



## R3x Recumbent Cycle

- LED console display with expanded feedback offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- Compatible with xID single-point user sign-in for a seamless personal experience
- Self-powered system provides cost-savings and freedom of placement within facility
- Step-thru entry for easy access
- Intuitive one-hand adjustment fine-tunes seat position
- Ergo Form seat and back pad enhance comfort and support
- USB port offers charging for most smartphones and tablets

CONSOLE	
DISPLAY FEEDBACK	Time of Day, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Level, Speed, RPM, Heart Rate, METs, Watts, Workout Profile
VIRTUAL ACTIVE	No
WEB CONNECTIVITY	No
WORKOUT TRACKING NETWORK COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
PAUSE FUNCTION	Yes
RFID COMPATIBLE	No
READING RACK	Yes
DISPLAY TYPE	Dot-matrix LED with profile display
USB PORT	Yes
FITTOUCH	No
PRO:IDIOM COMPATIBLE	Optional - add-on TV
INSTANT ON TECHNOLOGY	Yes
ONE-BUTTON START	Yes
INTEGRATED VISTA CLEAR TELEVISION TECHNOLOGY	No
ON-THE-FLY PROGRAM CHANGE	Yes
FITCONNEXION READY	Yes
BLUETOOTH ENABLED	No
WIFI ENABLED	Optional
IPOD	Charging only
PERSONAL FAN	No
MULTIMEDIA PLAYBACK	No
PERSONAL TRAINER PORTAL COMPATIBLE	No
SECONDARY DATA DISPLAY	No
USER-DEFINED MULTI-LANGUAGE DISPLAY	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish
IPTV COMPATIBLE	No
CSAFE READY-FITLINXX	Yes
RESISTANCE RANGE	1-30
WORKOUTS	Manual, Constant Watts, Fat Burn, Interval Training, Target HR, Fitness Test
ASSET MANAGEMENT COMPATIBLE	Yes

FEATURES	
HANDLEBAR DESIGN	Seat side / Front ergo bend
REMOTE BUTTONS	Yes
INTEGRATED ARM RESTS	No
BOTTLE HOLDER	Yes
CONTACT & TELEMETRIC HR	Yes

RESISTANCE SYSTEM	
RESISTANCE SYSTEM	Brushless generator

TECH SPECS	
POWER REQUIREMENTS	Self-powered / powered 100v-240v - 50/60Hz AC
CRANK DESIGN	Three piece with forged arms
MINIMUM WATTS	4 powered / 7 self-powered
MINIMUM RPM	25 powered / 25 self-powered
MAX USER WEIGHT	182 kg / 400 lbs.
ASSEMBLED WEIGHT	87.5 kg / 192.9 lbs.
SHIPPING WEIGHT	99.7kg / 219 lbs.
ASSEMBLED DIMENSIONS	150.3 x 65.4 x 140 cm / 59.2" x 25.7" x 55.1"