

When you're ready to take an affordable but challenging journey to a healthier place, the **Progression 680 Spin Bike** is your ride. It takes you there quickly and comfortably – with features like vertical and horizontal seat and handlebar adjustments that put YOU in the most ergonomic position to achieve your desired results. It's also the perfect fit for those who like the real cycling feel, with a one-piece steel flywheel that optimizes a smooth pedalling motion while minimizing stress on your knees.

The **680's** direct transmission allows a rider to shift quickly from forward to backward pedalling, which yields greater benefits than a varied workout. Pedalling backwards brings up your heart rate for a great cardio workout while activating your quadricep muscles – both of which are important to the strength and endurance of outdoor cyclists. Throw in the average 260 calories burned in half an hour of home use (400 to 600 in a spin class) and you've got a complete workout. Add easy-to-use adjustable resistance, and you have a high-quality stationary bike that can take you very far.



Levels of Resistance	∞
Resistance Type	Friction Resistant
Heart Rate Monitor	No
Adjustable Features	Seat, Handlebars
Pedals	Toe Strap, No SPD Clips
Max User Weight	300 lbs
Moving Wheels	Yes
Assembled Dimensions	50"L x 25.5"W x 49"H
Product Weight	106 lbs
Warranty	Parts and Labour - 1 Year