

Cycle your way to good health

THE STAR 14/3/17 M/S 3

GAINING popularity in Malaysia, the spinning bike is sure to bring a new level of challenges and fun to the world of exercise.

The spinning bike is a great piece of fitness equipment for a total body cardio workout at home. You can work out at your own pace with no time limit in the comfort of your home. Spinning bike exercises can improve cardiovascular health, burn calories, train abs and core, and most importantly, improve mental strength.

An average indoor cyclist can burn between 400 and 600 calories during a 40-minute workout while averaging between 80 and 110 revolutions per minute (rpm).

Available exclusively at Fitness Concept, the ProForm Tour de France (TDF) Centennial simulates riding outside on any terrain.

Improve performances with a 20% incline and decline capability, a built-in power meter and silent magnetic resistance (SMR). The ProForm TDF Centennial is the only training bike with the technology, intelligence and power to take its rider to the summit.

The SMR makes workouts quieter, and the dual-bottle holders and transport wheels add a great level of practicality to this top-performing indoor bike.

Intermix Acoustics Sound System allows you to enjoy your favourite media with this built-in sound system. Alternatively, plug your MP3 player into the Interplay Music Port for an unbeatable sound quality.

● Pre-mapped courses

This tech-savvy indoor bike lets you choose from 24 pre-mapped courses on Google Maps. Workouts can be digitally personalised with 30 gears to choose from.

Handlebar shifters and the Intelligent Wind Resistance technology offer the same experience as a road bike.

● Full-colour touch display

Stay in control of your workout with the seven-inch full-colour touchscreen. Navigate through workout statistics and options with the swipe of a finger. Quickly view speed, time, distance, calories burnt, heart rate and incline/decline on the large, easy-to-read display.

● Video workouts

This spinning bike includes built-in high-definition video workouts featuring scenic and exciting locations such as Champs-Elysees, Albertville and Alpe d'Huez.

● Adjustable saddle and handlebars

Ergonomically designed for comfort, the non-slip handlebars allow you to ride longer. Plus, with the horizontally and vertically adjustable saddle, you can find your perfect fit.

● ANT+ and BLE wireless technology compatible

Stay in the target heart rate zone for maximum results. The TDF is compatible with hands-free BLE and ANT+ wireless heart rate monitors that are to be purchased separately.

● iFit-compatible

Cycle around the world with the workouts powered by Google Maps. Recreate routes anywhere in the world, automatically adjusting the resistance to match the intensity of the terrain. This requires an iFit module and subscription that is sold separately.

ProForm Tour de France Centennial is



The ProForm Tour de France Centennial is a training bike with input from Google Maps.

offered at RM8,290 or RM345.42 a month. Fitness Concept is running the March Super Sale until Mar 31 with savings up of to 60%.

Buy ProForm Tour de France Centennial this month and get a limited edition reusable bag. Terms and conditions apply. Prices are only valid for peninsular Malaysia, while stocks last.

Fitness Concept is Malaysia's Largest Fitness Specialist Chain Store as certified by *The Malaysia Book of*

Records with 45 outlets in leading shopping malls nationwide. Consult your physician before starting any exercise programme.

■ For more information, visit Fitness Concepts stores or roadshows, call 03-7726 7787 (IPC Shopping Centre store) or 03-2282 3200 (Mid Valley Megamall store), e-mail enquiries@fitnessconcept.com.my or visit www.fitnessconcept.com.my to shop online.