

THE NEW STANDARD

Landice R7 and U7 Commercial Grade Bikes



No matter what your riding preference, our step-through recumbent and upright bikes provide the style and durability found in all Landice equipment. These aesthetically designed and self-powered machines will complement any residential or light commercial application. Designed with user and facility in mind, these bikes will be a fitting addition to any location.

Complete with comfort, convenience and innovation the **Landice R7** and **U7** series represent the new standard in reliability and performance.



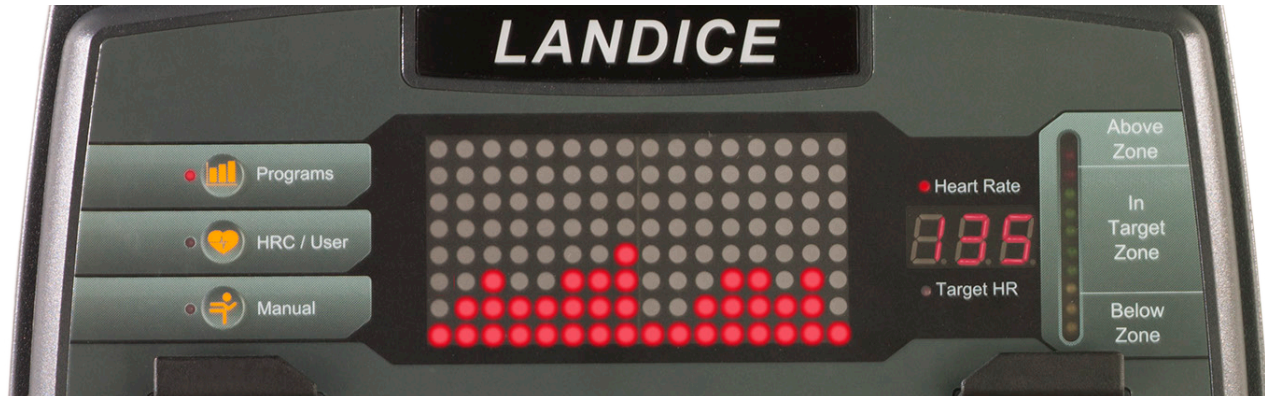
R7 Recumbent

- Comfort and accessibility
- Step-through design
- Contact heart-rate
- 15 seat adjustments
- Ventilated mesh back rest
- 15 programs
- Fingertip controls for resistance
- Reading rack, fan and water bottle holder

U7 Upright

- Racing style handlebars
- Road bike experience
- Dual-positioned contact heart-rate
- 12 seat adjustments
- Well-cushioned seat rest
- 15 programs
- Fingertip controls for resistance
- Reading rack, fan and water bottle holder

UPRIGHT AND RECUMBENT BIKES



Bike Features

	R7 RECUMBENT BIKE	U7 UPRIGHT BIKE
Frame Type	Step-through with low step-over height	Upright
Pedal Type	Self-balanced pedals with adjustable straps	Self-balanced pedals with adjustable straps
Seat Adjustment	Forward/backwards with 15 settings	Up/down with 12 settings
Flywheel Weight	15lbs	15lbs
Resistance System	Eddy current magnetic braking system	Eddy current magnetic braking system
Resistance Range	1-20	1-20
Handlebar	Console grip bars, seat grips with contact heart-rate monitoring and resistance controls	Racing style handlebars with contact heart-rate and resistance controls
Display	LED with multiple feedback windows	LED with multiple feedback windows
Heart-Rate	Contact heart-rate/optional wireless chest-strap	Contact heart-rate/optional wireless chest-strap
Accessories	Water bottle holder, reading rack, accessory pocket	Water bottle holder, reading rack, accessory pocket
Cooling Fan	3 speeds	3 speeds
Electrical Requirement	Self-powered	Self-powered
Transport Wheels	Yes	Yes
Levelers	Yes	Yes
Assembled Weight	205lbs	159lbs
Dimensions	65.74" x 25.31" x 52.20"	44.56" x 24.72" x 58.11
Max User Weight	350lbs	350lbs

WORKOUT FEEDBACK

Speed, Distance, Calories, Cal/Hour, RPM, Resistance, Watts, Time, METS, Heart-Rate, Target Heart-Rate, Time in Heart-Rate Zone

PROGRAMS

8 Built-in programs (time, distance, calories, fat burn, interval, hills, mountain, road course)
2 Heart-Rate programs (heart-rate, interval)
5 User programs

Warranty

Residential: 7 year/1 year labor **LTD:** 5 year/5000 hours parts/1 year labor

Warranty valid for residential and institutional settings where usage is less than 5 hours per day.

Not valid for pay-for-membership facilities.