# Matrix CXP Target Training Cycle

## Details

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The advanced CXP Target Training Cycle includes a unique display that makes it easier than ever to keep everyone in the class on track to reach their goals. Integrated FTP testing and a sub-max heart rate test help members establish personalized targets just right for their ability levels. An LED wrap lights with vibrant colors to help members maintain effort whether the class is tracking watts, calories, RPMs, heart rate or powering through a HIIT workout.

- Ideal for precision tracking during workouts that target watts, heart rate, RPMs, distance or calories, providing personalized intensity and progress metrics
- Intuitive touchscreen Target Training Display offers engaging graphics and an LED color wrap that helps instructors and riders gauge intensity (compatible with ANT+ and Bluetooth)
- Interval, pace, heart rate, goal-based and HIIT workouts provide variety
- Narrow Q-factor optimizes ergonomics for a real outdoor riding feel
- Low-maintenance, well-protected rear flywheel design includes magnetic resistance for smooth, repeatable adjustments and watt measurement within 3% accuracy
- Contoured lever provides tactile feedback for quick resistance changes
- Intuitive adjustments customize the cycle to each user’s body
- Ergonomically sculpted seat relieves pressure on touchpoints
- Multi-position handlebars include water bottle holders
- Forged steel pedal cranks include quick-adjust straps
- Quick-release service panel, removable pedal cranks and dial levelers streamline service and setup