

# interna



550 SERIES ESCALATE STAIRCLIMBER/ HARD BLACK/ e2+ CONSOLE

## Escalate Stairclimber Features

Custom Settings	When USB is detected, users may customize (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer Smart machine will automatically prioritize personalized settings and workout routine with USB login
Heart Rate Monitoring	Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability
On—The—Fly	Allows switching to other workout programs during exercise
Power Saving System	Power mode is used to minimize power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements
USB Connectivity	For customized workout, workout results, personal settings, InCare™ and manual software upgrade
C—SAFE Standard Power	Standard C—SAFE power supports the power supply of external tools
Optional TV System	Analog/ Digital support ATSC, DVB—T/T2/C/S, ISDB
Connectors	For detailed support on Digital TV contact your Intenza Sales Representative
Display Readouts	Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset
Display Type	HR, Time, METS, Calories, Step Height, Level, Gradient, SPM, Workout Summary, Workout Profile Industrial grade 19" TFT capacitance touch screen display for longer lifetime
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Intenzacast™	Supports smartphone mirroring. iOS/ Android
Language	23 countries are offered
Screen Saver	Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Virtual Scenery	10 scenes
Wi—Fi Capability	Supports InCare™ Online, software update, Internet browsing
Netpulse (xID)	xID login
EGYM	A widely used, smart solution used for workout data tracking and personal training plans
APP Connectivity	Maximum installation of 5 apps available. Needs to be certified by Intenza
Default Incline Setting	Allows preferential incline setting. Restored upon subsequent workouts

## Performance Features

Easy Step	Step—up height 31cm	12.2"
Incline Angle	20—40 degrees incline angle	
Maximum User Weight	181kg	400 lbs
Safety Sensor	Infrared sensor slows down the stairclimber to avoid accident when in danger	
Step	Step width 54cm/ 21.2"	Step depth 26cm/ 10.2"
Step Height	Adjustable step—height	10.4cm —19cm 4"—7.7"
User Height Range	147—193cm	4'9"—6'5"
Wide SPM Range	Uses magnetic—control generator braking system to reach 16—180 SPM range	

## Workout Option

Custom Program	2 different types of profile (Level, HRC) to create your own workout programs. Settings can easily be saved to USB by day for future use
Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards. Test method includes WFI and CPAT
HR Control	4 heart rate control programs in constant power mode— HR Zone, Interval, Hills, Cardio Strength
Preset Program	10 Preset programs: Main workout types are— Interval, Hills, HIIT
Quick Start	Quick start is a manual workout. Workout profile and results can be saved to USB
Race	Race program offers a fun challenge by racing against existing champion for 20F, 40F, or 80F races
Target Program	3 Target programs: Time (1—99 MINS), Distance (1.0—999.9 FLOORS), Calories (10—9999 KCALS)
Landmark Program	Climb 31 of the world's tallest buildings

## ComfortFit™ Features

Accessories Holder	2 spacious holders for water bottle and accessory storage
Cockpit	Spaciously designed for your comfort and convenience
Ergo Bar Control Center	Manual stick shift for speed, and step—height, adjustment at an easy—access position during workout
Ergo Handlebar	Ergonomically designed handlebar with support for maximum comfort in different positions
Efficient Adjustment	Hot keys for increasing, or decreasing, speed and step—height quickly

## Product Dimensions

Foot Print	L × W	193 × 86cm	76 × 33.8"
Product Dimensions	L × W × H	(20 Degree) 193 × 86 × 213cm	76 × 33.8 × 83.8"
Product Net Weight	335.5kg	740 lbs	
Shipping Dimensions	L × W × H	220 × 96.5 × 163.5cm	86.6 × 37.9 × 64.3"
Shipping Gross Weight	426kg	939 lbs	
Recommend Ceiling Height	>2.7 m		

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550 SERIES TREADMILL/ HARD BLACK/ e2+ CONSOLE

### Treadmill Features

Custom Settings	When USB is detected, users may customize (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer
Display Readouts	Smart machine will automatically prioritize personalized setting and workout routine with USB login
Heart Rate Monitoring	HR, Incline, Pace, Time, METS, Calories, Distance, 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
On—The—Fly	Allows switching to other workout programs during exercise
Power Saving System	Energy saver mode is used to minimize power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements
USB Connectivity	For customized workout, workout results, personal settings, InCare™ and manual software upgrade
C—SAFE Standard Power	Standard C—SAFE power supports the power supply of external tools
Auto Stop	Bring the treadmill to stop when it is not in use. Can be set by user
Optional Built—in TV System	Analog/ Digital support ATSC, DVB—T/T2/C/S, ISDB For detailed support on Digital TV contact your Intenza Sales Representative
Connectors	Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset
Display Type	Industrial grade 19" TFT capacitance touch screen display for longer life time
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Intenzacast™	Supports smartphone mirroring. iOS/ Android
Language	23 countries are offered
Screen Saver	Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Virtual Scenery	10 scenes
Wi—Fi Capability	Supports InCare™ Online, software update, Internet browsing
Netpulse (xID)	xID login
EGYM	A widely used, smart solution used for workout data tracking and personal training plans
APP Connectivity	Maximum installation of 5 apps available. Needs to be certified by Intenza
Cleaning Mode	Treadmill incline can be set to the highest level for regular underbody cleaning/ maintenance

