

# 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** handlebars 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.



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# Expresso 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 Steering and Shifting Controls**  
Conveniently located on the handlebars, controls engage the upper body, creating a realistic riding experience.
- 6 Trigger Buttons**  
With new functionality coming soon.
- 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 Expresso Upright and Recumbent Bikes

Realistic feel. Reliable performance. Eye-catching design. Quality and ingenuity are built into every Expresso 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

**Regulatory Approvals**  
FCC, cTUVus

**Stats and Features**  
Heart Rate, Power, Time, Calories, Distance, RPM, Gear, Grade, TV, Audio

**Power**  
110-220V AC

**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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