

H3x Hybrid Cycle



- LED console display with expanded feedback 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
- USB port offers charging for most smartphones and tablets
- Innovative command seating position ensures a convenient and comfortable workout
- Intuitive one-hand adjustment fine-tunes seat position
- Step-thru entry for easy access
- Pivoting arm rest for maximum comfort
- 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	Accessible only through Manager Menu: English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish
Resistance Range	1-30
Workouts	Manual, Constant Watts, Fat Burn, Interval Training, Target HR, Fitness Test
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	No
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	No
Pause Function	Yes
Reading Rack	Yes

Features

Contact & Telemetric HR	Yes
Handlebar Design	Front vertical ergo bend
Integrated Arm Rests	Yes
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	146.8 x 65.4 x 156.8 / 57.8" x 25.7" x 61.7"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	96.2 kg / 212 lbs.
Shipping Weight	99.7kg / 219 lbs.