

ES BIKES



Pedal your way to peak physical condition with TRUE® ES stationary bikes. Contemporary and comfortable styling combined with custom programming will take you to your fitness goals and beyond. TRUE bikes are durable and the range of motion is ideal. Upright or recumbent, TRUE ES bikes are perfect for you.

SLEEK AND SMOOTH

The TRUE ES9.0 upright and recumbent bikes are as easy to pedal as they are on the eyes. The all new TRUE ES9.0 recumbent bike features a stunning walk-through design to ensure that you have a safe and enjoyable ride regardless of your athletic ability. The ES9.0 upright bike is designed for those seeking a realistic cycling experience and features ergonomic aero bars to provide added comfort and leverage for long distance sessions. In addition to their arresting design, these rugged all-steel beauties are designed to go the distance and are backed with a solid warranty.

PRECISION FINGERTIP CONTROLS

Convenient thumb switches on the ES9.0 recumbent bike are located at the end of your handgrips and provide you with the ability to control Quick Start, HRC Cruise Control™ Display, and Resistance from the comfort of your reclining seat.

MADE TO GO THE DISTANCE

TRUE ES bikes are manufactured with commercial-grade materials and the finest components for extreme durability. Coupled with a great warranty and service plan, you know that your ES9.0 bike will stand up to years of heavy use.

EFFECTIVE, INSPIRING WORKOUTS

The TRUE ES9.0 is equipped with a contact heart rate monitoring system and a Polar® compatible wireless system to assist you in maintaining your optimal heart rate to maximize your workouts. Whether you're looking to lose weight or increase cardio endurance, heart rate training is a crucial element in achieving your goals because weight loss requires you to maintain a lower heart rate than a cardio endurance regimen.

TRUE HRC Cruise Control allows you to "lock in" on your targeted heart rate. Once your target is entered, TRUE HRC Cruise Control will adjust speed and incline automatically throughout the duration of your workout to maintain your targeted heart rate (operates just like the Cruise Control in your car).



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ES9.0 RECLINING

ES9.0 UPRIGHT

BRAKE SYSTEM	Eddy Current	Eddy Current
WORKLOAD RANGE	30 to 350 watts	30 to 350 watts
BELT	Poly-V	Poly-V
DISPLAY TYPE	LED	LED
DATA READOUTS	Time, Work Level, Distance, Watts, RPM, Mets, Heart Rate, Calories	Time, Work Level, Distance, Watts, RPM, Mets, Heart Rate, Calories
MESSAGE CENTER	16 Characters	16 Characters
HEART RATE MONITORING	Contact + Wireless	Contact + Wireless
HRC (HEART RATE CONTROL) [®] WORKOUT	YES	YES
HRC CRUISE CONTROL	YES	YES
WORKOUTS	Cardio, Fat Burn, Hills, Random, Manual	Cardio, Fat Burn, Hills, Random, Manual
PRE-SET WORKOUT RESISTANCE LEVELS	16	16
MANUAL WORKOUT RESISTANCE LEVELS	16	16
ONE TOUCH WORKOUT KEYS	YES	YES
THUMB SWITCHES	YES	NO
PAUSE FEATURES	Indefinite	Indefinite
POWER SOURCE	110VAC External	110VAC External
FRAME	Robotically Welded, Heavy-Gauge Steel Tubing	Robotically Welded, Heavy-Gauge Steel Tubing
FOOTPRINT	50"H x 25"W x 65.65"L (127cm x 64 cm x 167 cm)	57"H x 25"W x 43"L (145 cm x 64 cm x 110 cm)
BIKE WEIGHT	205 lbs (93 kg)	120 lbs (54 kg)
MAXIMUM USER WEIGHT	350 lbs (159 kg)	350 lbs (159 kg)
SEATBACK	Reclining	N/A
CRANK SYSTEM	One-Piece Forged Steel with Sealed Bearings	One-Piece Forged Steel with Sealed Bearings
READING RACK	YES	YES
ACCESSORY / WATER BOTTLE HOLDER	YES	YES
WARRANTY	Frame (Lifetime), Parts (5), Labor (1)	Frame (Lifetime), Parts (5), Labor (1)

*Specifications subject to change without notice