



*upright bike*

UPRIGHT BIKE - FMEX3256P

UPRIGHT BIKE with Workout TV - FMEX3506P

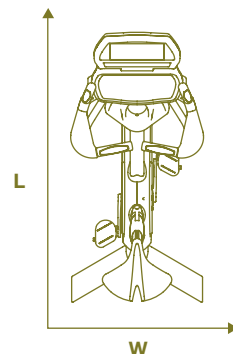
Upright Bike shown with Workout TV console - FMEX3506P



Upright Bike shown with basic console - FMEX3256P

## upright bike

Convenience and performance come together in the FreeMotion Upright Bike. The QuickLift™, padded seat, molded arm rests with dual pulse grips and accessory trays offer the rider comfort in a bike built to provide a superior workout.



**US/METRIC**  
**L** – 46" / 117 cm  
**W** – 24" / 61 cm  
**H** – 60" / 152 cm  
**H** – 64" / 163 cm (with TV)  
 155 lbs. / 70 kg

specifications	UPRIGHT BIKE - FMEX3256P	UPRIGHT BIKE with Workout TV - FMEX3506P
<b>resistance:</b>	20 settings	<b>in-club entertainment:</b> Cardio Theater® & BroadcastVision® Compatible
<b>max. user weight:</b>	350 lbs.	<b>networking capabilities:</b> FitLinx® Certified
<b>power requirements:</b>	Self Powered, Workout TV requires included 12 Volt wall transformer	<b>displays:</b> Resistance, Pace, Segment Time, Total Time, Distance, Calories, Watts, Pulse, % Max. Heart Rate, Speed, RPM
<b>cable requirements:</b>	Coaxial cable for Workout TV console	<b>warranty:</b> Lifetime frame, 2 years parts, 1 year labor

**QuickLift™ Seat** – For easy, secure seat adjustments, users lift the lever and the telescoping seat rises automatically via a gas shock. To lower the seat, simply lift the lever and press down. Release the lever to lock in one of 26 positions.

**QuickTouch Resistance** – Adjust resistance from 1 to 10 by simply touching a button, or scroll through 20 resistance levels in 0.5 increments.

**Dual Contact Heart Rate** – Whether seated upright or leaning forward, users have two contact points for monitoring their heart rate. Pulse information can be displayed on the console via contact sensors or Polar® compatible wireless telemetry.

**ERS™** – Custom designed ERS (Electromagnetic Resistance System) applies consistent resistance to the flywheel and generates power to the Basic Console.

**Belt Drive System** – Featuring the self-tensioning, precision Flexonic® belt, the drive system requires no idler pulley for less maintenance, keeps pedal motion smooth, and dramatically reduces noise.

**Cranks and Bearings** – The 3-piece crank assembly and bearings are forged, machined and sealed for durability and to protect against corrosion.

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