

freemotion + **iFIT**

# 24 SERIES



MODEL // **FMRB2226**

## ***r24 RECUMBENT BIKE***

On content-driven cardio machines from Freemotion, your members can explore the world through thousands of coach-led workouts, right from the cardio floor. Powered by iFIT, the 24 SERIES keeps users engaged with vivid imagery, motivational coaching, and auto-adjusting technology that delivers an immersive and interactive cardio experience.



## r24 RECUMBENT BIKE

### HIGH-DEFINITION DISPLAY

Immerse yourself in visually stunning imagery while working out in exotic locations around the globe, or watch a favorite TV program on this high-definition 24in / 61cm capacitive touchscreen.

### STREAM WHILE YOU SWEAT

We've added streaming services you can watch or listen to while working out. Catch up on your favorite shows while logging the miles or listen to your favorite playlist for an added boost.

### GLOBAL WORKOUTS

Explore the world without leaving the room with thousands of inspiring training videos beautifully filmed in stunning locations around the globe, including 40+ countries and all 7 continents. Your bike's resistance will even adjust to match the terrain and instructions of your coach.

### AUTO-ADJUSTING TECHNOLOGY

Each interactive workout allows your coach to remotely adjust the resistance of your bike to mirror the on-screen content, creating an immersive and engaging training experience.

### BACK-FRIENDLY CARDIO MACHINE

Experience the thrill of a breathtaking mountain ride or a high-energy studio class without compromising comfort. The ergonomic seat and Step-Thru™ design provide an accessible, convenient, and comfortable fitness solution.

### ACCESSIBLE AND ENGAGING SOLUTION

Participate in the high-intensity studio classes you've been wanting to attend but may not have felt comfortable joining because of equipment accessibility. With a Step-Thru™ design and ergonomically engineered seat, you have the equipment to thrive.

### ON-THE-FLY ADJUSTMENTS

Override or adapt the programming to meet your needs by quickly adjusting the resistance with controls conveniently placed directly on the handlebars.

### KNOW YOUR ZONE

Get real-time data during your workout with built-in EKG grips, so you know when you're in the ideal heart-healthy zone. Also compatible with ANT+ and Polar®.

### LOW-IMPACT CARDIO WORKOUT

Treat your joints to a low-impact cardio workout while engaging your muscles, heart, and mind in a stimulating and effective workout.

### ADVANCED WORKOUT METRICS

Never lose sight of your personal fitness goals with real-time metrics that go beyond traditional feedback, leveraging heart rate, intensity, incline statistics, and more to measure and track your fitness journey.

### BEST-IN-CLASS EGYM INTEGRATION

EGYM

EGYM Coach delivers personalized fitness plans that sync directly to your machine, combining intelligent Trainer Prescriptions with iFIT's rich workout library for a seamless, premium experience far beyond basic 3- or 5-star integrations.

## SPECIFICATIONS

|                               |                                                                                                                                             |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Display Type                  | 24 in / 61 cm HD Capacitive Touchscreen                                                                                                     |
| Resolution                    | FHD - 1920X1080 ("2k")                                                                                                                      |
| Controls                      | Touchscreen, On-handle Digital Controls                                                                                                     |
| Workout Metrics               | Speed, Incline, Distance, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time of Day          |
| Number of Programs            | Thousands of Global Workouts and Studio Classes with iFIT                                                                                   |
| Preset Programs               | Limitless iFIT Training Options                                                                                                             |
| Google Maps                   | Enabled                                                                                                                                     |
| Console Language(s)           | English                                                                                                                                     |
| Content Languages             | EN, CH, NL, FR, DE, IT, NW, RU, SP, PT                                                                                                      |
| Additional Options            | Quick-Start Manual Mode                                                                                                                     |
| TV Tuner                      | US & Canada:<br>NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready<br>International:<br>PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C" |
| Ethernet Requirements         | Cat6 Preferred<br>(Cat5e or higher required)                                                                                                |
| WiFi Requirements             | Dedicated 10 Mbps for each machine                                                                                                          |
| Video Connections             | Coax, HDMI Input                                                                                                                            |
| Audio Connections             | 3.5 mm Audio Out, Bluetooth                                                                                                                 |
| Crank & Axle                  | 3-Piece Crank                                                                                                                               |
| Drive Belt                    | Quiet Belt Drive System, Hutchinson                                                                                                         |
| Pedals                        | Oversized, Adjustable Pedals                                                                                                                |
| Resistance System             | 400 Watt EMS Brake Resistance System                                                                                                        |
| Heart Rate Monitoring         | Dual EKG Pulse Sensors, ANT+ and Polar Compatible                                                                                           |
| Accessory Charging            | Wireless charging                                                                                                                           |
| Accessory Holder(s)           | Dual Water Bottle Holders, Phone Holder                                                                                                     |
| Grips                         | Soft touch, upper-body grips                                                                                                                |
| Seat                          | Overmolded Quick Adjust Seat                                                                                                                |
| Accessibility                 | Highly-Accessible Step-Thru™ Design                                                                                                         |
| Positioning                   | Large Adjustable Leveling Feet                                                                                                              |
| Transport Wheels              | 3 in / 5 cm plastic                                                                                                                         |
| Unit Options                  | Metric or Imperial                                                                                                                          |
| Maximum User Weight           | 400 lb / 181 kg                                                                                                                             |
| Resistance Levels             | 1-24 Levels of Resistance                                                                                                                   |
| Product Dimensions L x W x H  | 69 x 24.5 x 55 in<br>175.5 x 62.5 x 140 cm                                                                                                  |
| Product Weight                | 219.5 lb / 99.6 kg                                                                                                                          |
| Shipping Dimensions L x W x H | 68.7 x 17.7 x 30.2 in<br>174.4 x 44.9 x 76.7 cm                                                                                             |
| Shipping Weight               | 251.5 lb / 114 kg                                                                                                                           |
| U.S. & Canada                 | 110-120 VAC, 2 Amp                                                                                                                          |
| International                 | 220-240 VAC, 1 Amp                                                                                                                          |
| Certifications                | cTUVus, FCC/IC, BQB                                                                                                                         |
| High-Usage Warranties         | Frame    7 Years<br>Parts & Console    2 Years<br>Labor    1 Year<br>Cosmetic & Wear    6 Months                                            |