

C/ Margarita 34, 36 y 38 (POLIG. IND. EL LOMO)

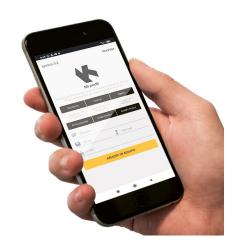
Humanes de Madrid. MADRID Código postal: 28970 Teléfono: 900 820 300

900820300@lufthous.es

http://www.lufthous.es







# **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
- 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.