

FREEMOTION + iFIT

24 SERIES



MODEL // **FMUB2226**

u24 UPRIGHT 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.



u24 UPRIGHT 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.

THOUSANDS OF COACH-LED WORKOUTS

Access an expansive library of on-demand workouts led by expert fitness coaches from around the world. Search or sort by location, trainer, exercise type, workout duration, intensity, and more!

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.

CONSISTENT CYCLING SOLUTION

From the Quicklift™ Overmolded Seat to the Step-Thru™ design, this bike is poised to be your go-to cardio solution. Give yourself a consistent and efficient cardio experience by choosing between sitting down and starting to pedal or exploring the world with your favorite trainer through thousands of coach-led workouts.

ON-THE-FLY ADJUSTMENTS

Override or adapt the programming to meet your needs by quickly adjusting 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: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C
Closed Captioning	CC1-4, TEXT 1-4
Ethernet Requirements	Cat6 Preferred (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	2 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"	53 x 24 x 57.5 in 135 x 61 x 146 cm
Product Weight	172.9 lb / 78.4 kg
Shipping Dimensions L x W x H"	53 x 24 x 58 in 134.6 x 60.9 x 147.3 cm
Shipping Weight	206 lb / 93.4 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 Parts & Console 2 Years Labor 1 Year Cosmetic & Wear 6 Months