

# R5x Recumbent Cycle



- LED console display 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
- Sprint 8 High Intensity Interval Training program
- RFID compatible to provide touch-free login
- USB port offers charging for most smartphones and tablets
- Integrated 3-speed personal fan
- Ergo Form seat and back pad enhance comfort and support
- Intuitive one-hand adjustment fine-tunes seat position
- Step-thru entry for easy access
- Self-powered system provides cost-savings and freedom of placement within facility

## Console

Display Type	Dot-matrix LED with profile display
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
Secondary Data Display	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
Resistance Range	1-30
Intervalo de resistência	1-30
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Sprint 8
CSAFE Ready-FitLinxx™	Yes
IPTV Compatible	No
Pro:Idiom Compatible	Optional - add-on TV
FitTouch™	No
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes

Integrated Vista Clear™ Television Technology	No
FITCONNEXION™ Ready	Yes
WiFi Enabled	Optional
Bluetooth Enabled	No
iPod	Charging only
Multimedia Playback	No
Personal Fan	Yes
Personal Trainer Portal Compatible	No
USB Port	Yes
Virtual Active™	No
Asset Management Compatible	Yes
Workout Tracking Network Compatible	Yes
Web Connectivity	No
Facility Communication Portal/Calendar	No
RFID Compatible	Yes
Pause Function	Yes
Reading Rack	No

## Features

Contact & Telemetric HR	Yes
Handlebar Design	Seat side / Front ergo bend
Integrated Arm Rests	No
Remote Buttons	Yes
Bottle Holder	Yes

## Resistance System

Resistance System	Brushless generator
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## Tech Specs

Crank Design	Three piece with forged arms
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	4 powered / 7 self-powered
Minimum RPM	25 powered / 25 self-powered
Assembled Dimensions	150.3 x 65.4 x 140 / 59.2" x 25.7" x 55.1"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	88.6 kg / 195.3 lbs.
Shipping Weight	100.3 kg / 221 lbs.