

Espresso Bikes

The Experience

One futuristic bike.

Keep members engaged.

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.

Finally, a cardio experience that's so fun and engaging that members will keep coming back for more.

Steer to stay on course! Shift along with ups and downs of the terrain! Pedal hard to chase the targets! With Espresso bikes, workout is fun and exciting!

Virtual riders, customizable pacer, Ghost (their own past performance), and even fellow riders ignite competitive spirits. Members get better workouts and results on Espresso bikes.

Bikes that are connected to **Espresso.net** automatically store ride data, providing Ghosts and trophies during a ride. Its Internet portal allows riders to visualize their progress in graphs, personalize their rides, and share their experiences and opinions with fellow riders forming a fitness community. As a result, it enables fitness facilities to keep members motivated and engaged.

Interactive Fitness Holdings

Bringing fitness into the 21st century

Toll Free/Fax: 888.528.8589

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www.ifholdings.com

Realistic Cycling

SHIFT gears and **STEER** handlebars just like a real bike. Pedal resistance changes with the terrain.



Monitor Your Workout

Real-time fitness information helps members monitor their workout. Members riding together in-facility can see each other on-screen.



Members can ride off-road with **Espresso Chases™**. Follow easy game rules. Learn simple strategies to improve their score. Watch out for tricky dragons that push you into water. It's so engaging. Time flies by!

Motivate members with interactive **Espresso 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.

Watch TV or listen to hours of music channels! Everything from Rock and Urban to Latin and Country.

 Espresso

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Espresso 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 Internet music and Standard Headphone Jack

Members can use their own headphones to enjoy several music channels.

3 Intuitive Keypad

User-friendly design provides quick access to our interactive Tours and off-road games.

4 Polar®-Compatible Heart Rate Sensors

Conveniently located on the handlebars, controls engage the upper body, creating a realistic riding experience.

5 Steering and Shifting Controls

Conveniently located on the handlebars, controls engage the upper body, creating a realistic riding experience.

6 Low-Profile, Adjustable Seat Post

Supports a wide range of rider heights and fore/aft seat adjustment.

7 Ergonomic Seat and Back Rest

Designed for comfort to accommodate a wide range of rider types. Designed to adjust up and down as well as forward and back with built in stops for safety. Upright seats are available in a variety of sizes.

8 Advanced Drive Train

Uses a dual-belt resistance system that provides fluid motion, quiet operation and supports up to 700 Watts of riding power.

9 Multi-Purpose Pedal Design

Accommodates standard footwear as well as SPD-compatible shoes.

10 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 Espresso Upright and Youth Bikes

Realistic feel. Reliable performance. Eye-catching design. Quality and ingenuity are built into every Espresso Bike. They're fully integrated commercial-grade and built for years of continuous use.

Youth Bikes are designed for safety, comfort and enjoyment of 9-14 years old children.



Product Specifications

Standard Limited Warranty
2 years parts, 1 year computer,
1 year labor
*Service upgrades also available

Fitness Statistics

Heart Rate, Power, Time,
Calories, Distance, RPM,

Features

Over 30 Tours and Chases,
Manual Mode, TV Mode, 4
Levels of Difficulty, 30 Gears,
Adjustable Pacer

Network Features*

Internet Music (10 channels),
Ghost (previous ride replay),
Multi-Player, Data monitoring
and tracking
*Network features require a router
and Espresso.net subscription.
Max bikes / network = 16

Power

110-220V AC, 50/60 Hz

Connectivity

RJ45 10/100Base T port LAN

Physical Characteristics

	S3u	S3y
Screen	19"wide	19"wide
Length	52"	49"
Width	24"	24"
Height	60"	55"
Weight	155lbs	155lbs

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