

GR3



RIDE YOUR WAY

To bring the feel of real road cycling right into your home

GR Series Indoor Cycles aren't exercise bikes — they're true indoor cycles created for people who want a more inspiring, more motivating, more engaging way to ride. Each thoughtfully designed GR Indoor Cycle is precision-engineered to bring the feel of real road cycling to your home.

FEATURES

- Micro-adjustable tension control knob provides smooth, precise resistance changes
- Three-position handlebars feature an integrated heart rate monitor to help you maintain an ideal level of effort for your workout
- Optional LCD console offers real-time feedback and a variety of workout programs, plus unique Glow Ride lighting system that leads riders through three different phases of riding to simulate road cycling

INDOOR CYCLE	
FLYWHEEL	22 kg / 48 lbs.
HANDLEBAR ADJUSTMENT	Vertical
PEDALS	Dual-sided pedals with cages
SEAT ADJUSTMENT	Vertical and horizontal
RESISTANCE SYSTEM	Friction brake
DIMENSIONS (L x W x H)	124 x 49 x 116 cm / 49" x 19" x 46"
PRODUCT WEIGHT	44 kg / 97 lbs.
USER WEIGHT CAPACITY	130 kg / 286 lbs.
EXTRAS	Transport wheels, water bottle holder

CONSOLE	
HEART RATE	Wireless heart rate, Polar compatible
DISPLAY	5" LCD
DISPLAY FEEDBACK	Time, Distance, Calories, Heart Rate, RPM, Speed, Battery
PROGRAMS	HIIT, Speed Intervals, Heart Rate Intervals
FEATURES	Glow Ride lighting system

*Specifications subject to change without notice.