



ReVegade

Air Bike

AN ENDURANCE BUILDING,
GUT BUSTING, POWER CHARGING
ROGUE OF A MACHINE

EVO[®]
CARDIO FOR LIFE



WHAT IS THE RENEGADE AIR BIKE?

The ReNegaDE Air Bike is an upright stationary exercise bike with handles, also known as a fan bike. The resistance is provided by a fan wheel that exponentially increases wind resistance as you pedal harder. The intensity of exercise on the ReNegaDE Air Bike is completely dependent on the person exercising.

You can exercise your lower and upper body at the same time, or exercise your legs or arms independently, simply by resting your feet on pegs in the center of the fan wheel.



HOW DOES IT WORK?

- The resistance on the airbike is caused by the blades moving through the air.
- Low speed: low resistance
- High speed: high resistance
- Pedals and handlebars are connected:
Train upper and lower body at the same time
- Upper and lower body can be trained independent from each other
- Functional arms
- Extra wide range of motion from handlebars



WHO BENEFITS FROM USING THE AIR BIKE?

Being a cardio machine, the ReNegaDE Bike Air is mainly used for burning calories, weight loss and toning. For people who are looking for an intense aerobic workout, this Air Bike is a must.

While the ReNegaDE Air Bike is not intended to replace resistance training, it can also be used for an anaerobic workout. This type of training may help development of several muscle groups, such as biceps, triceps, shoulders, breast and arms by using of the handles.

Anyone (who is tall enough to reach the pedals) can enjoy the benefits of cardiovascular training on the ReNegaDE Air Bike. It's a perfect equipment if you like High Intensity Interval Training.

Before you consider purchasing this wonderful piece of fitness equipment, keep in mind that the intensity of a workout on the Air Bike is entirely dependent on the person who is exercising on it.



ADVANTAGES

Out of all fitness equipment available for losing weight, Air Bikes are the most popular, because they are light and easy-to-use. The ReNegaDE Air Bike is a great way to exercise conveniently and efficiently, especially in the comfort of own home. It's easy to use and a good machine for burning fat.

- Convenient and easy to use
- Also ideal for people not used to exercising or very overweight people
- Ideal if bad weather doesn't allow outside activities
- Watch TV during a workout
- Low injury risk to knees and ankles
- Easy to develop a rhythmic pace for better fat burning
- Helps develop leg strength
- Air/fan assisted bikes help cool down skin while working out



CONSTRUCTION

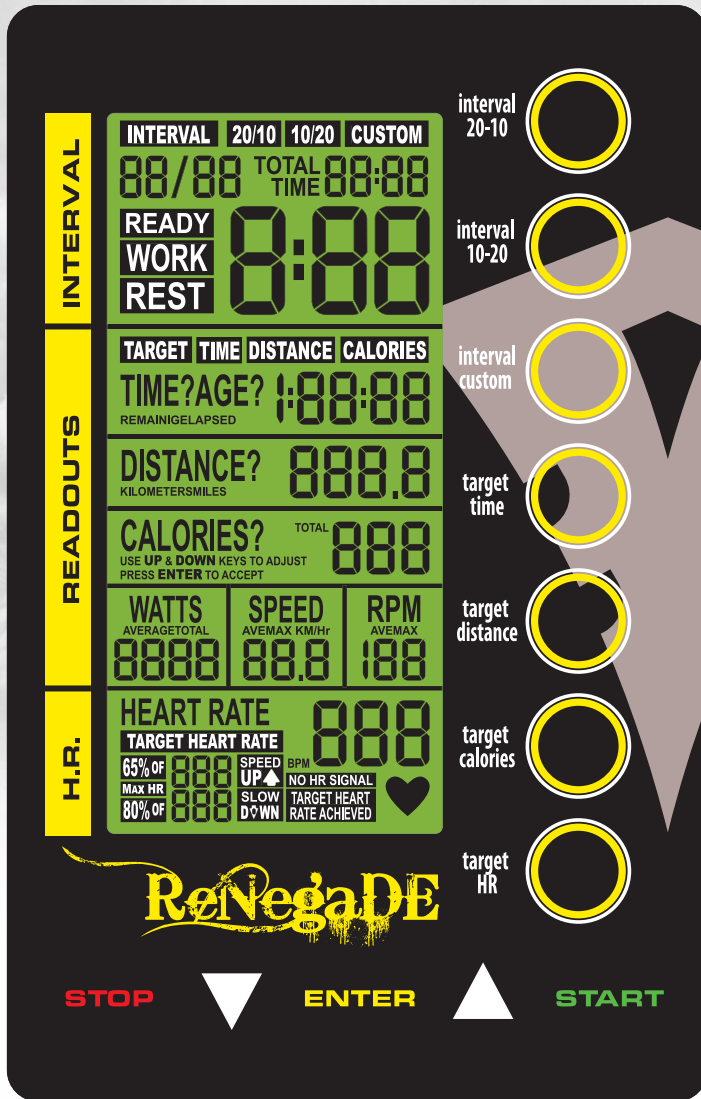
The ReNegaDE Air Bike is designed and built for intensive use, and is suitable for commercial grade settings as well as home use. Built to withstand everything that's thrown at it, the ReNegaDE is one tough competitor and is fully equipped with industry leading gear:

