

550RBI Recumbent Bike Specifications

Interactive Series

Recumbent Bike Features

Power Saving System	Meets European Directive 2013 ErP standards
Smart Energy System™	Cordless. Activate and operate console without pedaling
InCare™	Smart machine automatically alerts when service needed. Service diagnostic information downloadable to USB
USB Connectivity	For customized workout, workout results, personal settings, InCare™, manual software upgrade
OptiTrain™	Bike mode allows users to workout at a fixed resistance level regardless of pedal speed Power mode allows users to workout at a fixed workload measured in Watts so pedal speed adjusts resistance Download workout results easily to USB for work rate analysis and performance training purposes
Uni-Dial™ Navigation Control	Complete access and control of user interface features and settings with the convenience of a Uni-Dial
InZone™	InZone™ heart rate training provides visual color feedback to help users to optimize their workout efforts for maximum result based on heart rate level so users can workout effectively at their target heart rate zones
Heart Rate Monitoring	Polar coded wireless telemetry technology - heart rate receiver built in (Heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability
On-The-Fly	Allow switching to other workout programs during exercise
Custom Settings	(1) display unit: Km or Mile (2) buzzer sound: on or off When USB is detected, users may customize (1) name (2) display unit (3) age (4) gender (5) weight (6) buzzer Smart machine will automatically prioritize personalized settings and workout routine when USB is detected
Display Type	Large LED dot matrix and 18 characters LED message center easily provides all information needed
Display Readouts	HR, Resistance Level, Time, RPM, Calories, Watts, Distance, Speed, Workout summary, Workout profile
C-SAFE Connectivity	Standard C-SAFE connectivity facilitates data transfer
MYE Audio Kit Options	Optional accessories support MYE audio receiver

Performance Features

3-Phase Generator	Self-powered hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	Belt drive system for smoother, quieter performance. Minimize maintenance. Service made quick and easy
Bottom Bracket	High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Resistance Levels	40 resistance levels meets new European EN957-5 standards
Minimum Watts	6 Watts (level 1 at 20 RPM)
Maximum Watts	640 Watts (level 40 at 150 RPM)

Workout Options

Race	Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races
Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards
HR Programs	4 heart rate control programs in constant power mode - Constant HRC, Interval HRC, Hill HRC, Cardio HRC
Custom Programs	7 custom user programs can easily be saved to USB for future use
Preset Programs	6 preset programs: Hill, Interval, Weight Loss, Cross Train, Step by Step, Strength
Target Programs	3 target programs: Time (10-99 mins), Distance 0.6-62 miles (1-99 km), Calories (10-2500 cal)
Quick Start	Quick start is available

Comfort Fit™ Features

Frame	Robust frame structure designed to ensure stability and durability Low cross over design allows for ease of getting on and off the bike Aluminum components create visual appeal and durability against corrosion
Multi-function Handlebar	Handlebar integrated with contact HR and resistance adjustment buttons for ease-of-use during workout
Seat Back and Saddle	Ergonomic seat back designed with ventilation, lumbar support and saddle deliver maximum comfort and support for the most rigorous workout
Seat Adjustment	1/2" incremental seat positions accommodate users from 4'9" (147 cm) to 6'5" (193 cm)
Pedals	Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Accessories Holder	Conveniently placed accessories holder for portable music players and mobile phones
Water Bottle Holders	Dual water bottle holders support 1 liter water bottles
Maximum User Weight	400 lbs (181 kg)
User Height Range	4'9" (147 cm) to 6'5" (193 cm)

Product Dimensions and Weights

Foot Print	L x W 63 x 28 in (160 x 71 cm)
Product Dimensions	L x W x H 63 x 28 x 49 in (160 x 70 x 124 cm)
Product Net Weight	223 lbs (101 kg)
Shipping Dimensions	L x W x H 67 x 15 x 40 in (169 x 38 x 101 cm)
Shipping Gross Weight	243 lbs (110 kg)

