

## Endurance Upright Cycle

### TOUCH CONSOLE

U-ES-F

Our Endurance Upright Cycle gives beginners and cycling enthusiasts alike the feel of a real outdoor ride. Accessible, race-inspired design makes even long rides more comfortable than expected, and a range of smart features make it easy to service and place the cycle wherever your facility has space.



WiFi-enabled Touch Console features an app-based interface that mirrors familiar smartphone and tablet operating systems, making it easy for members to connect to the content that keeps them moving.

CONSOLE	
DISPLAY	41 cm / 16" class capacitive touchscreen LCD
WORKOUTS	Go, manual, Sprint 8†, Landmarks†, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts†, glute training†, goal training, fitness tests, custom
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
FAN	Yes
ANALOG TV	NTSC, PAL, SECAM
DIGITAL TV	ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2
IPTV	Content: MPEG2/H262, AVC/H264 Protocols: UDP, RTSP, HTTP, HTTPS
WIFI	Yes
BLUETOOTH	Yes; smartphones, headphones, heart rate
RFID WIRELESS LOGIN	Yes
CONNECTS TO APPLE WATCH	Yes
MADE FOR IPHONE, IPAD, IPOD	Yes
USB PORT	Yes; device charging, device media, software updates
WIRELESS CHARGING (QI)	Yes
CSAFE READY	Yes
AUTO WAKE-UP	Yes
	†Some of these programs may not be available on this frame.

FRAME	
RESISTANCE LEVELS	30
SHIPPING WEIGHT	83 kg / 183 lbs.
ASSEMBLED WEIGHT	70 kg / 154.3 lbs.
RESISTANCE RANGE	2-750 W
HANDLEBAR DESIGN	Racing design with elbow support
ETHERNET CONNECTIVITY	Yes
CONTACT & TELEMETRIC HR	Yes
CRANK DESIGN	Three piece with forged arms and integrated puller
ASSEMBLED DIMENSIONS	122 x 74.4 x 152.1 cm / 48" x 29.3" x 59.9"
MINIMUM RPM	10 RPM powered or 25 RPM self-powered
MAXIMUM USER WEIGHT	182 kg / 400 lbs.
MINIMUM WATTS	2 W powered or 13 W self-powered
PEDAL SPACING	17.5 cm / 6.9"
REAR-LIFT HANDLE	Yes
POWER REQUIREMENTS	Self-powered or 100-240 V — 50/60 Hz AC
RESISTANCE SYSTEM	Brushless generator
SEAT MATERIAL	Sewn vinyl over foam
SEAT ADJUSTMENT	Single-hand lever
TOP-DOWN LEVELERS	Yes