

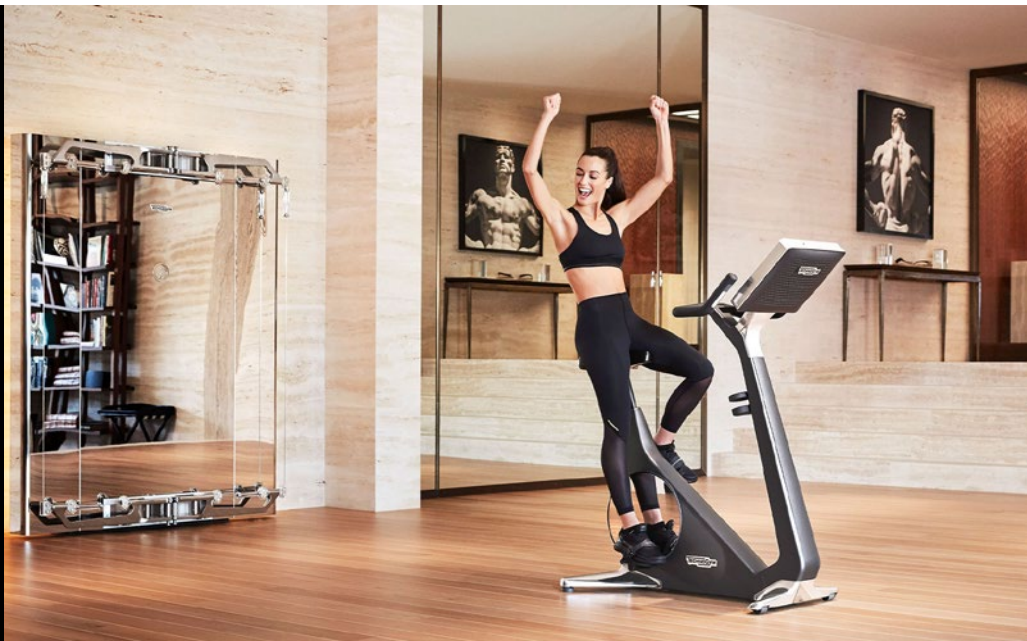


# Bike Personal



## THE PERFECT FIT FOR THE HOME TRAINING

The new icon of style and innovation designed by Antonio Citterio. Train at home with Technogym Coach, your Personal Trainer on demand. Choose your Session, start pedaling and achieve the results you aim at.



## DESCRIPTION

### Why the Bike Personal

- Make training fun again with guided Sessions and Routines that get you racing
- Shine a new light on your environments with a true piece of design
- Improve your cardiovascular system, control weight, tone legs and glutes
- An authentic cycling experience, studied in every detail to feel like on a real bike
- Ensure safety and preserve joints with best-in-class biomechanics
- Silent operation and small size make it suitable for any room

### Features

- Exclusive design by Antonio Citterio
- On-demand routines to help you reach your fitness objectives faster and better
- The indoor bike with the smallest footprint, suitable for any space
- The low walk-through grants easy access
- Resistance controls and heart rate monitoring comfortably embedded on the handlebars  
Wireless battery charger

### Live Console

The Technogym Live interface brings you irresistible one-on-one Sessions, HIIT Routines, goal-oriented exercises. Moreover: internet, social media, TV, Netflix. And much more.

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## TECHNICAL SPECIFICATIONS

### Dimensions (LxWxH)

1170 x 545 x 1399 cm  
42 x 21.5 x 55 in

### Weight

110 kg  
242 lbs

### Max user weight

160 kg  
352 lbs

### Difficulty levels

1 – 25

### Power requirements

100-240 V  $\pm$ 10% 50-60 Hz

### HR monitoring

Hand sensor,  
Bluetooth, telemetry

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## TRAINING PROGRAMS

### Routines

Strength, Lose Weight,  
Stamina

### 19 Programmes

Quick Start, Goals (Time;  
Distance; Calories), CPR,  
Profiles (6 preset), Create  
your own, Training Zone,  
Weight Loss, Outdoors, On  
Trend (Hills; Hi-low blocks;  
Burn Out; Cross Training)

### Submaximal test

Fitness Test

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## ACCESSORIES INCLUDED

- **Polar OH1:** optical heart rate monitor with Bluetooth and ANT+ connectivity

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## SERVICES

Pricing is inclusive of VAT, 2 years warranty, transport and installation. Installation by Technogym is a high quality service including assembly and positioning of the equipment, testing and final cleaning of the installation area. Technogym will contact you to confirm the established date and time of delivery.



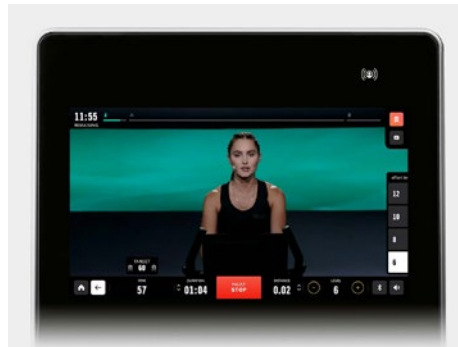
# Technogym Live Console

## LIVE THE FUN



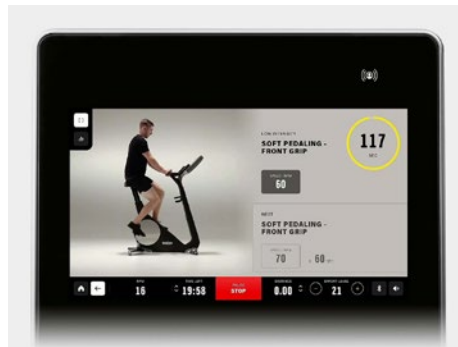
Watch your favourite Netflix series or TV programme on the HD display. Get your groove on with your go-to Spotify or YouTube playlist, or browse the most popular websites.

## SESSIONS



Choose your Technogym Session, based on your personal goals, and the virtual trainer will guide you through a one-on-one session, offering encouragement and suggesting the level of intensity, which you are free to follow or change. There are six Sessions to each goal-based training series.

## ROUTINES



Each Technogym Routine contains a variety of movements and exercises, whose intensity is automatically set up by the equipment. You will receive step-by-step guidance either by video, if you are on the Routine-dedicated screen, or by pop-up messages, if you are enjoying entertainment content.

## OUTDOORS



Let natural and urban landscapes captivate you while you're working out. Be amazed by where your travels around the world can take you.