



## BikeErg

The BikeErg is the latest addition to our family of ergometers. The BikeErg uses our air resistance flywheel to create a smooth, quiet ride that responds to your efforts. The damper is your "gearing," allowing you to adjust the feel of your ride. The BikeErg has a clutch, so when you stop pedaling the flywheel keeps on spinning. With the same powerful Performance Monitor 5 (PM5) as our RowErgs and the SkiErg, the BikeErg provides instantaneous workout feedback, with a wide variety of displays and workouts to choose from.



Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
48 in 122 cm	24 in 61 cm	31-40.5 in 79-103 cm	58 lb 26 kg	48 in x 24 in 122 cm x 61 cm	Must be stored fully assembled	300 lb 136 kg





## Performance Monitor

### Display Options



All Data



Force Curve



Pace Boat



Bar Chart



Large Print

## PM5 (included on all machines)



Automatic Operation Monitor turns on when you start your workout.

Performance Data Track distance, speed, pace, calories, and watts.

User-Friendly Menu Manage a wide range of features such as preset workouts, games, and multiple languages.

Display Options View all data, force curve, pace boat, bar chart, or large print.

Backlit Display Screen illuminates automatically when you start your workout.

USB Flash Drive Store performance data and transfer data to your Mac or PC.

Wireless Heart Rate Monitoring using ANT+ and Bluetooth Smart with compatible devices.

Connectivity Supports machine-to-machine racing, plus connectivity to computers and smartphones.