### Performance Features

Belt	2.5MM pre—waxed belt
Controller	AC inverter
Cushioning	8 Elastomer shock absorbers
Deck	Double side pre—waxed reversible deck
Incline	0—15%
Max User Weight	181kg                      400 lbs
Motor	4 HP industrial grade AC motor
Running Surface	56 × 155cm              22 × 61"
Speed	0.8—25KM/ H    0.5—15.6MPH
Step—Up Height	27cm                      10.6"

### Workout Options

Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Walk, Run and IPPT
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 3KM, 5KM, or 10KM races
Quick Start	Quick Start is a manual workout. Workout profile and results can be saved to USB
Custom Program	3 different type of profiles (Speed, Distance, HRC) to create your own workout programs. Settings can easily be saved to USB by day for the future use
Preset Program	20 Preset programs: 4 main workout types are—Interval, Hills, HIIT, 10 Weeks Running
Target Program	3 Target programs: Time (1—99MINS), Distance (0.5—99.9KM), Calories (10—9999 KCALS)

### ComfortFit™ Features

Accessories Holder	Conveniently placed accessories holder for personal devices
Cockpit	Spaciously designed for your comfort and convenience
Ergo Bar Control Center	Manual stick shift for speed and incline adjustment at an easy—access position during workout
Motor Cover	Streamlined motor cover design offers unobstructed space for running in comfort/ safety
Water Bottle Holders	Dual water bottle holders support 1 litre water bottles

### Product Dimensions

Foot Print	L × W	215 × 96cm	84 × 38"
Product Dimensions	L × W × H	215 × 96 × 154cm	84 × 38 × 60"
Product Net Weight		230.5kg              508 lbs	
Shipping Dimensions	L × W × H	225 × 109 × 75cm	88 × 43 × 29"
Shipping Gross Weight		300kg                      661 lbs	

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550 SERIES ELLIPTICAL TRAINER/ 230V EDITION/ HARD BLACK/ e2+ CONSOLE

## Elliptical Trainer Features

Custom Settings	When USB is detected, users may customize (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer
Display Readouts	Smart machine will automatically prioritize personalized setting and workout routine with USB login
Heart Rate Monitoring	HR, WATT, Time, Speed, Calories, Gradient, Distance, SPM, Level, 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
On—The—Fly	Allows switching to other workout programs during exercise
Power Saving System	Energy saver mode is used to minimize power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements
USB Connectivity	For customized workout, workout results, personal settings, InCare™ and manual software upgrade
C—SAFE Standard Power	Standard C—SAFE power supports the power supply of external tools
Optional Built—in TV System	Analog/ Digital support ATSC, DVB—T/T2/C/S, ISDB For detailed support on Digital TV contact your Intenza Sales Representative
Connectors	Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset
Display Type	Industrial grade 16" TFT capacitance touch screen display for longer life time
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Intenzacast™	Supports smartphone mirroring. iOS/ Android
Language	23 countries are offered
Screen Saver	Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Virtual Scenery	10 scenes
Wi—Fi Capability	Supports InCare™ Online. Software update. Internet browsing
Netpulse (xID)	xID login
EGYM	A widely used, smart solution used for workout data tracking and personal training plans
APP Connectivity	Maximum installation of 5 apps available. Needs to be certified by Intenza
Default Incline Setting	Allows preferential incline setting. Restored upon subsequent workouts

## Performance Features

3—Phase Generator	Power saving hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	Belt drive system for smoother, quieter performance. Minimized maintenance. Service made quick and easy
Bottom Bracket	High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Incline	16 levels      13°—40°
Maximum User Weight	181kg      400 lbs
Maximum Watts	630 Watts      Level 40 at 150SPM
Minimum Watts	15 Watts      Level 1 at 40SPM
Pedal to Pedal distance	6cm      2.3"
Resistance Levels	40 resistance levels meets new European EN957—9 standards
Step—up Height	35cm      13.7"
Stride Length	52—55cm      20.4—21.6"
User Height Range	147—193cm      4'9"—6'5"

