



## R600E Recumbent Bike

Our R600E Recumbent Bike combines comfort and convenience with exercise that entertains. A recumbent design with a walk-through frame makes low-impact workouts accessible to everyone and a contoured seat and back pad provide excellent lumbar support and stability. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.



### Console

Bluetooth	Yes: Heart rate, headphones, FTMS transmits speed and other data to training apps
HDMI IN Port	Yes, screen cast of smart devices which support HDMI out to console
WiFi	Yes
USB Port	Yes, device charging, device media, software updates
Pro:Idiom Compatibility	Optional, via coax
Digital TV	Optional, ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
Analog TV	Optional, NTSC, PAL, SECAM
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan
Heart Rate	Contact, telemetric, Bluetooth
Programs	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, time goal, distance goal, calorie goal, fitness test, custom
Display	16" class capacitive touchscreen LCD
Resistance Range	1-25
CSAFE	Yes

### Tech Specs

Power Requirements	By power adapter, output: 12 V DC, 5 A
Max User Weight	182 kg / 400 lbs.
Assembled Weight	74.5 kg / 164 lbs.
Assembled Dimensions	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"

### Frame

Resistance System	2-stage generator
Handlebar Design	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack

## Frame

Seat Adjustment	28 positions
Frame Type	Heavy-gauge welded steel, recumbent
Pedal Type	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat