



Espresso *HD* Upright

Connected Virtual Reality Cycling. Ride On.

We're a little different at Interactive Fitness. We believe that exercise should be fun instead of boring. We believe in engaging people in their workouts instead of distracting them. We believe in connecting members through "Team Cardio" programs rather than encouraging isolated workouts.

Our Espresso HD product line is designed to embody the spirit of those like us. If you're tired of cardio equipment that competes with your couch for entertainment value then join us for a connected virtual cycling workout experience that will blow you away.

Interactive
Fitness

Expresso *HD* Upright

Connected Virtual Reality Cycling. *Ride On.*



PRODUCT SPECIFICATIONS

Dimensions (L x W x H): 52 x 24 x 60 inches
Weight: 155 lbs
Power: 100-220V AC 50/60 Hz

Adjustable Seat:

- 20 Height positions
- 7 Horizontal positions
- Interchangeable with any standard bike seat

Steering: • Turn handlebars to steer while riding

Resistance:

- 30 Gears
- Automatically adjusts to the grade on screen

Connectivity:

- Wireless: WiFi 802.11n+
- Wired: Gigabit LAN+

Engagement:

- 43 different tours from 1 to 20 miles
- Chase Game
- Adjustable Pacer
- Group Rides*
- Ghost Challenges*
- Live Leaderboards*

Warranty: • 3 Years parts, labor and computer**

* Available for connected bikes with eLive.

** Bike must be purchased with 3 years of eLive, registered, online, and on a surge protection device to be covered under warranty. Labor coverage applies to US and Canadian customers only.

Our new Expresso HD Upright with eLive is the coolest and most fun piece of equipment on your cardio floor. Savvy operators immediately see the value of connected virtual cycling as a powerful motivator for all levels of exercisers, keeping members engaged, improving, and loyal. The Expresso HD Upright strengthens bonds between members and staff with "Team Cardio" turnkey programming by bringing your community together working towards a common goal, and preventing "Isolation Cardio." Not to mention it's just a killer showpiece on tours!

PRODUCT HIGHLIGHTS

1 23" HD Display

Bigger is better. Especially when you can pack it into less floor space. This EnergyStar® certified, state-of-the-art, LED Backlit LCD monitor from HP delivers stunning graphics that bring workouts to life and keep your members motivated and moving.

2 Giada Foundation

Expresso HD products are built on a platform designed by Giada, a world leader in gaming computers. The bullet-proof base unit is manufactured to withstand the harshest environments imaginable while delivering spectacular graphics and monstrous processing power, providing the foundation for years of updates and improvements that will keep your members loyal throughout.

3 Motion Control Handlebars

Outdoor bikes have handlebars that can turn and shift. Cardio bikes should too! Expresso HD motion control handlebars steer and shift just like an outdoor bike, engaging your upper body throughout your workout.

4 Active Resistance

Feel the terrain as you ride. With Active Resistance pedal intensity changes as you climb or descend. Shift through 30 gears, just like a road bike, for fine grained control of your workout.



My Expresso

Track your progress online with My Expresso. Sign in at expresso.com to earn trophies, join leaderboards, challenge friends, and work towards goals. My Expresso helps keep you motivated and engaged even when you're not on the bike.



Team Cardio

When members and staff come together as a team everyone wins. Team Cardio turnkey programs enable healthy competitions between fitness facilities where members of all physical levels can work towards a common goal, strengthening community bonds, bringing in new members, and preventing "Isolation Cardio."



Expresso *HD* Recumbent

Connected Virtual Reality Cycling. Ride On.

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Our Expresso HD product line is designed to embody the spirit of those like us. If you're tired of cardio equipment that competes with your couch for entertainment value then join us for a connected virtual cycling workout experience that will blow you away.

Interactive
Fitness

Expresso *HD* Recumbent

Connected Virtual Reality Cycling. *Ride On.*



Our new Espresso HD Recumbent with eLive is the coolest and most fun piece of equipment on your cardio floor. Savvy operators immediately see the value of connected virtual cycling as a powerful motivator for all levels of exercisers, keeping members engaged, improving, and loyal. The Espresso HD Recumbent strengthens bonds between members and staff with "Team Cardio" turnkey programming by bringing your community together working towards a common goal, and preventing "Isolation Cardio." Not to mention it's just a killer showpiece on tours!

PRODUCT HIGHLIGHTS

1 23" HD Display

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2 Giada Foundation

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3 Motion Control Handlebars

Outdoor bikes have handlebars that can turn and shift. Cardio bikes should too! Espresso HD motion control handlebars steer and shift just like an outdoor bike, engaging your upper body throughout your workout.