## Workout Options

Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhythmic
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 500M, 1K, or 2K races
Quick Start	Quick Start is a manual workout. Workout profile and results can be saved to USB
Custom Program	2 different type of profiles (Level, 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
Target Program	3 Target programs: Time (1—99MINS), Distance (0.5—99.9KM), Calories (10—9999 KCALS)

## ComfortFit™ Features

Accessories Holder	Conveniently placed accessories holder for personal devices
Ergo Bar Control Center	Ergonomically positioned contact heart rate sensors and incline adjustment buttons at your finger tips for ease—of—use
Foot Pedals	Ergonomic designed oversized foot pedals with soft grip to enhance stability and comfort during workout
Frame	Robust frame structure designed to ensure stability and durability. Aluminum front post offers aesthetic appeal
Incline	Training with incline enhances workout variety while increasing workout results to include different muscle groups
Upper Body Moving Arms	Synchronising upper body and lower body movement increases overall total body fitness
Water Bottle Holders	Dual water bottle holders support 1 litre water bottles

## Product Dimensions

Foot Print	L x W	209 x 84cm	83 x 33"
Product Dimensions	L x W x H	209 x 84 x 172cm	83 x 33 x 66"
Product Net Weight		185kg	408 lbs
Shipping Dimensions	L x W x H	220 x 78 x 100cm	87 x 31 x 39"
Shipping Gross Weight		250kg	551 lbs

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### Elliptical Features

- Display Readouts
  - Heart Rate Monitoring
  - On—The—Fly
  - 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, Watt, Time, Speed, Calories, Distance, SPM, Level, 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
  - Energy saver mode is used to minimize 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" color TFT LCD display for longer life time
    - Large white light LED message center easily provides all needed information
  - Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
  - 23 countries are offered
    - 7 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
  - Fixed Ramp
  - Bottom Bracket
  - Maximum User Weight
  - Maximum Watts
  - Minimum Watts
  - Pedal to Pedal distance
  - Resistance Levels
  - Step—up Height
  - Stride Length
  - User Height Range
- Power saving hybrid generator delivers consistent performance for a smooth and quiet workout
  - Belt drive system for smoother, quieter performance. Minimized maintenance. Service made quick and easy
  - Fixed at an optimal 21°. Optimal ergonomic design
  - High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
  - 400 lbs (181kg)
  - 630 Watts (Level 40 at 150 SPM)
  - 15 Watts (Level 1 at 40 SPM)
  - 2.3" (6cm)
  - 40 resistance levels meets new European EN957—9 standards
  - 13.7" (35cm)
  - 20.4" (52cm)
  - 4'9" to 6'5" (147—193cm)

### 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—Rhyiming
  - 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 (0.62—62.07 mi), Calories (10—2500 Kcals)
    - 3 Target programs: Time (1—99 mins), Distance (0.62—61.52 mi), 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 500M, 1K, or 2K races

### ComfortFit™ Features

- Accessories Holder
  - Ergo Bar Control Center
  - Foot Pedals
  - Frame
  - Upper Body Moving Arms
  - Water Bottle Holders
- Conveniently placed accessories holder for portable music players and mobile phones
  - Ergonomically positioned contact heart rate sensors and resistance adjustment buttons at your finger tips for ease—of—use
  - Ergonomic designed oversized foot pedals with soft grip to enhance stability and comfort during workout
  - Robust frame structure designed to ensure stability and durability. Aluminum front post offers aesthetic appeal
  - Synchronizing upper body and lower body movement increase overall total body fitness
  - Twin water bottle holders support 1 litre water bottles

### Product Dimensions

- |                       |             |                  |               |         |
|-----------------------|-------------|------------------|---------------|---------|
| Foot Print            | ▪ L x W     | 209 x 84cm       | 83 x 33"      |         |
| Product Dimensions    | ▪ L x W x H | 209 x 84 x 172cm | 83 x 33 x 66" |         |
| Product Net Weight    | • 184kg     | 405 lbs          | ◦ 181kg       | 399 lbs |
| Shipping Dimensions   | ▪ L x W x H | 220 x 78 x 100cm | 87 x 31 x 39" |         |
| Shipping Gross Weight | • 247kg     | 544 lbs          | ◦ 244kg       | 537 lbs |



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550 SERIES RECUMBENT BIKE/ HARD BLACK/ e2+ CONSOLE

