

R30

Discover a more relaxed way to ride with a stable, versatile step-through bike that offers a recumbent design to comfortably distribute weight and maximise support. Our R30 Recumbent Bike includes our exclusive Dual Form Frame and Comfort Arc Seat.



Our 16" console features a brilliant HD touchscreen display to bring your virtual journeys, movies and videos to life. Includes WiFi, Bluetooth and an HDMI port to stream whatever moves you.

Apps available on touchscreen consoles subject to change. Console availability may vary by market.

CONSOLE	
DISPLAY TYPE	16" class HD capacitive touchscreen (40 cm)
WIFI ENABLED	ViewFit Connectivity, entertainment apps, software updates
BLUETOOTH ENABLED	Connect to popular training and coaching apps, Bluetooth headphones, Bluetooth heart rate monitor
HDMI PORT	Connect streaming media devices, phones or tablets
USB PORT	Front: Use to access media from compatible devices and to install software updates. Rear: Not active
SPEAKERS	5 Watt
CONSOLE APPS	My Media, HDMI, Netflix, Hulu, Spotify, YouTube, Facebook, Twitter, Instagram, MyFitnessPal, Weather, Web Browser, Kindle Reader, Flipbook, Press Reader, Solitaire Suite, WeChat, YouKu, Weibo, Iqiyi, NetEase (other apps vary by market)
PASSPORT READY	No
VIEWFIT CONNECTIVITY	Yes
HEART RATE	Bluetooth wireless heart rate, Bluetooth heart rate strap included
CONSOLE EXTRAS	Integrated reading rack, energy saver mode, audio in/out
WORKOUTS	13 total — manual, fat burn, rolling hills, intervals, time goal, distance goal, calorie goal, target heart rate, Sprint 8, Virtual Active American Northeast, Virtual Active Northern Rockies, custom

DISPLAY FEEDBACK	Time elapsed, time goal, time remaining, clock, miles / kilometers, RPM, current speed (MPH / KPH), pace, average pace, heart rate, peak heart rate, calories, calories per hour, METS, resistance, last resistance
ASSEMBLED WEIGHT	5.5 kg / 12 lbs.
FRAME	
ASSEMBLED DIMENSIONS	158 x 64 x 121 cm / 62.2" x 25.2" x 47.6"
ASSEMBLED WEIGHT	73.5 kg / 162 lbs.
EXTRAS	Water bottle holder
FLYWHEEL WEIGHT	10.5 kg / 23 lbs.
FRAME TYPE	Dual Form step-through recumbent
HANDLEBAR DESIGN	Seat-mounted with resistance toggles and heart rate grips, front-assist handles
MAX USER WEIGHT	159 kg / 350 lbs.
PEDAL SPACING	19.4 cm / 7.6"
PEDAL TYPE	Commercial grade, self-balancing pedals with adjustable straps
POWER REQUIREMENTS	120 V AC power, 15 A circuit (voltage may vary outside the USA)
RESISTANCE RANGE	20 levels, electronically adjustable
RESISTANCE SYSTEM	ECB magnetic braking system
SEAT ADJUSTMENT	Fore/aft via easy adjust lever
SEAT TYPE	Comfort Arc with mesh seatback
TECH SPECS	
USER HEIGHT RANGE	150 cm–193 cm / 4'11"–6'4"