

# E620 SEATED UBE

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PERFECTLY SUITED FOR  
GROUP UPPER BODY EXERCISE  
CLASSES AS WELL AS FOR HOME USE.

People who loved our E820 Fitness UBE asked for a slimmed down version for home and commercial applications. That inspired us to design the E620 Seated UBE; streamlined yet powerful. With its fine lines and small footprint, one session applying 20 levels of our patented Variable Fluid Resistance will convince anyone wanting a great upper body workout that they need look no further.

Practice Perfect - Connecting fun, passion and the workout experience.



The smallest of our robust line of UBEs is perfect for endurance and upper body strength training whether you are a serious or recreational climber, runner, cyclist or just want to be stronger for the activities of daily living. With 20 levels of our patented Variable Fluid Resistance at your command, and “on the fly” adjustment with your right foot, you stay immersed in your workout, tuning it as you go.

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## FEATURES AND BENEFITS

- 20 levels of patented Variable Fluid Resistance.
- Interactive Performance Monitor (IPM) with USB port: The IPM displays: time; speed; distance; RPM; calories per hour; watts; level, pacer, and has a heart rate receiver built in. The IPM gives you quick start, manual programs, interval training, USB port allows interactive programming.
- "Step-through" design allows for easy access. Great for rehab patients.
- "Soft touch" comfortable bench seat
- Easily adjust the power-assisted arm to your preferred workout height. A lower height setting concentrates the workout on core muscles and higher focuses on chest, traps, biceps and triceps. Or set it in the middle and get the best of both worlds.
- Our 20 levels of patented Variable Fluid Resistance assure you will start easily and never plateau.
- Stainless steel marine grade impeller blades housed in a tough polycarbonate tank deliver unprecedented resistance levels and a sensory workout experience to sustain your interest.
- Operates in both forward and reverse directions for complete muscle engagement.
- Built in transportation wheels for easy movement.
- Self-levelling, comfortable ergonomic hand grips reduce wrist torque.
- Features a fixed crank arm configuration for exercise comfort and dependability.
- Wide foot supports ensure a solid platform for any size user to maintain total stability during exercise.
- Easy "on-the-fly" right foot adjustment adjusts resistance level without interrupting the workout.
- Compact footprint is only 155 x 61cm (61 x 24"). Max user weight: 150kg (330lbs)
- Warranty Metal Frame: 10 years, Polycarbonate Tank & Seals: 3 years, Mechanical Components (of a non-wearing nature): 2 years, All Other Components (of a wearing nature): 1 year

