



## 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

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

### Tech Specs

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

### Console

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

### Extras

Accessories Tray	Water bottle holder and reading rack
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