

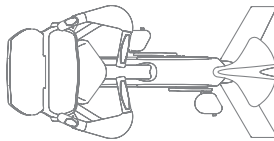
LINE › FreeMotion  
TYPE › cardio

# UPRIGHT BIKE

MODEL › FMEX3506P  
FEATURE › Upright Bike shown with workout TV  
OPTION › FMEX3256P with basic console



Top View



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.

## FEATURES AND BENEFITS

**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.

### SPECS

## › FreeMotion Upright Bike

MODEL FMEX3506P (TV Console), FMEX3256P (Basic Console)

<b>Dimensions (LWH)</b>	TV - 46" x 24" x 64" (117 cm x 61 cm x 163 cm) No TV - 46" x 24" x 60" (117 cm x 61 cm x 152 cm)	<b>Display Type</b>	24 Character Alphanumeric Display
<b>Product Weight</b>	155 lbs. (70 kg)	<b>Display</b>	Resistance, Time, Segment Time, Pace, Distance, Calories, Heart Rate, % Max . Heart Rate, Speed, Watts, RPM
<b>Resistance</b>	0.5 to 10, Scrolling in 0.5 increments for 20 levels	<b>Power Requirements</b>	Self Powered, Workout TV Requires Included 12 Volt Wall Transformer
<b>Heart Rate</b>	2 Contact points for Grip Pulse Sensors and Polar® Compatible Wireless Telemetry	<b>Cable Requirements</b>	Coaxial Cable for Workout TV Console
<b>Programs</b>	Cardio, Pulse, Manual, Random, Interval, Quick Start, Foothills, Peaks, All-terrain	<b>In-club Entertainment</b>	Cardio Theater® and BroadcastVision® Compatible
<b>Maximum User Weight</b>	350 lbs. (159 kg)	<b>Network Capabilities</b>	FitLinxx® Certified

› WARRANTY

LIFETIME: FRAME

2 YEARS: PARTS

1 YEAR: LABOR