

With a commercial-grade frame and 24kg flywheel, the **Progression Pro Club 24 Spin Bike** easily powers through the toughest spin classes and the most intense training.

Spinning offers outstanding benefits to anyone willing to jump on and pedal hard. It's a perfect inside-and-out total body workout - activating muscle groups from your legs to your core and use of hand weights can bring your upper body in on the action. Meanwhile, you'll achieve cardiovascular benefits like improved blood flow, increased stamina and optimal blood pressure. Best of all, it's a low impact alternative that still gets you that calorie burn.

When you do, the **Club 24** can take everything you have to give – and demand even more from you with a challenging direct drive system that delivers the same level of resistance whether you pedal forward or backward. Its belt drive runs quiet and smooth, and the extra-large 29" front and rear stabilizers enhance that low-impact feel. Other comfort features include a cushioned ergonomic saddle with comfort groove. Like the handlebars, it offers micro vertical and horizontal adjustment for YOUR ideal ride.



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| Levels of Resistance | ∞ |
| Resistance Type | Other |
| Heart Rate Monitor | No |
| Adjustable Features | Seat, Handlebars |
| Pedals | Toe Straps and SPD Clips |
| Moving Wheels | Yes |
| Assembled Dimensions | 44"L x 29"W |
| Product Weight | 123.5 lbs |
| Warranty | Parts and Labour - 1 Year |



Club 24 Spin Bike