



## R5x Recumbent Cycle

- 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
- Integrated 3-speed personal fan
- Ergo Form seat and back pad enhance comfort and support
- USB port offers charging for most smartphones and tablets
- RFID compatible to provide touch-free login
- Sprint 8 High Intensity Interval Training program
- Compatible with xID single-point user sign-in for a seamless personal experience
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- LED console display offers intuitive operation

CONSOLE	
IPOD	Charging only
FACILITY COMMUNICATION PORTAL/CALENDAR	No
FITCONNEXION READY	Yes
BLUETOOTH ENABLED	No
WORKOUTS	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Sprint 8
RESISTANCE RANGE	1-30
WIFI ENABLED	Optional
SECONDARY DATA DISPLAY	No
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
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
DISPLAY TYPE	Dot-matrix LED with profile display
ONE-BUTTON START	Yes
INTEGRATED VISTA CLEAR TELEVISION TECHNOLOGY	No
IPTV COMPATIBLE	No
INSTANT ON TECHNOLOGY	Yes
ON-THE-FLY PROGRAM CHANGE	Yes
CSAFE READY-FITLINXX	Yes
PRO:IDIOM COMPATIBLE	Optional - add-on TV
FITTOUCH	No
READING RACK	No
PAUSE FUNCTION	Yes
RFID COMPATIBLE	Yes
PERSONAL FAN	Yes
MULTIMEDIA PLAYBACK	No
WEB CONNECTIVITY	No
WORKOUT TRACKING NETWORK COMPATIBLE	Yes
VIRTUAL ACTIVE	No
ASSET MANAGEMENT COMPATIBLE	Yes
USB PORT	Yes
PERSONAL TRAINER PORTAL COMPATIBLE	No

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

RESISTANCE SYSTEM	
RESISTANCE SYSTEM	Brushless generator

TECH SPECS	
MINIMUM RPM	25 powered / 25 self-powered
SHIPPING WEIGHT	100.3 kg / 221 lbs.
ASSEMBLED WEIGHT	88.6 kg / 195.3 lbs.
MINIMUM WATTS	4 powered / 7 self-powered
MAX USER WEIGHT	182 kg / 400 lbs.
POWER REQUIREMENTS	Self-powered / powered 100v-240v - 50/60Hz AC
CRANK DESIGN	Three piece with forged arms
ASSEMBLED DIMENSIONS	150.3 x 65.4 x 140 / 59.2" x 25.7" x 55.1"