

R30

Discover a more relaxed way to ride with a stable, versatile step-through bike that offers a recumbent design to comfortably distribute weight and maximize support. Our R30 Recumbent Bike includes our exclusive Dual Form Frame and Comfort Arc Seat.



Our XR console features a clean, bright display that makes it easy for you to check your workout data at a glance, keeping you on track to reach and surpass your goals.

COMPARING LEGACY & NEW CONSOLES

We've refined our XR console technology to give you a fitness experience that's complete and completely modern. Discover what will change between our 2020 consoles and our 2021 consoles.

[Learn More /](#)

Note: We will be selling only the 2020 XR Consoles through Spring 2021.

CONSOLE	
DISPLAY	8.5" extra-wide blue LCD (22 cm)
WIFI ENABLED	No
BLUETOOTH ENABLED	Connect to popular training and coaching apps; connect wireless heart rate monitor
HDMI PORT	No
USB PORT	Internal USB port for software updates
SPEAKERS	No
CONSOLE APPS	No
PASSPORT READY	No
VIAFIT CONNECTIVITY	No
HEART RATE	Bluetooth wireless heart rate
CONSOLE EXTRAS	Integrated reading rack, energy saver mode
WORKOUTS	5 total — manual, intervals, fat burn, target heart rate, Sprint 8
DISPLAY FEEDBACK	Time elapsed, time remaining, miles / kilometers, RPM, pace, heart rate, calories, METS, speed, resistance
ASSEMBLED WEIGHT	3.5 kg / 8 lbs.

TECH SPECS	
USER HEIGHT RANGE	150 cm–193 cm / 4'11"–6'4"

FRAME	
ASSEMBLED DIMENSIONS	158 x 64 x 121 cm / 62.2" x 25.2" x 47.6"
ASSEMBLED WEIGHT	70 kg / 154 lbs.
EXTRAS	Water bottle holder
FLYWHEEL WEIGHT	10.5 kg / 23 lbs.
FRAME TYPE	Dual Form step-through recumbent
HANDLEBAR DESIGN	Seat-mounted with resistance toggles and heart rate grips, front-assist handles
MAX USER WEIGHT	159 kg / 350 lbs.
PEDAL SPACING	19.4 cm / 7.6"
PEDAL TYPE	Commercial grade, self-balancing pedals with adjustable straps
POWER REQUIREMENTS	120 V AC power, 15 A circuit (voltage may vary outside the USA)
RESISTANCE RANGE	20 levels, electronically adjustable
RESISTANCE SYSTEM	ECB magnetic braking system
SEAT ADJUSTMENT	Fore/aft via easy adjust lever
SEAT TYPE	Comfort Arc with mesh seatback