



A LOW-IMPACT WAY TO RIDE

Discover an ideal mix of exercise comfort and convenience with the R60. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone — even older and deconditioned users — and a contoured seat and back pad provide excellent lumbar support and stability.

RECUMBENT BIKE

Frame Type	Heavy gauge welded steel, step-through recumbent
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	28 positions
Resistance System	2-stage generator
Resistance Range	1-25
Handlebar Type	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	70 kg / 154 lbs.
User Weight Capacity	182 kg / 400 lbs.
Electrical Requirements	Self-powered

CONSOLE

Display	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Programs	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval
Heart Rate	Contact grips, wireless receiver



Specifications subject to change without notice.



COMFORT, CONVENIENCE & ENTERTAINMENT

Our R600E Recumbent Bike combines comfort and convenience with exercise that entertains. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone and a contoured seat and back pad provide excellent lumbar support and stability. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



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Handlebar Type	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack
Assembled Dimensions (L x W x H)	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	74.5 kg / 164 lbs.
User Weight Capacity	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A

CONSOLE

Display Type	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console
CSAFE Ready	Yes

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