## Recumbent Bike Features

Custom Settings	When USB is detected, users may customize (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer
Display Readouts	Smart machine will automatically prioritize personalized setting and workout routine with USB login
Heart Rate Monitoring	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
On—The—Fly OptiTrain™	Allows switching to other workout programs during exercise Bike mode allows users to workout at a fixed resistance level. As RPM increases/ watt increases. As RPM decreases/ 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
Power Saving System	Energy saver mode is used to minimize power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements
USB Connectivity	For customized workout, workout results, personal settings, InCare™ and manual software upgrade
C—SAFE Standard Power	Standard C—SAFE power supports the power supply of external tools
Optional Built—in TV System	Analog/ Digital support ATSC, DVB—T/T2/C/S, ISDB For detailed support on Digital TV contact your Intenza Sales Representative
Connectors	Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset
Display Type	Industrial grade 16" TFT capacitance touch screen display for longer lifetime
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Intenzacast™	Supports smartphone mirroring. iOS/ Android
Language	23 countries are offered
Screen Saver	Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Virtual Scenery	10 scenes
Wi—Fi Capability	Supports InCare™ Online, software update, Internet browsing
Netpulse (xID)	xID login
EGYM	A widely used, smart solution used for workout data tracking and personal training plans
APP Connectivity	Maximum installation of 5 apps available. Needs to be certified by Intenza

## Performance Features

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

## Workout Options

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
Custom Program	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
Target Program	3 Target programs: Time (1—99MINS), Distance (0.5—99.9KM), Calories (10—9999KCAL)

## ComfortFit™ Features

Accessories Holder	Conveniently placed accessories holder for portable music players and mobile phones
Frame	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
Multi—function Handlebar	Handlebar integrated with contact HR and resistance adjustment buttons for ease of use during workout
Pedals	Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Seat Adjustment	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
Water Bottle Holder	Dual water bottle holder supports 1 litre water bottles

## Product Dimensions

Foot Print	L × W	160 × 71cm	160 × 71cm/ 63 × 28"
Product Dimensions	L × W × H	160 × 70 × 124cm	63 × 28 × 49"
Product Net Weight		101kg	223 lbs
Shipping Dimensions	L × W × H	169 × 37.5 × 101cm	67 × 15 × 40"
Shipping Gross Weight		122kg	269 lbs

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550 SERIES UPRIGHT BIKE / HARD BLACK / e2+ CONSOLE

## Upright Bike Features

Custom Settings	When USB is detected, users may customize (1) Display Unit (2) Age (3) Gender (4) Weight (5) Buzzer
Display Readouts	Smart machine will automatically prioritize personalized setting and workout routine with USB login
Heart Rate Monitoring	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
On—The—Fly OptiTrain™	Allows switching to other workout programs during exercise Bike mode allows users to workout at a fixed resistance level. As RPM increases/ watt increases. As RPM decreases/ 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
Power Saving System	Energy saver mode is used to minimize power consumption (not exceeding 0.5W) which meet Erp EC 1275/ 2008 requirements
USB Connectivity	For customized workout, workout results, personal settings, InCare™ and manual software upgrade
C—SAFE Standard Power	Standard C—SAFE power supports the power supply of external tools
Optional Built—in TV System	Analog/ Digital support ATSC, DVB—T/T2/C/S, ISDB For detailed support on Digital TV contact your Intenza Sales Representative
Connectors	Support HDMI devices, Ethernet cable network, 3.5MM stereo Headphone Jack, Bluetooth stereo headset
Display Type	Industrial grade 16" TFT capacitance touch screen display for longer lifetime
InCare™ Online	Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Intenzacast™	Supports smartphone mirroring. iOS/ Android
Language	23 countries are offered
Screen Saver	Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
Virtual Scenery	10 scenes
Wi—Fi Capability	Supports InCare™ Online, software update, Internet browsing
Netpulse (xID)	xID login
EGYM	A widely used, smart solution used for workout data tracking and personal training plans
APP Connectivity	Maximum installation of 5 apps available. Needs to be certified by Intenza

## Performance Features

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

## Workout Options

Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhythmic
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
Custom Program	3 different types of profile (Level, Watts, HRC) to create your own workout programs. Settings 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
Target Program	3 Target programs: Time (1—99MINS), Distance (0.5—99.9KM), Calories (10—9999KCAL)

## ComfortFit™ Features

Accessories Holder	Conveniently placed accessories holder for personal devices
Frame	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
Multi—function Handlebar	Ergonomically designed handlebar with integrated elbow support for maximum comfort in racing position. Handlebar with integrated contact HR and resistance adjustment buttons for ease of use during workout
Pedals	Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Saddle	Ergonomic saddle designed for maximum comfort and support during the most rigorous workout
Seat Adjustment	1/2" incremental seat positions accommodate users from 147—193CM/ 4'9"—6'5"
Water Bottle Holder	Dual water bottle holder supports 1 litre water bottles

## Product Dimensions

Foot Print	L x W	123 x 67cm	48 x 26"
Product Dimensions	L x W x H	122 x 67 x 146cm	48 x 26 x 57"
Product Net Weight		74kg	163 lbs
Shipping Dimensions	L x W x H	148 x 24 x 104cm	58 x 9 x 41"
Shipping Gross Weight		87.7kg	193 lbs