H5x Hybrid Cycle™

MATRIX

LED Console Display
Intuitive console layout minimizes intimidation factor while providing full workout selection.

Integrated Personal Fan
Personal fan keeps users cool during the most strenuous workouts.

Consistent Seat Numbering
Seat height identification shared among platforms for easy identification of user setting.

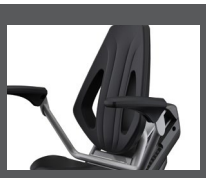
FEATURES	
Contact & Telemetric HR	Yes
Handlebar Design	Front vertical ergo bend
Integrated Arm Rests	Yes
Remote Resistance Controls	Yes
Bottle Holder	Yes
Ethernet Port	Yes

CONSOLE	
Display Type	Dot-matrix LED with profile display
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Level, Speed, RPM, Heart Rate, METS, Watts, Profile
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish
Resistance Range	1 - 30
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Random
CSAFE Ready - FitLinxx` Certified	Yes
Netpulse Compatible	Yes
FitTouch™ Technology	No
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	No
FITCONNEXION™ Ready	Yes
WiFi	Yes
Multimedia Playback	No
iPod® Compatible	Yes - charging only
Nike + iPod® Compatible	No
Personal Fan	Yes
USB Port	Yes
Virtual Active™ Compatible	No
Asset Management Compatible	Yes
Web Connectivity	No
Facility Communication Portal / Calendar	No
Pause Function	Yes
Reading Rack	Yes

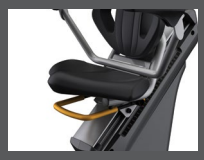
RESISTANCE SYSTEM	
Resistance System	Brushless generator

TECH SPECS	
Crank Design	Three piece with forged arms
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	2 powered / 13 self-powered
Minimum RPM	10 powered / 25 self-powered
Assembled Dimensions	146.8 x 65.4 x 156.8 / 57.8" x 25.7" x 61.7"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	97.1 kg / 214 lbs.
Shipping Weight	101 kg / 222 lbs.

WARRANTY	
Frame	7 years
Generator	5 years
Parts & Labor	3 years CAP
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days



Ventilated Ergo Form™ Seat
Custom designed seats provide right balance of support and air flow for a cooler and more comfortable workout.



One-hand Seat Adjustment
Simple and intuitive one-hand adjustment allows quick fine-tuning of ride height.

Integrated Transport Handle and Top-down Levelers
Handle is readily visible and easily accessible for moving around the room. Top-down adjustments simplify leveling after installation, maintenance or regular use.

"Made for iPod®" means that an electronic accessory has been designed to connect specifically to iPod® and has been certified by the developer to meet Apple performance standards.
Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.
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