

Recumbent Bike Features

Power Saving System	Meets European Directive 2013 ErP standards
ECO Power Saving	During workout, bike will utilise power generated from workout effort as opposed to power supply
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi-Fi
Wi-Fi Capability	Supports InCare™ Online
USB Connectivity	For customised workout, workout results, personal settings, multimedia, InCare™, manual software upgrade
OptiTrain™	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
	Download workout results easily to USB for work rate analysis and performance training purposes
Display Type	Industrial grade 15" TFT touch screen display for longer life time
Analog TV	NTSC, PAL and SECAM (For details support on Analog TV, contact your Intenza Sales Representative)
Digital TV	ATSC, DVB-T and DVB-T2 (For details support on Digital TV, contact your Intenza Sales Representative)
C-SAFE Connectivity	Standard C-SAFE connectivity facilitates data transfer
iPhone + iPod Connectivity	Access and play personal playlists and video from the touch screen, compatible with Apple 30-pin dock connector
Headphone Jack	3.5 mm Stereo
Screen Saver	Upload messages or commercial advertisements to be displayed during stand-by
Languages	English, German, Japanese, Korean, Russian, Simplified Chinese and Spanish
Heart Rate Monitoring	Polar coded wireless telemetry technology - heart rate receiver built in (heart rate transmitter strap required)
	Digital contact heart rate technology ensures precision and reliability
On-The-Fly	Allow switching to other workout programs during exercise
Custom Settings	(1) display unit: Km or Mile (2) buzzer sound: on or off
	When USB is detected, users may customise (1) name (2) display unit (3) age (4) gender (5) weight (6) buzzer
	Smart machine will automatically prioritise personalised settings and workout routine when USB is detected
Display Readouts	HR, Resistance Level, Time, RPM, Calories, Watts, Distance, Speed, Workout summary, Workout profile

Performance Features

3-Phase Generator	Self-powered hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	Belt drive system for smoother, quieter performance. Minimise maintenance. Service made quick and easy
Bottom Bracket	High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Resistance Levels	40 resistance levels meets new European EN957-5 standards
Minimum Watts	6 Watts (level 1 at 20 RPM)
Maximum Watts	640 Watts (level 40 at 150 RPM)

Workout Options

Race	Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races.
Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards
HR Programs	4 heart rate control programs in constant power mode - Constant HRC, Interval HRC, Hill HRC, Cardio HRC
Custom Programs	7 custom user programs can easily be saved to USB for future use
Preset Programs	6 preset programs: Hill, Interval, Weight Loss, Cross Train, Step by Step, Strength
Target Programs	3 target programs: Time (10-99 mins), Distance 1-99 km (0.6-62 miles), Calories (10-2500 cal)
Quick Start	Quick start is available

Comfort Fit™ Features

Frame	Robust frame structure designed to ensure stability and durability
	Low cross over design allows for ease of getting on and off the bike
	Aluminium components create visual appeal and durability against corrosion
Multi-function Handlebar	Handlebar integrated with contact HR and resistance adjustment buttons for ease of use during workout
Seat Back and Saddle	Ergonomic seat back designed with ventilation, lumbar support and saddle delivers maximum comfort and support for the most rigorous workout
Seat Adjustment	1/2" incremental seat positions accommodate users from 147 cm (4'9") to 193 cm (6'5")
Pedals	Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Accessories Holder	Conveniently placed accessories holder for portable music players and mobile phones
Water Bottle Holders	Dual water bottle holders support 1 liter water bottles
Maximum User Weight	181 kg (400 lbs)
User Height Range	147 cm (4'9") to 193 cm (6'5")

Product Dimensions and Weights

Foot Print	L x W 160 x 71 cm (63 x 28 in)
Product Dimensions	L x W x H 160 x 70 x 124 cm (63 x 28 x 49 in)
Product Net Weight	103 kg (227 lbs)
Shipping Dimensions	L x W x H 169 x 38 x 101 cm (67 x 15 x 40 in)
Shipping Gross Weight	112 kg (247 lbs)

