



## H5X HYBRID CYCLE

- LED console display offers intuitive operation
- WiFi connectivity accommodates optional Matrix Asset Management system and Workout Tracking Network
- Sprint 8 High Intensity Interval Training program
- Innovative command seating position ensures a convenient and comfortable workout
- Pivoting arm rest for maximum comfort

FEATURES	H5x Hybrid Cycle
Contact & Telemetric HR	Yes
Handlebar Design	Front vertical ergo bend
Integrated Arm Rests	Yes
Remote Buttons	Yes
Bottle Holder	Yes
<b>CONSOLE</b>	
Display Type	Dot-matrix LED with profile display
Display Feedback	Time of Day, Time Elapsed, Time Remaining, Total Program Time, Distance (Kilometers or Miles), Calories, Speed, Level, RPM, Heart Rate, METs, Watts, Workout Profile
Secondary Data Display	No
User-defined Multi-language Display	English, German, French, Italian, Spanish, Dutch, Portuguese, Japanese, Swedish, Finnish, Turkish, Polish, Russian, Danish
Resistance Range	1-30
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test
CSAFE Ready	Yes
IPTV Compatible	No
Prodiom Compatible	Optional - add-on TV
FitTouch Technology	No
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear Television Technology	No
FITCONNEXION Ready	Yes
Ethernet Compatible	No
WiFi Enabled	Optional
Bluetooth Enabled	No
Connects to Apple Watch	No
iPod / iPhone Compatible	Charging only
Multimedia Playback	No
Personal Fan	Yes
Personal Trainer Portal Compatible	No
USB Port	Yes
Virtual Active Compatible	No
Asset Management Compatible	Yes
Workout Tracking Network Compatible	Yes
Web Connectivity	No
Facility Communication Portal/ Calendar	No
RFID Compatible	Yes
Pause Function	Yes
Reading Rack	No
<b>RESISTANCE SYSTEM</b>	
Resistance System	Brushless generator
<b>TECH SPECS</b>	
Crank Design	Three piece with integrated pullers
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC*
Minimum Watts	4 powered / 7 self-powered
Minimum RPM	25 powered / 25 self-powered
Assembled Dimensions	147 x 65 x 155 cm / 57.7" x 25.8" x 61"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	971 kg / 214 lbs.
Shipping Weight	101 kg / 222 lbs.

\* Plug in equipment with xID workout tracking for best results.