



POTENZA

The new Potenza Elliptical Bicycle from Lufthous is just what you need to start performing at your best.

All in one, so there's no excuse to not get in shape! A simple, fast and effective way to get your body moving every day.

Its name is due to the movement that the body must make during its practice, similar to climbing stairs. **A very complete aerobic exercise.** With just one machine you can exercise your arms, torso, glutes, legs...

The winning choice for an all-round workout that will leave you feeling energised, comforted, and reassured. The Lufthous Potenza Bike will bring out the "power" in you, like your best personal trainer.

What's more, **it has an application, KINOMAP**, with which you can record your data, visualise your progress and get a training plan adapted to your physical condition.

Includes its own App, technology at your service

You can use the Lufthous Potenza Elliptical Bicycle without any problem, but the real capabilities are achieved thanks to "KINOMAP":

- **Training sessions adapted** to your level and requirements.
- Your statistics anywhere.
- Progressive challenges.
- Exhaustive control of your capacities.
- **Study of your capacity and improvement plan.**
- Interaction with the rest of the community.
- **Differentiated profiles** for each member of the family.
- Unlocking **milestones and achievements, making the experience more fun.**
- The data of your collection of bicycles, ellipticals, treadmills... In one place.

Integrated dashboard, monitoring your parameters in real time

- **Scanner:** Indicates that the console is inspecting the functions.
- **Distance:** Collects the distance you travelled in the session.
- **Speed:** Reflects the real time speed achieved.
- **Time:** The console displays the elapsed time during the exercise session.
- **KM count:** Displays the total distance travelled through the set of exercises that have been performed on the elliptical bicycle.
- **Pulse:** Reflects the real time heart rate of the person doing the session.
- **Calories:** This indicates the approximate number of Kcal burned during exercise.

The benefits of an elliptical trainer

- **Ideal for training at home** when you can't, or don't want to, go outside.
- Balance between strengthening, toning, and developing your muscles.
- Improves cardiovascular endurance, helping **to prevent heart problems.**
- Strengthens the lower body: legs, quads, hamstrings, and glutes... The whole group is constantly improving.
- **It increases muscle mass**, also increasing your endurance.
- It allows you to improve areas of the body that are essential for other sports.
- **It works the abdominals**, which are necessary for a correct body position.
- It contributes to a **better body posture.**
- The Potenza Elliptical Bicycle helps to reduce everyday stress.
- **Less impact on joints** than other more damaging exercises.

Technical Data:

- Measurements: 103 x 28 x 51 cm.
- Net weight: 28 Kg.
- Colour: Black
- Minimalist design.
- Panel power supply: 2 LR03 - AAA 1.5 V batteries.
- Adapter for mobile phone.
- Heart rate sensor.