- Industrial grade, endless Poly-V drive belt offering faultless load transfer and increased life span
- Double sealed bearing set in the central hub of the 56 cm diameter super steel air fan for effortless rotation
- Multi-direction, sealed cartridge bearings in the push and pull arms for long lasting durability
- 3mm main frame structure for superior strength
- Thick dual handles with black foam grip
- Thick tubing front & rear stabilizers provide extra stability during your workout
- 2 year limited warranty



COMFORT & DURABILITY

- The ReNegaDE Air Bike features a large moulded PU seat for a more comfortable workout.
- Infinitely adjustable quick release saddle adjustment - up/down/forward/back - to easily modify the seat for your ideal setup.
- To focus on your upper body, we have developed oversized anti-slip foot pegs for a more robust push off to leverage more power from your workout.
- The moving arms are built to take the most intense upper body workout.
- A handle with knurled grip makes sure to easily pick up and move the ReNegaDE Air Bike around.

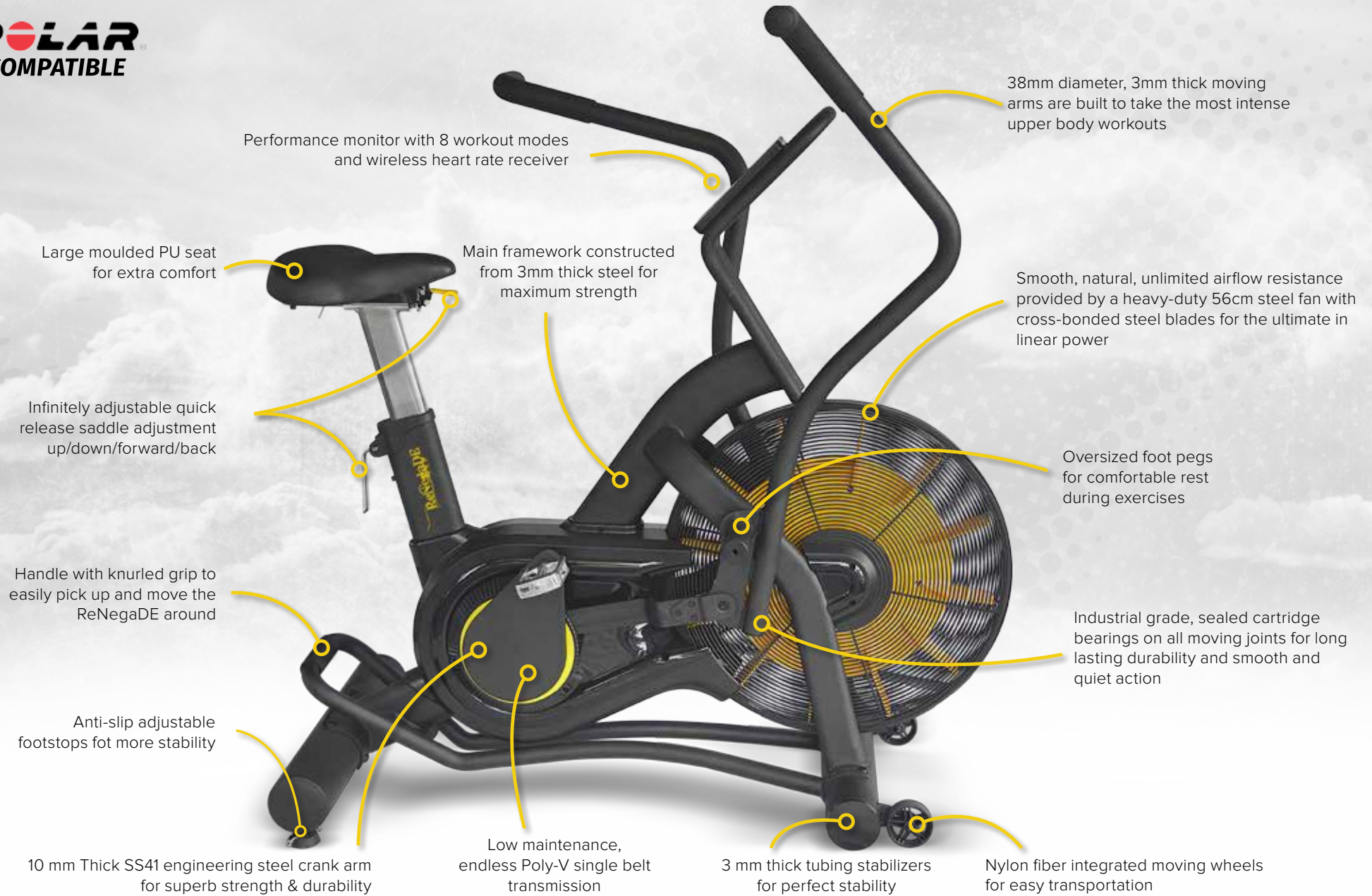


TECHNOLOGY & METRICS

The ReNegaDE's Performance Monitor provides a comprehensive view of your workout data:

- Large LCD screen with a wireless receiver displays all workout data in easy to read format
- Stay motivated with 8 workout modes, including 10/20 and 20/10 intervals, target settings and heart rate control
- Features: Time, RPM, Speed, Distance, Calories, Watts
- Easy one-touch mode selector
- Battery powered console
- Power output is shown in watts, giving you an accurate measurement to track your progress and improve your performance

POLAR
COMPATIBLE



Performance monitor with 8 workout modes and wireless heart rate receiver

38mm diameter, 3mm thick moving arms are built to take the most intense upper body workouts

Large moulded PU seat for extra comfort

Main framework constructed from 3mm thick steel for maximum strength

Smooth, natural, unlimited airflow resistance provided by a heavy-duty 56cm steel fan with cross-bonded steel blades for the ultimate in linear power

Infinitely adjustable quick release saddle adjustment up/down/forward/back

Oversized foot pegs for comfortable rest during exercises

Handle with knurled grip to easily pick up and move the ReNegaDE around

Industrial grade, sealed cartridge bearings on all moving joints for long lasting durability and smooth and quiet action

Anti-slip adjustable footstops for more stability

10 mm Thick SS41 engineering steel crank arm for superb strength & durability

Low maintenance, endless Poly-V single belt transmission