4 Active Resistance

Feel the terrain as you ride. With Active Resistance pedal intensity changes as you climb or descend. Shift through 30 gears, just like a road bike, for fine grained control of your workout.

PRODUCT SPECIFICATIONS

Dimensions (L x W x H): 72 x 28 x 50 inches
Weight: 245 lbs
Power: 100-220V AC 50/60 Hz

Ergonomic Seat:

- 32 Positions available
- Exceptional lumbar support
- Walk through design

Steering:

- Turn handlebars to steer while riding

Resistance:

- 30 Gears
- Automatically adjusts to the grade on screen

Connectivity:

- Wireless: WiFi 802.11n+
- Wired: Gigabit LAN+

Engagement:

- 43 different tours from 1 to 20 miles
- Chase Game
- Adjustable Pacer
- Group Rides*
- Ghost Challenges*
- Live Leaderboards*

Warranty:

- 3 Years parts, labor and computer**

* Available for connected bikes with eLive.

** Bike must be purchased with 3 years of eLive, registered, online, and on a surge protection device to be covered under warranty. Labor coverage applies to US and Canadian customers only.



My Espresso

Track your progress online with My Espresso. Sign in at expresso.com to earn trophies, join leaderboards, challenge friends, and work towards goals. My Espresso helps keep you motivated and engaged even when you're not on the bike.

Team Cardio

When members and staff come together as a team everyone wins. Team Cardio turnkey programs enable healthy competitions between fitness facilities where members of all physical levels can work towards a common goal, strengthening community bonds, bringing in new members, and preventing "Isolation Cardio."





Expresso *HD* Youth

Powered by *FUN!*

We're a little different at Interactive Fitness. We believe that exercise should be fun instead of boring. We believe that fun exercise will lead to more active kids and families. We believe in connecting kids and families through "Team Cardio" programs rather than encouraging isolation.

Our Expresso HD product line is designed to embody the spirit of those like us. If you believe in the power of fun and exercise then join us for a connected virtual cycling experience that will blow you and your kids away.

Interactive
Fitness



PRODUCT SPECIFICATIONS

Dimensions (L x W x H): 49 x 24 x 55 inches
Weight: 155 lbs
Power: 100-220V AC 50/60 Hz

Adjustable Seat:

- 16 Height positions
- 7 Horizontal positions
- Interchangeable with any standard bike seat

Steering: • Turn handlebars to steer while riding

Resistance:

- 30 Gears
- Automatically adjusts to the grade on screen

Connectivity:

- Wireless: WiFi 802.11n+
- Wired: Gigabit LAN+

Engagement:

- 43 different tours from 1 to 20 miles
- Chase Game
- Adjustable Pacer
- Group Rides*
- Ghost Challenges*
- Live Leaderboards*

Warranty: • 3 Years parts, labor and computer**

* Available for connected bikes with eLive.

** Bike must be purchased with 3 years of eLive, registered, online, and on a surge protection device to be covered under warranty. Labor coverage applies to US and Canadian customers only.

Your kids will love the new Expresso HD Youth bike with eLive. This is the coolest and most fun piece of equipment on your cardio floor, and the only commercial grade cardio product built specifically for kids. Keep your younger ones, tweens, and teens engaged and active with connected virtual reality cycling. Bring families and friends together with "Team Cardio" turnkey programming where everyone can work together towards a common goal.

PRODUCT HIGHLIGHTS

1 23" HD Display

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2 Giada Foundation

Expresso HD products are built on a platform designed by Giada, a world leader in gaming computers. The bullet-proof base unit is manufactured to withstand the harshest environments imaginable while delivering spectacular graphics and monstrous processing power, providing the foundation for years of updates and improvements that will keep your kids excited about being active.

3 Motion Control Handlebars

Outdoor bikes have handlebars that can turn and shift. Cardio bikes should too! Expresso HD motion control handlebars steer and shift just like an outdoor bike, engaging the upper body during the ride.

4 Active Resistance

Feel the terrain. With Active Resistance, pedal intensity changes during climbs and descents. Shift through 30 gears, just like an outdoor bike.



My Expresso

Track activity online with My Expresso. Kids and parents can sign in at expresso.com to earn trophies, join leaderboards, challenge friends, and work towards goals. My Expresso helps keep families motivated and engaged even when not on the bike.



Team Cardio

When families and communities come together as a team everyone wins. Team Cardio turnkey programs enable healthy competitions between fitness facilities where members of all physical levels can work towards a common goal, strengthening bonds, bringing in friends, and preventing "Isolation Cardio."