

# 550UBi Upright Bike Specifications

## *Interactive Series*

### Upright Bike Features

Power Saving System	Meets European Directive 2013 ErP standards
Smart Energy System™	Cordless. Activate and operate console without pedaling
InCare™	Smart machine automatically alerts when service needed. Service diagnostic information downloadable to USB
USB Connectivity	For customised workout, workout results, personal settings, InCare™, manual software upgrade
OptiTrain™	Bike mode allows users to workout at a fixed resistance level regardless of pedal speed Power mode allows users to workout at a fixed workload measured in Watts so pedal speed adjusts resistance Download workout results easily to USB for work rate analysis and performance training purposes
Uni-Dial™ Navigation Control	Complete access and control of user interface features and settings with the convenience of a Uni-Dial
InZone™	InZone™ heart rate training provides visual colour feedback to help users to optimise their workout efforts for maximum result based on heart rate level so users can workout effectively at their target heart rate zones
Heart Rate Monitoring	Polar coded wireless telemetry technology - heart rate receiver built in (Heart rate transmitter strap required) Digital contact heart rate sensors positioned for both upright training position and racing position
On-The-Fly	Allow switching to other workout programs during exercise
Custom Settings	(1) display unit: Km or Mile (2) buzzer sound: on or off When USB is detected, users may customise (1) name (2) display unit (3) age (4) gender (5) weight (6) buzzer Smart machine will automatically prioritise personalised settings and workout routine when USB is detected
Display Type	Large LED dot matrix and 18 characters LED message centre easily provides all information needed
Display Readouts	HR, Resistance Level, Time, RPM, Calories, Watts, Distance, Speed, Workout summary, Workout profile
C-SAFE Connectivity	Standard C-SAFE connectivity facilitates data transfer
MYE Audio Kit Options	Optional accessories support MYE audio receiver

### Performance Features

3-Phase Generator	Self-powered hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	Belt drive system for smoother, quieter performance. Minimise maintenance. Service made quick and easy
Bottom Bracket	High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Resistance Levels	40 resistance levels meets new European EN957-5 standards
Minimum Watts	6 Watts (level 1 at 20 RPM)
Maximum Watts	640 Watts (level 40 at 150 RPM)

### Workout Options

Race	Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races
Fitness Test	Fitness test determines individual's fitness level based on VO2 max standards
HR Programs	4 heart rate control programs in constant power mode - Constant HRC, Interval HRC, Hill HRC, Cardio HRC
Custom Programs	7 custom user programs can easily be saved to USB for future use
Preset Programs	6 preset programs: Hill, Interval, Weight Loss, Cross Train, Step by Step, Strength
Target Programs	3 target programs: Time (10-99 mins), Distance 1-99 km (0.6-62 miles), Calories (10-2500 cals)
Quick Start	Quick start is available

### Comfort Fit™ Features

Frame	Robust frame structure designed to ensure stability and durability Low cross over design allows for ease of getting on and off the bike Aluminum components create visual appeal and durability against corrosion
Handlebar	Ergonomically-designed handlebar with integrated elbow support for maximum comfort in racing position
Saddle	Ergonomic saddle designed for maximum comfort and support during the most rigorous workout
Seat Height Adjustment	Seat adjustment precisely angled and 1/2" incremental seat position allows user from 147 cm (4'9") to 193 cm (6'5") to adjust seat height for correct knee over pedal spindle position to endure correct lower body biomechanics to reduce pressure on knees and enhance rider comfort. Ratchet design for quick and easy seat height adjustment
Pedals	Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Accessories Holder	Conveniently placed accessories holder for portable music players and mobile phones
Water Bottle Holders	Dual water bottle holders support 1 liter water bottles
Maximum User Weight	181 kg (400 lbs)
User Height Range	147 cm (4'9") to 193 cm (6'5")

### Product Dimensions and Weights

Foot Print	L x W 123 x 67 cm (48 x 26 in)
Product Dimensions	L x W x H 122 x 67 x 146 cm (48 x 26 x 58 in)
Product Net Weight	68 kg (150 lbs)
Shipping Dimensions	L x W x H 148 x 24 x 104 cm (58 x 9 x 40 in)
Shipping Gross Weight	78 kg (171 lbs)

