



Distance **between pedals**  
12cm



**Maximum user weight:**  
160kg



Dimensions:  
121,9 x 59,7 x 127cm

## SPECS

The H889 is the Fan Bike designed by BH Fitness with HIIT (High Intensity Interval Training) that uses Wind Resistance for optimum results. It is built to be used for Upper or Lower body workout. A variety of intensive workouts can be made using the dial to adjust airflow resistance

- **Self generated system. Doesn't require electricity**
- BH HIIT High Intensity Interval Training Fan Bike uses Wind Resistance as an extremely aggressive workout.
- **Wireless heart rate measurement**
- Water Bottle holder included
- Fan
- **Polar® Heart Rate Strap Compatible**
- Fore/Aft and Up/Down Seat Adjustment to fit a wide range of user sizes
- **Can be used as Upper and Lower Body workout, or just isolate the Upper Body using convenient Foot Pegs**
- **Transportation Wheels**
- **Padded Sport seat: Comfortable padded sport seat supports the user during intense exercise.**
- **Adjustable AirFlow, to the user with easy dial adjustment.**
- **Minimum distance between the pedals in order to ensure a perfect riding**
- Durable, non-slip pedals
- **CE Conformity Declaration**

# H889: BIKE HIIT



- **Monitor:** LCD Console programming is designed to motivate and push users to meet their goals
- **Programs:** Manual, Quick Start, Target Time, Target Distance, Target Cal, Target Watt, Target H.R. (Heart Rate), Watt program, Interval training.
- **Information in the display:** Time, Watts, Heart Rate (Pulse), speed, distance, program.
- **Big buttons** for an easy identification of each selection.
- **User friendly:** Designed as the most intuitive screen so as any user can use from the beginning of the training.