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Custom Settings

Display Readouts Heart Rate Monitoring

On-The-Fly OptiTrain™

Power Saving System USB Connectivity C—SAFE Standard Power

Built-in TV System Connectors Display Type InCare™ Online Intenzacast™ Language Screen Saver Virtual Scenery Wi-Fi Capability Netpulse (xID) EGYM APP Connectivity

3—Phase Generator Belt Drive Bottom Bracket Maximum User Weight Maximum Watts Minimum Watts **Resistance Levels** User Height Range

Fitness Test Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand-Rhyming HR Control 4 heart rate control programs in constant power mode-HR Zone, Interval, Hills, Cardio Strength Race Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races Quick Start Quick Start is a manual workout. Workout profile and results can be saved to USB 3 different types of profile (Level, Watts, HRC) to create your own workout programs. Setting can easily be saved to USB by day for the future use Preset Program 10 Preset programs: 1:3 interval, 1:2 interval, 1:1 interval, 3 step interval, Easy Hills, Rolling Hills, Peak, Hills Step, HIIT Beginner, HIIT Advanced 3 Target programs: Time (1-99MINS), Distance (0.5-99.9KM), Calories (10-9999KCALS) **ComfortFit[™] Features** 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/ off 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 1/2" incremental seat positions accommodate users from 147-193CM/ 4'9"-6'5" Seat Back and Saddle Ergonomic seat back designed with ventilation, lumbar support and saddle delivers maximum comfort and support for the most rigorous workout Dual water bottle holder supports 1 litre water bottles **Product Dimensions** Foot Print 160 × 71CM/ 63 × 28" I × W 160 × 71CM Product Dimensions L×W×H 160 × 70 × 124CM 63 × 28 × 49" Product Net Weight

101KG 223LBS Shipping Dimensions L×W×H 169 × 38 × 101CM 67 × 15 × 40" Shipping Gross Weight 269LBS 122KG

Recumbent Bike Features

Smart machine will automatically prioritise personalised setting and workout routine with USB login 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

watt decreases. Power Mode allows user to workout at a fixed workload measured in watts regardless of RPMs. Download workout results easily to USB for work rate analysis and performance training purposes Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements For customised workout, workout results, personal settings, InCare™ and manual software upgrade Standard C—SAFE power supports the power supply of external tools Analog/ Digital support ATSC, DVB-T/T2/C/S, ISDB. For detailed support on Digital TV contact your Intenza Sales Representative Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset Industrial grade 16" TFT capacitance touch screen display for longer lifetime Smart machine automatically detects when service is needed and sends service diagnostic via Wi-Fi Supports smartphone mirroring. iOS/ Android 21 countries are offered Upload 10 image files for messages or commercial advertisements to be displayed during stand-by 10 scenes Supports InCare[™] Online, software update, Internet browsing xID login A widely used, smart solution used for workout data tracking and personal training plans Maximum installation of 5 apps available. Needs to be certified by Intenza **Performance Features** Self powered hybrid generator delivers consistent performance for a smooth and quiet workout

When USB is detected, users may customise (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer.

Bike mode allows users to workout at a fixed resistance level. As RPM increases/ watt increases. As RPM decreases/

Belt drive system for smoother, quieter performance. Minimised maintenance. Service made quick and easy High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance 181KG 4001 BS 640 Watts Level 40 at 150RPM 16 Watts. Level 1 at 20RPM 40 resistance levels meets new European EN957-5 standards 147—193CM 4'9"—6'5"

Workout Options

Custom Program

Target Program

Accessories Holder Frame

Multi-function Handlebar

Pedals Seat Adjustment

Water Bottle Holder