

Expresso Bikes

The Experience

One futuristic bike.

Many years of engaged members.

Finally, a cardio experience that's so fun and engaging that members will keep coming back for more.

Interactive workouts bring the adventure of outdoor riding indoors. **Personalized** training features help members achieve greater fitness. **Dynamic** content keep workouts fresh.

Captivated by stunning graphics, realistic rides and in-ride games on over 30 virtual courses, members will quickly forget they are exercising. It's cardio, only way cooler.

And since Expresso Bikes are always changing, you will see new courses and games updated automatically over the internet, increasing the value of your investment.

On **expresso.net**, riders can personalize their experience, compete with friends, track their progress and celebrate their accomplishments with virtual awards.

Expresso Fitness® Corporation
Cardio Systems that Engage Your Mind

Toll Free/Fax: 888.528.8589
contact@expressofitness.com
www.expresso.com

Realistic Cycling

SHIFT gears and **STEER** handle-bars just like a real bike. Pedal resistance changes with the terrain.



Monitor Your Workout

Members riding together in-facility can see each other on-screen. Real-time fitness information helps members monitor their workout.



▲ Members can ride off-road with **Expresso Chases™**. Follow easy gameplay rules. Learn simple strategies to improve their score. It's so engaging, time flies by!

Watch TV or listen to hours of music channels! Everything from Rock and Urban to Latin and Country.

▲ Motivate members with interactive **Expresso Tours**, rated Basic-to-Extreme, and ride the California Coast to the Peruvian Mountains—even into Outer space! Personalize your experience with customizable Pacers or Ghosts of your previous best ride.



www.expresso.com

Espresso Bikes

The Technology

Special Features

- 1 Best In Class Video Screen**
Widescreen, high-contrast LCDs are designed for easy viewing and are protected by rugged splashguards.
- 2 Standard Headphone Jack**
Members can use their own headphones to enjoy several music channels.
- 3 Keypad**
User-friendly design provides quick access to our interactive Tours and off-road games.
- 4 Polar®-Compatible Heart Rate Sensors**
- 5 6 Steering and Shifting Controls**
Conveniently located on the handlebars, controls engage the upper body, creating a realistic riding experience.
- 7 Low-Profile, Adjustable Seat Post**
Supports a wide range of rider heights and fore/aft seat adjustment.
- 8 Ergonomic Seat and Back Rest**
Designed for comfort to accommodate a wide range of rider types. Upright seats are available in a variety of sizes.
- 9 Advanced Drive Train**
Uses a dual-belt resistance system that provides fluid motion, quiet operation and supports up to 700 Watts of riding power.
- 10 Convenient Walk-Through Design**
(Recumbent only) Enhances stability and permits riders to get on and off with ease.
- 11 Multi-Purpose Pedal Design**
Accommodates standard footwear as well as SPD-compatible shoes.
- 12 Premium Computer System**
The heart of the system features a high-performance processor, premium video card, an integrated TV tuner, spacious disc drive and lots of memory.

Introducing the Espresso Upright and Recumbent Bikes

Realistic feel. Reliable performance. Eye-catching design. Quality and ingenuity are built into every Espresso Bike. They're fully integrated, commercial-grade and built for years of continuous use.



Product Specifications

Standard Limited Warranty

1 year labor, 2 years parts
2 years software*

*Service upgrades up to 3 years also available

Fitness Statistics

Heart Rate, Power, Time, Calories, Distance, RPM,

Features

Over 30 Tours and Chases, Manual Mode, TV Mode, 4 Levels of Difficulty, 30 Gears, Adjustable Pacer

Network Features*

Internet Music (10 channels), Ghost (previous ride replay), Multi-Player, Data monitoring and tracking

*Network features require a router. Max bikes / network = 16

Power

110-220V AC, 50/60 Hz

Connectivity

RJ45 10/100Base T port LAN

Physical Characteristics

	S3u™	S3r™
Screen	19" wide	19" wide
Length	52"	72"
Width	24"	28"
Height	60"	50"
Weight	155 lbs	245 lbs.

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