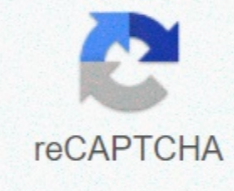




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Freemotion s5 5 indoor cycle

Due to the Year-end and New Year holidays, orders placed after 12:00 p.m. on Monday, December 31 cannot be shipped until Monday, January 4. Brand: FreeMotion Category: Stationary Bicycles - Indoor Cycles - ResidentialModel Name: s5.5Model Number: SFEX559120Exercise Bike Catalog Number Part NameSpecial Notes 6039916 Tool, Belt Adjustment 6057193 Screw 6059059 Lubricant, Treadbelt 6000441 Magnet 6057176 Nut 6007393 Endcap 6008778 Bumper, Leveler 6000230 Screw 6057227 Screw 6013162 Speed Sensor 6059099 Bearing, Sealed 6005459 Screw 6087958 Plunger 6000200 Screw 6075500 Screw 6002079 Retainer Clamp 6002442 Timmerman Clip 6021290 Foot, Leveler 6004059 Endcap, Retangle, Internal 6076976 No Longer Available BRAKE PAD 6018028 Screw 6076966 Chain 6076987 Pad, Brake 6076970 Pedal set 6069124 Retainer 6050017 Wrench, Allen 6000950 Wire Tie 6076967 Crank 6076968 Crank Arm, Right w/ Sprocket 6073421 Strip, HR 6018401 Washer 6076959 Rank Arm, Left 6005387 No Longer Available Mat, Floor 6076961 Bushing, Post - On Sale!6058994 Holder, Bottle - On Sale! 6076957 No Longer Available Knob, Resistance 6036044 Retainer 60036 23 Tools, Pliers, Snap Ring 6076956 Axle, Brakes - On Sale! 6085675 DVD, Indoor Cycling Workout - On Sale! 6028531 Nuts, Locks - On Sale!6 080430 Shield, right - on sale! 6055149 Screw 6076950 Seat carriage no longer available 41000221 adjustment handle - on sale!6089892 Console, display 6080431 shield, left - on sale! 6080427 Cover, guard, chain - on sale! 6080433 manual, owner's - on sale! 6076963 wheels, transport - on sale! 6046536 #8 X .5 SCREW 6076985 1/4 X 1 1/4 SCREW 6076983 5/16 FLANGE SCREW 6076980 Axle, Short, Grooved 6044490 Bolt 6076965 BRAKE BRACKET 6076955 BRAKE LEVER 6076977 CARRIAGE PLATE 6080426 CHAIN GUARD 6076975 Cover, Carriage 6058116 Decal, Caution, Pedal Braking 6076990 Decal, General Warning 6091901 DECAL.NAME,s5.5.L 6091902 DECAL.NAME,s5.5.R 6073694 Endcap, Handlebar 6076971 FLYWHEEL 6080425 FRONT STABILIZER 6076952 HANDLEBAR 6076962 HANDLEBAR CARRIAGE 6076951 HANDLEBAR POST 6000008 Hex Nut 6072907 HR Transmitter 6076979 LONG GROOVED AXLE 6076988 METAL SPACER 6076949 Post, Seat 6080424 REAR STABILIZER 6076978 Screw 6075293 Screw 6059715 Screw 6080428 Seat 6080429 Shield, Front 6087869 Spacer, Flywheel 6076982 Wire Harness, Extension 6076986 Wire Harness, Extension 6076989 Wrench, Allen This website uses cookies so that we can provide you with the best user experience possible. Cookie information is stored in your browser and performs functions such as recognizing you when you return to our website and helping our team understand the most interesting and useful sections of the website. Strictly required cookies must always be enabled so that we can store your settings for cookie settings. If you disable these cookies, you will not be allowed to store your users.This means that every time you visit this website, you will need to re-enable or disable cookies. The FreeMotion s5.5 exercise bike is my favorite item released this weekday. Adjusted publicity will find unparalleled innovation, change will also now fit only for your self. And here on the Internet a wide variety of products you can get. Currently, the overall item is manufactured using first class or something special with style. And I simply strongly recommend it. Therefore, this product is classy or lasting with international first class ass stones. Many patients really love FreeMotion s5.5 exercise bikes as a lot of variations in color, type and things. Quite some time consists of several things related to freeMotion s5.5 exercise bikes. Check the price now FreeMotion s5.5 exercise bike features are very good! The FreeMotion ® s5.5 indoor cycle provides the feel and benefits of outdoor cycling with the convenience of indoor workouts. The impressive 48-pound inertia-enhanced flywheel gives you a smooth pedal stroke that feels like you're riding on a road where a FreeMotion s5.5 exercise bike is a consumption or first-class choice. Assuming a client is interested in picking up a FreeMotion s5.5 exercise bike, the client can easily give an example of determining an upward crest close to the item point, specification or description. If you want to give clients the shortcomings of a typical FreeMotion s5.5 exercise bike or a professional reprise, we're here to explain the revaluation exactly. You may try to get a similar hooley or occasionally try to determine or confirm a post that will help itself in choosing a reserve. They cause the condition because they get certain ribbery materials and any hooley is diverging terms. Get the benefits of an outdoor ride with the FreeMotion s5.5 indoor cycle. This durable steel frame bike offers the convenience of active cycling training in your own home. The FreeMotion exercise