3 mm thick tubing stabilizers for perfect stability

Nylon fiber integrated moving wheels for easy transportation

ReNegaDE

www.evoairbike.com

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SPECIFICATIONS



Sealed Cartridge Bearings



4.8 kg Dual Steel Fan



Multi-Direction Cartridge Bearings



Axle Sealed Cartridge Bearings



Anti-Slip Dual Pedal assembly



Fore/Back Seat Adjustments



Large Screen LCD Console, 8 workouts



Up/Down Seat Adjustments

Product Code	AB100
Dimensions	L123 x H138.5 x W76.5 cm
Net Weight	71.5 kg
Gross Weight	76 kg
Max. User Weight	130 kg
Packaging	131 x38 x 88 cm
Console	Large LCD Console, wireless receiver

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HOW TO EXERCISE?

An Air Bike is a stationary bike with two handles that move back and forth, and a fan that is driven by the speed and power of the pedals. Air bikes do not have preset electronic programs, so it's up to you to make your own workout and choose the resistance level with your pace.

- Step 1** Sit on the seat of the air bike. Place your feet on the pedals and grab the handles.
- Step 2** Pedal slowly at first. Move the handles back and forth. The air bike will increase its resistance based on how fast and hard you pump the pedals and handles.
- Step 3** Speed up as you get more comfortable with the movement. Keep your back straight as opposed to leaning forward.



PERFECT TOOL FOR INTERVAL TRAINING

- **5 min.**
Warm-up
- **30 sec.**
Pedal as hard
as you can
- **1 min.**
Pedal at a
slower pace
- **5 min.**
Cool down

Repeat 10 times

Interval Training is a method of conditioning that uses alternating periods of work and rest.

- Burns more calories per minute than any other cardio machine
- Scientifically proven HIIT (high intensity interval training) is good for you
- Exercise less time and get more benefit
- Burns more fat
- A powerful way to get and to stay in shape
- Tabata study shows great benefit

According to a leading USA Pt organization:

"The Air Bike is probably the most efficient and safest tool to practice interval training, more safe then a treadmill and much more effective and fun than any elliptical cross trainer out there."



TOTAL BODY WORKOUT CONCEPT

- Train on it to get stronger
- Used in crossfit boxes
- Mma fighters love it
- Ideal for pro sport training facilities
- Perfect for fitness clubs
- Excellent addition for the serious home user

ReNEgade

Air Bike

We challenge you,
find out why they call this airbike

- **A torture machine**
- **The misery machine**
- **Satan's tricycle**

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