

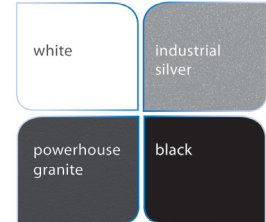
CARDIO R10 RECUMBENT BIKE

ITEM #R10



* R10 shown here in Nautilus Blue, a custom color upgrade.

Standard frame colors



Commercial bikes score high for comfort, but often fail to deliver great results. Our bikes were designed by professional cyclists and tested and approved by trainers, so they provide a real bike workout with the comfort that your users demand.

From ratcheting foot straps to revolutionary rider biomechanics, the *Nautilus®* team created a riding experience filled with intelligent design details that take indoor cycling to a new level. Our ergonomically correct hip - pedal angle even puts riders in the correct riding position, whether they are 4'10" or 6'6" for a more comfortable and effective workout.

Frame and Power Requirements

- Available in custom frame colors
- Industrial grade poly-V belt provides nearly silent operation and maintenance-free performance
- Eddy current magnetic brake technology for smooth quiet maintenance free service
- Eddy current magnetic brake has no frictional components or brushes to ever wear out or need replacing
- Minimum/maximum resistance is 15-750 watts
- Water bottle holder
- Contact heart rate (HR) sensors and wireless telemetry
- Remote Operation Control (ROC) puts adjustment at your fingertips.
- Ergo bars enable multiple riding positions
- Ratcheted foot straps for easy fitting
- Step through entry design for easy access
- ISIS bottom bracket and 3 piece crank ensures smooth, stable feel.
- Vented performance-driven seat
- Roller bearing seat adjustment for effortless seat positioning
- Power requirements: Equipment is supplied with a 60 watt battery charger/power supply. Charger/power supply operates from a 100 to 240 VAC, 50-60 Hz wall source.

Console

- 10.2" LCD entertainment touch screen, built-in multimedia with iPod connectivity, digital TV
 - The 10.2" console requires the charger/power supply to be plugged into a wall power source while in use
- 7" touch screen available with iPod connectivity
 - The 7" console models can run as cordless or corded (Display remains lit if plugged in)
- Similar cardio console on all cardio units for ease of use
- 10 Workout Programs: Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intensity, Heart Rate Intervals, Calorie Goal, Distance Goal, Heart Rate Zone Trainer
- Entertainment display has integrated iPod holder

Unit Specifications

- Dimensions: 30" W x 69" L x 48" H, Machine Weight: 184 lbs
- Warranty: Frame; 15 years. Parts; 3 years. Wear Items/Labor; 1 year. (The labor warranty is not applicable to shipments outside of the U.S.A.)