



RIDE YOUR WAY

The GR7 Indoor Cycle is set to change home fitness with a design that brings the feel of road cycling right into your home. Our precision-engineered cycle includes magnetic resistance, interchangeable dual-sided pedals with toe cages and pedal clips, plus Bluetooth connectivity. The optional 5" LCD console displays real-time metrics to keep you on track for your goals, while our advanced Glow Ride lighting system guides you through three different phases of riding. You can even use our @Zone app to ride against cycling enthusiasts all over the world.



FEATURES	
Model Number	GR7
Handlebars	Vertically and Horizontally Adjustable
Pedals	Interchangeable Dual-sided Pedals with Cages and Pedal Clips
Seat	Road-style Saddle
Seat Adjustment	Vertical & Horizontal
Extras	Transport Wheels, Tablet/Reading Rack, Dual Bottle Holders, Foot Stretch
CONSOLE	
Display	5" LCD (Optional)
Workout Feedback	Time, Distance, Calories, Heart Rate, RPM, Speed, Battery
Programs	HIIT, Speed Intervals, Heart Rate Intervals
Entertainment	Compatible with Popular Fitness APPs
Workout Tracking	Bluetooth 4.0 FTMS
Heart Rate	Bluetooth HR

RESISTANCE SYSTEM	
Resistance System	Magnetic
Power Requirement	N/A
Resistance Levels	Lever 11 Levels
TECH SPECS	
Drive System	Belt Drive
Assembled Dimensions (L x W x H)	134 x 56.2 x 105.8 cm / 53" x 22" x 42"
Product Weight	51 kg / 112 lbs.
Max User Weight	136 kg / 300 lbs.

GR CONSOLE

The sleek, 5" IC console displays time, distance, calories, heart rate, RPM, speed and battery feedback. It includes HIIT, speed interval and heart rate interval training programs and is compatible with Polar wireless heart rate technology.



TEST YOURSELF AGAINST THE BEST

Our @Zone app takes your Sprint 8 workouts to the next level by letting you compete against exercise enthusiasts from around the world. In contest mode, you'll see four simulated racers who have completed the same high-intensity interval workout. How will you stack up when you challenge yourself against the best?

