



STAR TRAC®

8 SERIES

The Star Trac 8 Series line was built to give you the quality and performance you expect from high-end machines with user-focused features like dual personal fans, a hot bar with heart rate monitoring and Soft Trac® technology. For a premium experience pair any 8 Series machine with the OpenHub console which provides entertainment, fitness tracking and asset management solutions that will offer a complete fitness experience to facility owners and their members.



8-RB RECUMBENT BIKE

BASE FEATURES	
HEART RATE MEASUREMENT SYSTEM	Telemetry and contact HR (Bluetooth with embedded display)
CONTROLS	Console- OpenHub
BOTTOM BRACKET	Morse Taper
PEDALS	One-sided, self-leveling platform with removable ratcheting strap and morse taper mounting
SEAT ADJUSTMENT	Wrap around adjustment bar for ease of use
DISPLAY	Choose from LCD, 10" or 15" OpenHub display options
ACCESSORIES	Multiple bottle and accessory holders, LCD and 10" displays pre-wired for 8 Series PVS entertainment, 800/900MHz receivers, and tablet holder, USB port
MAX USER WEIGHT	350lb (159kg)
DRIVE SYSTEM	Alternator
ELECTRICAL REQUIREMENTS	LCD is self-generating; touch screen and PVS options require 12v/5 Amp power supply
START UP WATTS	20
ADDITIONAL FEATURES	Walk-thru design; mesh-back contoured seat for increased airflow and comfort; fold-down armrests alleviate shoulder tension and allow for a more relaxed posture
FRAME	
MATERIAL	Powder Coated Steel Frame
CUSTOMIZABLE	Paint color options approval required
STANDARD COLOR OPTIONS	Black
LENGTH	65in (164cm)
WIDTH	28in (71cm)
HEIGHT	60in (151cm)
PRODUCT WEIGHT	180lbs (84kg)
SHIPPING DIMENSIONS	75in x 22in x 33in (191cm x 57cm x 84cm)
SHIPPING WEIGHT	208lbs (95kg)
ADDITIONAL SKUS	

9-8150-8RB-LCD

9-8150-8RB-10

9-8150-8RB-2019-15-ISO8-CMS-PAL

9-8150-8RB-2019-15-AT5C

Star Trac User Manual

R Sanford



Star Trac User Manual:

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Syncycling - The Manual Syncycling Inc,2012-10-01 SyncCycling is a unique method of indoor cycling that emphasizes the class working together as a group It is a fusion of traditional cycling with dance choreography The result is a very intense cardiovascular workout in a group dynamic that is a lot of fun This manual is designed to educate and instruct both students and teachers Whether you re interested in just learning a new workout or becoming an instructor this manual provides a step by step guide to enjoying this new style of indoor cycling **Technical Reports Awareness Circular :**

TRAC. ,1987-06 Mathematics in Action Doug Brown,1996 This is a comprehensive differentiated course suitable for students of all abilities It is written specifically for standard grade through appropriate for other UK curricula Chapters begin with looking back exercises for consolidation of the work The fully differentiated contents have graded exercises Review sections enable students to develop mathematical competence and confidence There are photocopiable resources for general and credit students **InfoWorld** ,1981-10-26 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects Motorboating - ND ,1983-07

The Parachute Manual Dan Poynter,1977 *Field Manuals* United States. War Department,1948 **Parachute Rigging Course** Dan Poynter,1977 **Farm Journal** ,1980 **List and Index of War Department Publications** United States. War Department,1946 **Smarter Recovery** Pete McCall,2023-09-05 Many fitness and wellness resources stress the importance of getting in a good workout Often overlooked is recovery Without proper recovery you won t be fully prepared for your next session or reap the full benefits of your training Smarter Recovery changes that delivering evidence based information and practical advice to effectively integrate this essential step into your routine Pete McCall renowned personal trainer and author of the top selling Smarter Workouts cuts through the hype to explain what you really need to maximize your recovery and feel your best With 58 exercises and stretches for recovery and mobility Smarter Recovery breaks down the most effective tools techniques and methods including these Massage stick Foam roller Percussion gun Static stretching Mobility exercises Low intensity strength exercises You ll also learn the importance of nutrition and sleep in recovery and how to create a long term plan to help you feel your best Case studies further demonstrate how to use the

information in applicable situations Simply put Smarter Recovery takes the guesswork out of the process to help everyone from fitness professionals to weekend warriors and fitness enthusiasts identify the most effective recovery methods for their needs Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **Catalog of Copyright Entries.**

Third Series Library of Congress. Copyright Office,1971 *Fitness Walking For Dummies* Liz Neporent,2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program Monthly Catalog of United States Government Publications,2004-07 *Monthly Catalogue, United States Public Documents* ,1985 **Scientific and Technical Aerospace Reports** ,1986 InfoWorld ,1981-10-26 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **Personal Computer Buyers Guide** Dennis J. Grimes,Brian W. Kelly,1983

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