight: **300lb / 130kg**
  - *\*June 2020 update: Water bottle holder mounting point is moved to the side to allow for mounting of tablet holder on the handle.*

#### What is a spinning exercise bike?

Spin bikes have a heavy, weighted flywheel that is directly mechanically linked to the pedals. this makes them like fixed-gear bikes, in that if you stop pushing on the pedals, they will tend to keep spinning due to the inertia of the flywheel. A spin bike is generally designed much more like a real road bike, and your posture on the bike will reflect that. A spin bike is very simple and entirely mechanical. this makes it easier to fix and maintain.

#### The Spinning exercise bike has the following advantages:

- The fixed wheel helps improve your pedalling technique and cardiovascular fitness.
  - More adjustment options for reach, handlebar height, seat height.
  - They are generally better put together.
- They stress in the training is that the resistance and feel is much more like a road bike.

#### Advantage of spinning exercise bike over normal stationary bike:

- You can "climb" by standing out of the saddle and putting hips back as if on a real road bike, targeting different muscle groups than just sitting.
- You can "isolate" muscle groups by standing and peddling slowly, keeping body (besides legs) as still as possible.



- You can "sprint" - you just can't sprint in a real way on a stationary bike, as you cannot lean over with that giant seat in the way of your legs.
- You can have a correct fit that is more like a real road bike, resulting in you being able to push yourself longer/more without discomfort.



## ABOUT VORTEC

Vortec is a Taiwan brand specialised in the manufacturing of spin bikes for more than 25 years. They provide OEM services to many well-known brands like Bodycraft. On top of giving a smooth and sturdy ride, high-quality materials are used in production to ensure the bikes are built to last.

To provide the best value in our products, HomeGym worked directly with the source to keep prices lower while having the same quality as many big brands.

### ADDITIONAL INFORMATION

#### More Information

#### Level Of Resistance

Infinite Analog Adjustments

#### Flywheel Weight

20kg Flywheel

#### Warranty

1 year

#### Product Dimension

115 x 59 x 120cm (L x W x H)

#### Max Load

135kg

#### Product Weight

54kg

#### More Information

Easy adjustment, Stable