

# R2250 Exercise Bike



Our top-of-the-line R2250 Semi-Recumbent Bike features a heavy gauge step-thru frame that allows easy entry into the workout position. It uses our ECB-Plus™ magnetic resistance system and a 24-lb. flywheel for the smoothest possible resistance changes. This bike also has our Quiet-Glide™ drive system with a large eight-ribbed Poly-V belt, creating less tension and, thus, extending the life of the bike. The R2250 offers a breathable Comfort Arc™ Mesh seat with an adjustable tilting seatback to keep users cool and comfortable.

KEY SPECS	
<b>Resistance system</b>	ECB-PLUS™ motor-operated permanent magnet
<b>Drive train</b>	QUIET-GLIDE™ super-silent poly-v belt
<b>Flywheel</b>	24 lbs balanced
<b>Seat</b>	COMFORT ARC™ mesh with incline
<b>Seat rail/post</b>	Aluminum, 28 positions
<b>Handlebars</b>	Extended console & seat with contact heart rate
<b>Pedals</b>	Self-balancing with easy-adjust straps
<b>Power</b>	Plug-in
<b>Home warranty</b>	Lifetime frame/brake, 5 year electronics/parts, 2 year labor
<b>Limited Corporate warranty</b>	None
<b>Dimensions</b>	62"L x 26"W x 53"H



# Bike Console Options



CONSOLE	PREMIER	DELUXE	SIMPLE
<b>Console &amp; Programs</b>	Advanced full-color LCD screen, 6 user log-in profiles, 4 background scenes & 10 personal photos with slideshow, 8 classic programs (including SPRINT 8®), 5 custom programs, 3 HRT® programs, 3 goal programs, 10K, 20K, 30K Place-to-Go	Blue backlit LCD screen, SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts, Target Heart Rate	LCD screen, Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain
<b>Console Feedback</b>	Watts, speed, distance, time, resistance, heart rate, calories, RPM, % heart rate	Watts, speed, distance, time, resistance, heart rate, calories, RPM, % max heart rate	Watts, Distance, Time, Heart Rate, Calories, RPM, Program, Level
<b>Heart Rate</b>	Contact & Wireless	Contact & Wireless	Contact
<b>Extras</b>	DVD-compatible A/V ports, USB port for easy workout tracking, training calendar, telemetric HR strap included, integrated reading rack	Telemetric HR strap included, integrated reading rack	Integrated Reading Rack