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## Proform 320csx bike manual

Highest User Info Of Highest User Height6/183 cm & Exceeding The Number of Users2-4 Users Period Each Training 30-60 minutes Warranty 10 Years Frame Year 1 Labour All Back-to-Base Warranties\* \* Any costs associated with transportation, travel or transportation to, or from, customer premises, are at the cost of customers. This means that customers must return the machine to the point of sale, or the nearest service centre before any guarantee work is carried out. \* In relation to any warranty of more than 1 year, i.e. frames, motors, electronics or parts, the guarantee is for the aforementioned only and excludes labourers to be charged separately after any expired labor warranty. Shipping Policy: At Elite Fitness we intend to get your order to you as soon as possible, at a price that will not break the bank. For smaller items, we use the Courier Post-shipment and for our bulkier fitness equipment using Mainfreight delivery. Additional costs will apply to rural shipping areas. Orders received over the weekend will be processed for delivery and delivery the following week. & Delivery; Delivery Times: At Elite Fitness we intend to be very fast when processing and shipping, which usually takes 1-2 business days. Please note that larger items may have longer shipping times. Smaller courier/goods orders on the North Island: 1-3 business days to ship after delivery. South Island: 1-5 business days to deliver after delivery. Larger transportation/goods orders on the North Island: 1-4 business days to ship after delivery. South Island: 1-6 business days to deliver after delivery. \*Please note: Rural delivery times may vary depending on location. Holiday periods can affect delivery times. Auckland Warehouse Collection: Most orders received before 3:30 pm Monday – Thursday, can be arranged for next business day collection by arranging in advance. Call our Call Centre on 0800 243 834 or for this option. & Tracking Detection: All orders will receive Track & referrals: Trace by email during delivery, so you can track your orders to your door. Note: Delivery times will be affected by the banking leave as the Courier/Transportation company does not operate today. Business days are classified as Monday-Friday and exclude unified leave. 1 Table of Content 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 Table of Content 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 Table of Content 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 27 28 0% FinancialLy Available Spread your order costs with Interest Free Credit when you spend £250 and over online today. With 0% finance, no deposit repayment options and flexible, there has never been a better time to invest in your health and fitness with ProForm. See Financial Information here Making time for the world's journey is a challenge—but it's need to be impossible. Visit Paris, climb the Swiss Alps, or jog the Chilean coast with your iFit® Ready Coach™\*\* Exercise Bikes powered by Google Maps™. You can also customize your workouts with unlimited programs designed by certified personal trainers. And our ever-growing workout library offers advanced programs with you from first-time users to daily fans. \*iFit access® from computers, tablets, or smartphones. Requires membership, sold separately. Trademarks and trade names are their respective owners. Google Maps™ Google trademark, Inc. Tablet requires an iFit smart cardio equipment @ app. Android 5.0+ with Bluetooth 4.0+. iPad 3 and above with iOS 8+. Tablets are not included. Google Global Maps™ RoutesUnlimited Fitness LibraryStrengthening Personalized NutritionExtensive Connected Tracking With 16 levels of digital resistance, you can start easy and advanced for intense. Each stage is smooth, frictionless, and silent with our patented SMR™ Silent Magnetic Resistance, which allows you to adjust the intensity of your workout without interfering with your workouts or anyone around you. QuickTouch™ ControlsSmooth Resistance We have learned that the best fitness experience is all about details. With 320 CSX+, you're not just exercising, you enjoy a comfortable journey. Our large chairs have added cushions and are easily adjusted to give you the perfect one. Add CushionErgonomic and Oversized Backlit View 320 CSX+ bicycles give you all the information you need during your session including speed, time, resistance, distance, calories and heart rate. This machine is a compatible MP3 with an integrated speaker built into the console to bring you entertainment during your workout. Button Control on Console12 Exercise On Board Flatens the pedal with a pedal strap marked to take care of your legs, this pedal is built with a rope to increase stability. WarrantyBikes - Lifetime Frames, 2 Years parts and 1 Year labourer. The dimensions of the product Dimensions for ProForm 320 CSX + Cycle are 65 x 36 x 144 cm.9 kg Flywheel9 kg Flywheel for smooth motion. The Tablet HolderAdjustable adjustable tablet handle allows you to attach tablet devices for both iFit entertainment and exercise. \*Tablets are not included. Product weight - the weight of the product 39kgTotal is 39 kg. Digital Resistance Level Level digital resistance.iFit Bluetooth CompatibilityiFit Smart BlueTooth compatible provides unlimited online training options. Tablets require Android 5.0+ with Bluetooth 4.0+. iPad 3 and above with iOS 8+. Silent SMR Resistance Magnetic ProForm 320 CSX+ Cycle comes with Silent SMR Magnetic Resistance.Program Exercise12 Preset Exercise Apps.Pulse GripsDual EKG pulse for quick and easy reading. MP3 Speaker CompatibleStereo allows you to easily attach music resources to entertainment You train. Maximum user weight – 125 kgThe maximum user weight amount for 320 CSX+ Cycle is 125 kg.iFit Serasi Chest Belt MachineThis is iFit Matching Chest Belt. Requesting Free Negotiations

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