

EF-2 The DKN EF-2 features a state of the art yet easy to use workout console with twist and push controller. The large LCD window display provides you with constant and accurate feedback on your speed / rpm, time elapsed, distance covered, theoretical calorie burn, watts / energy expended and heart rate.



ELECTRONICS

Pulse	Handgrip sensors, wireless HR optional
Data	Ergometer class A, 11 kg flywheel set, 16 interval resistance settings, 43 kg

PRODUCT DETAILS

Time	v
Speed	v
Distance	v
Calorie	v
Watt	v
User	1
Programming	12 + 4 HRC
Pulse	v
Recovery	v
Max user limit (kg)	140
Dimensions (mm)	980 x 590 x 1410

The EF-2 offers you a range of professionally designed programmes to help keep you motivated. With 12 preset profiles, 4 heart rate control options including heart rate recuperation test, each setting is programmable up to 16 intensity levels and 16 time-intervals. The EF-2 also features the DKN-Technology 'Personal-Coaching Exercise' programming that actually works with you to make sure you get the best and fastest results for you.



For ultimate user comfort, the EF-2 comes with a soft gel covered saddle, and is equipped with a 'one-touch' seat height adjustment, as well as a seat reach and handlebar adjustment, ensuring this ergometer offers the ideal riding position for almost every individual.



The EF-2 provides a solid, smooth, silent and very stylish ride.