



## R60 Recumbent Bike

R60-03

Discover an ideal mix of exercise comfort and convenience with the R60. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone — even older and deconditioned users — and a contoured seat and back pad provide excellent lumbar support and stability.



### Frame

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

### Tech Specs

<b>Assembled Weight</b>	70 kg / 154 lbs.
<b>User Weight Capacity</b>	182 kg / 400 lbs.
<b>Electrical Requirements</b>	Self-powered
<b>Assembled Dimensions</b>	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"

### Console

<b>Heart Rate</b>	Contact grips, wireless receiver
<b>Programs</b>	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval
<b>Workout Feedback</b>	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
<b>Display</b>	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
<b>Resistance Range</b>	1–25
<b>CSAFE</b>	No

### Extras

<b>Accessories Tray</b>	Water bottle holder and reading rack
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