

# intenza



### Upright Bike Features

- Display Readouts
  - Heart Rate Monitoring
  - On—The—Fly
  - OptiTrain™
  - Power Saving System
  - MYE Audio Kit Options
  - Uni—Dial™ Control
  - C—SAFE Standard Power
  - C—SAFE Connectivity
  - Display Type
  - InCare™ Online
  - Language
  - Screensaver
  - Wi—Fi Capability
  - USB Connectivity
- HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout Summary, Workout Profile
  - Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability
  - Allows switching to other workout programs during exercise
  - Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts
  - Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements
  - Optional accessories support MYE audio receiver
  - Complete access and control of user interface features and settings with the convenience of the Uni—Dial™
  - Standard C—SAFE power supports the power supply of external tools
  - Optional connectivity facilitates data transfer (available by demand)
  - Industrial grade 12" colour TFT LCD display for longer life time
    - Large white light LED message centre easily provides all needed information
  - Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
  - 21 countries are offered
  - Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
  - Supports InCare™ Online, software updates
  - For setting and software upgrade

### Performance Features

- 3—Phase Generator
  - Belt Drive
  - Bottom Bracket
  - Maximum User Weight
  - Maximum Watts
  - Minimum Watts
  - Resistance Levels
  - User Height Range
- Self powered hybrid generator delivers consistent performance for a smooth and quiet workout
  - Belt drive system for smoother, quieter performance. Minimise maintenance. Service made quick and easy
  - High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
  - 181kg (400 lbs)
  - 640 Watts (Level 40 at 150 RPM)
  - 16 Watts (Level 1 at 20 RPM)
  - 40 resistance levels meets new European EN957—5 standards
  - 147—193cm (4'9" to 6'5")

### Workout Options

- Fitness Test
  - Quick Start
  - Advanced Program
  - Target Program
  - HR Control
  - Race
- Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhythmic
  - Quick Start is a manual workout.
  - 10 Preset programs: 1:3 interval, 1:2 interval, 1:1 interval, 3 step interval, Easy Hill, Rolling Hills, Peak, Hill Step, HIIT Beginner, HIIT Advanced
  - 3 Target programs: Time (1—99 mins), Distance (1—99.9 km), Calories (10—2500 Kcals)
  - 3 Target programs: Time (1—99 mins), Distance (1—99 km), Calories (10—2500 Kcals)
  - 4 heart rate control programs in constant power mode—HR Zone, Interval, Hill, Cardio Strength
  - Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races

### ComfortFit™ Features

- Accessories Holder
  - Frame
  - Multi—function Handlebar
  - Pedals
  - Saddle
  - Seat Adjustment
  - Water Bottle Holder
- Conveniently placed accessories holder for portable music players and mobile phones
  - Robust frame structure designed to ensure stability and durability. Aluminum components create visual appeal and durability against corrosion. Low cross over design allows for ease of getting on and off the bike
  - Ergonomically designed handlebar with integrated elbow support for maximum comfort in racing position. Handlebar integrated with contact HR and resistance adjustment buttons for ease of use during workout
  - Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
  - Ergonomic saddle designed for maximum comfort and support during the most rigorous workout
  - 1/2" incremental seat positions accommodate users from 147—193cm (4'9" to 6'5")
  - Dual water bottle holder supports 1 litre water bottles

### Product Dimensions

- Foot Print
  - Product Dimensions
  - Product Net Weight
  - Shipping Dimensions
  - Shipping Gross Weight
- L x W: 123 x 67cm (48 x 26")
  - L x W x H: 122 x 67 x 146cm (48 x 26 x 57")
  - 78.5kg (173 lbs) ◦ 76kg (167 lbs)
  - L x W x H: 169 x 38 x 101cm (67 x 15 x 40")
  - 84.5kg (186 lbs) ◦ 82kg (180 lbs)