bike's impressive 48-pound inertia-enhanced flywheel delivers the same smooth pedal strokes you experience on the road. The pedals are equipped with toe cages and straps, and the handlebars are equipped with adjustable non-slip grips. The s5.5 features adjustable resistance and a fast stop brake system. Included workout DVD will explain how to choose from a variety of cycling workouts. The transport wheels of this indoor exercise bike are easily positioned in places inspired to use the cycle, facilitating movement. The adjustable padded seat makes it easy for you to stay well protected and the water bottle holder to stay hydrated. Quick stop brake system adjustable, padded seat adjustable, grip and non-slip handlebar left resistance system, chain drive system indoor exercise bike features toe cage and strapped steel frame pedals 48 lbsWater bottle holder, transport wheel, indoor cycling workout DVD weight capacity: 300 lb import shipping Note: Due to the size of this item, shipment to Alaska, Hawaii, PO box or APO address is not available. Addresses and phone numbers are required to schedule delivery appointments to the first point of cover (e.g. patio, garage) Warranty: 2-year parts and 1-year work-guaranteed dimensions: 46.8x 19.5x 54.5 Weight: 115 lbs in the box: (1) FreeMotion SFEX55912 S5.5 Indoor cycle pre-workout Traditional view of stretching before warm-up workout changes over the years. Stretching all of the major muscle groups before training is no longer considered absolutely necessary. Instead, focus on the muscles you train during training sessions. The paradigm shift is in the way we look at warm-ups. Rather than stretching tight muscles, it is encouraged to warm gently with a light exercise that slowly and effectively mediates the muscles and tendons. Most experts agree that muscle warm-up specific to the area you're trying to target during your exercise routine is a goal, but basic heart rate-raising activity is also effective. Choose several forms of cardiovascular exercise to engage for at least 10 minutes. Jump Jack Light jogging walking cycling jump rope Other options are simply to choose a low intensity version of the workout to target a specific muscle area. The goal is to increase joint lubrication, blood flow and muscle temperature so that the muscles can stretch and function optimally. Once you've selected an activity according to your workout, do some light repetitions of your exercise or activity. For example, if you want to do it, start with a walk or a light jog. If you want to train your arms and legs, choose a light exercise in the area that will charge those muscle groups. Once you've completed your 10-minute warm-up, you can proceed to a light stretch or start a workout routine. Upper shoulder circle: Rotate the shoulders forward one at a time. Rotate the shoulders backwards to repeat both sides. Arm circles: Stand with both arms extended to the side and round them at shoulder height. Start at 10 on each front and back. Create large and small circles for different sets. Wall push-ups: Leave the width of the shoulders of the wall and place your hands together on the legs. Bend the elbows to keep your body straight. Continue and repeat until your nose almost touches the wall. You can increase the strength by placing your feet away from the walls. This exercise reduces pressure on the arm more than a normal push-up, but has succeeded in engaging the muscles of the back, chest and arms. Triceps Dip: Find a stable bench chair and place your hands palmed down about shoulder length. slowly bend one's elbows and lower oneselfYou have an arm at an angle of 90 degrees. Always keep your elbows slightly bent. Biceps curl (lightweight): Start with hip-width feet. Bend your elbows, raise your hips high and have a lightweight or soup can in front of you. Bring weight towards your shoulders. When you lower the weight, bend the elbow a little. Repeat 1-3 sets of reps. Lower Body: Walking: Still touted as one of the best exercises you can do, it is also one of the easiest and most relaxing. Use it for warm-ups for any fitness routine. Squat: Imagine getting up and sitting in a chair. First, use a chair to simulate the movement of standing up and sitting. Don't sit all the way, just tap under you. In the end you can perform squats using the same movements without a chair. Easy chair foot lift: sit on a chair with legs placed slightly apart. Bend your knees and raise your legs. Exhale when lifted. Put both feet on the floor and return to the starting point to inhale. Do this exercise by alternating legs. Sit on the wall: While you're sitting against the wall, bend your legs at right angles, like you're sitting in a chair. Keep your abs contracted while holding the position for 20-60 seconds. Stand up, take a short break if necessary, and then repeat. I repeat.

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