

LINE › FreeMotion
TYPE › cardio

RECUMBENT BIKE r7.7



MODEL › VFME3107
FEATURE › Integrated Speakers
OPTION › Upgradable to TV Console



› US/Metric
L - 67" / 170 cm
W - 28" / 71 cm
H - 55" / 140 cm

Weight - 194 lbs. / 88 kg

FEATURES AND BENEFITS

Integrated Speakers › Users can plug in their CD or MP3 player directly into the console via a standard audio cable to listen to their favorite music through the integrated speakers.

Integrated Fan › With low, medium and high settings, the fan offers added comfort even during the most intense training.

Step-through Design › Sleek design with low frame profile allows for easy entry/exit of the machine.

QuickTouch™ Programs and Resistance › Users can choose their program and make simple adjustments in workout intensity at the touch of a button.

ERS™ › Custom designed ERS (Electromagnetic Resistance System) applies consistent resistance to the flywheel and generates power for the console.

Belt Drive System › Featuring the self-tensioning, precision Flexonic® belt, the drive system maintains a smooth pedaling motion with little noise.

Cranks and Bearings › The single-piece crank assembly and bearings are forged and sealed for smooth performance and durability.

Seat Adjustment › To adjust seat height, users simply pull the pop-pin, slide the seat and release the pin in the appropriate setting.

Pedal Assembly › The extra-wide pedals are self-leveling and feature polymer toe straps for secure foot placement.

Heart Rate › Pulse information can be displayed on the console via contact sensors or Polar® compatible wireless chest strap.

SPECS › Recumbent Bike r7.7

Resistance	20 levels
Max. User Weight	350 lbs. / 159 kg
Power Requirements	self-generating, TV option requires plug-in power (US) 100 Volt, (INTL) 220 Volt
Display Type	large, high resolution LCD with dedicated speed and resistance windows
Display	calories, calories per hour, time, pulse, distance, resistance, watts, mets
Programs	pulse, manual, random, interval, quick start, foothills, peaks, all-terrain, custom, plateau

MODEL VFME3107

Light Commercial Warranty	lifetime frame, 2 years parts and 1 year labor
Home Warranty	lifetime frame, 3 years parts and 2 years labor