



R600E Recumbent Bike

R600E-03

Our R600E Recumbent Bike combines comfort and convenience with exercise that entertains. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone and a contoured seat and back pad provide excellent lumbar support and stability. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



Console

CSAFE	Yes
Resistance Range	1–25
Display	16" class capacitive touchscreen LCD
Workouts	Go, manual, Sprint 8, Virtual Active (14 courses), target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness tests, custom
Heart Rate	Contact, telemetric & Bluetooth HR
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Analog TV	Optional; NTSC, PAL, SECAM
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Pro:Idiom Compatibility	Optional; via coax
WiFi	Yes
USB Port	Yes; device charging, device media, software updates
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console

Frame

Frame Type	Heavy-gauge welded steel, recumbent
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat
Seat Adjustment	28 positions
Resistance System	2-stage generator
Handlebar Design	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack
Q-Factor	200mm / 7.9"

Tech Specs

Assembled Dimensions	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	74.5 kg / 164 lbs.
Max User Weight	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A