

SITTING COMFORTABLY ATOP THE CATEGORY.

Whether you choose our upright or recumbent style of exercise bike, you can be confident that you'll pedal your way to your goals in comfort. All of our bikes feature a Comfort Arc™ seat that will keep your haunches happy, thanks to body-contoured foam and free range of motion.

Seats aren't the only reason we're the leader in fitness bikes. With an ideal gear-pulley ratio, our bikes are engineered to be smooth and quiet.



R
40

Our top recumbent design is heavy on useful features.

- Step-thru frame for easy access to seat
- Premium, reclining mesh seatback with lumbar support
- Heavy-duty steel frame for sturdiness
- 11-kg / 24-lb. balanced flywheel



R
20

Start your new workout in comfort with the R20.

- Step-thru frame for easy access to seat
- Mesh seatback with lumbar support
- Heavy-duty steel frame for sturdiness
- 10.5-kg / 23-lb. balanced flywheel



R
10

This recumbent features a large LCD display and reading rack.

- Comfort Arc™ seat with lumbar support
- Compact footprint to save space
- Steel frame for sturdiness
- 9.5-kg / 21-lb. balanced flywheel

FRAMES

SPECIFICATIONS

FEATURE	R40 RECUMBENT	R20 RECUMBENT	R10 RECUMBENT
FRAME TYPE	Step-thru recumbent bike frame	Step-thru recumbent bike frame	Recumbent frame
RESISTANCE SYSTEM	ECB-Plus™ magnetic braking system	ECB magnetic braking system	ECB magnetic braking system
FLYWHEEL	11 kg / 24 lbs.	10.5 kg / 23 lbs.	9.5 kg / 21 lbs.
SEAT	Comfort Arc™ mesh seatback with recline	Comfort Arc™ mesh seatback with lumbar support	Comfort Arc™ seat with lumbar support
SEAT ADJUSTMENT	Fore/Aft	Fore/Aft	Fore/Aft
HANDLEBARS	Console and seat-mounted with contact HR grips	Console and seat-mounted with contact HR grips	Console and seat-mounted with contact HR grips
PEDALS	Self-balancing pedals with adjustable straps	Self-balancing pedals with adjustable straps	Self balancing pedals with adjustable straps
DIMENSIONS (L X W X H)	162 x 65.7 x 138 cm / 64" x 26" x 54"	158.3 x 65.7 x 138 cm / 62" x 26" x 54"	143 x 65.4 x 118.8 cm / 56" x 26" x 47"
PRODUCT WEIGHT	73 kg / 161 lbs.	64 kg / 141 lbs.	46.3 / 102 lbs.
USER WEIGHT CAPACITY	147 kg / 325 lbs.	136 kg / 300 lbs.	136 kg / 300 lbs.
WARRANTY	Lifetime frame, 5-year parts and 2-year labor	Lifetime frame, 5-year parts and 2-year labor	Lifetime frame, 3-year parts and 1-year labor
EXTRAS	Water bottle holder	Water bottle holder	Water bottle holder



CONSOLES

FEATURE	TOUCH	ELEGANT	CLASSIC	R10
DISPLAY	10" high-definition touchscreen display	7" full-color advanced LCD	Extra-large LED display	Easy-to-read LCD
WORKOUT FEEDBACK	Total Time, Time Remaining, Time Elapsed, Clock, Heart Rate, Max HR, % Max HR, Target Heart Rate, Distance, Calories, Calories per Hour, Watts, METs, Pace, Avg. Pace, Level, RPM, Speed, Resistance	Time, Heart Rate, Max HR, Distance, Calories, Calories per Hour, Watts, METs, RPM, Speed	Time, Heart Rate, Distance, Calories, Pace, RPM, Speed	Time, Heart Rate, Distance, Calories, Watts, Program, Level, RPM
PROGRAMS	Manual, Intervals, Weight Loss, Constant Watts, 20K, 30K, Calorie Goal, Distance Goal, Sprint 8°, Target HR, % Target HR, Custom 1, Custom 2, Custom 3, Saved Program, 2 Virtual Active™ Videos - 17 total	Manual, Intervals, Weight Loss, Constant Watts, 20K, 30K, Calorie Goal, Calorie Goal, Distance Goal, Sprint 8°, Target HR, % Target HR, 2 Virtual Active™ Videos - 13 total	Manual, Intervals, Weight Loss, Constant Watts, Target HR - 5 total	Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain - 7 total
HEART RATE	Contact grips, Polar® wireless receiver and free chest strap	Contact grips, Polar® wireless receiver and free chest strap	Contact grips and Polar® wireless receiver	Contact grips
EXTRAS	Workout tracking, Made for iPod®/iPhone® (audio/video), Nike + iPod® compatible, built-in speakers, Passport™ Ready, charges USB devices*, Energy Saver™ mode, reading rack	Built-in speakers, Passport™ Ready, charges USB devices*, Energy Saver™ mode, reading rack	Passport™ Ready, charges USB devices*, Energy Saver™ mode, reading rack	Reading rack