

# HOME BIKES

## RELIABILITY & PERFORMANCE



No matter what your riding preference may be, our step-through R7 recumbent and U7 upright bikes provide the style and durability found in all Landice equipment and sets the new standard for bikes. Aesthetically designed and self-powered, these machines will complement your home and enhance your workout.

### RESIDENTIAL WARRANTY

- Lifetime parts
- 5-year console
- 1-year labor





## SETTING THE NEW STANDARD

Complete with comfort, conveniences and innovation, the R7 and U7 series represent the new standard in reliability and performance from a name you can trust – Landice.

To review additional bike details, please visit us at [www.landice.com](http://www.landice.com).

	R7	U7
<b>Frame Type</b>	Step-through recumbent with low step-over height	Upright
<b>Pedal Type</b>	Self-balanced pedals with adjustable straps	Self-balanced pedals with adjustable straps
<b>Seat Adjustment</b>	Forward/backwards with 15 settings	Up/down with 12 settings
<b>Flywheel Weight</b>	15 lbs.	15 lbs.
<b>Resistance System</b>	Eddy current magnetic braking system	Eddy current magnetic braking system
<b>Resistance Range</b>	1-20	1-20
<b>Handlebar</b>	Console grip bars, seat grips with contact heart-rate monitoring and resistance controls	Racing style handlebars with contact heart-rate and resistance controls
<b>Display</b>	Landice Achieve: 9" color LCD with capacitive touch buttons	Landice Achieve: 9" color LCD with capacitive touch buttons
<b>Heart Rate</b>	Interactive heart rate control with contact heart rate	Interactive heart rate control with contact heart rate
<b>Accessories</b>	Water bottle holder, accessory pocket	Water bottle holder, accessory pocket
<b>Electrical Requirement</b>	Self-powered	Self-powered
<b>Transport Wheels</b>	Yes	Yes
<b>Levelers</b>	Yes	Yes
<b>Assembled Weight</b>	205 lbs.	159 lbs.
<b>Dimensions</b>	65.74" L x 25.31" W x 52.20" H	44.56" L x 24.72" W x 58.11" H
<b>Max User Weight</b>	350 lbs.	350 lbs.
<b>Bluetooth</b>	Yes (see website for details)	Yes (see website for details)

## LIFETIME WARRANTY

We are so confident in the workmanship and quality of our commercial-grade bikes that we offer a lifetime parts, 5-year console, and a 1-year labor warranty when placed in a residential setting.

### PROGRAMS

8 Built-in programs  
6 User-defined programs  
3 Goal programs

2 Interactive HRC Built-in programs  
4 Interactive HRC User programs  
2 HIIT programs

### WORKOUT FEEDBACK

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

