AD7 Airdyne® Bike

Premium Air Resistance Technology

WHAT IS THE AD7?

Infinite Resistance
Progressive wind resistance for infinite levels of challenge.

Multi-Display Console
High-resolution multi-display console tracks calories, watts, time, distance, speed and heart rate.

Belt Drive
Efficient single-stage belt drive that keeps the bike running quietly.

Comfort
Fore/aft and height adjustable seat with multi-position hand grips offer a variety of user and workout options.

MACHINE FEATURES

» Progressive Wind Resistance
» Infinite Levels of Resistance
» Single-Stage Belt Drive
» Interval & Target Programs
» Heart Rate Level Indicators
» Multi-Display Console
» Adjustable Seat
» Perimeter Weight Fan
» Multi-Position Hand Grips
**WHY AD7?**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Perimeter Weighted Fan</strong></td>
<td>Optimized fan for easy start up and a smooth ride.</td>
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<tr>
<td><strong>Single-Stage Belt Drive</strong></td>
<td>Provides efficient power transfer, low maintenance, and infinite levels of challenge.</td>
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<td><strong>Versatility</strong></td>
<td>Multi-position hand grips and adjustable seat offers a variety of workout options.</td>
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<td><strong>Program Choices</strong></td>
<td>Interval programs, target programs and heart rate level indicators for fat burn, aerobic and anaerobic training.</td>
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**TECHNOLOGY**

» Infinite Levels of Resistance  
» Single-Stage Belt Drive  
» Interval & Target Programs  
» Heart Rate Level Indicators  
» Heart Rate Telemetric Enabled

**MACHINE SPECS**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Dimensions</strong></td>
<td>53&quot; L x 26.5&quot; W x 53&quot; H</td>
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<tr>
<td><strong>Maximum User Weight</strong></td>
<td>350 lbs.</td>
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<tr>
<td><strong>Assembled Product Weight</strong></td>
<td>113 lbs.</td>
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| **Warranty**             | 10-Years Frame  
                           | 2-Years Parts  
                           | 6-Month Labor  

**AD7 AIRDYNE® BIKE**

Perimeter Weighted Fan  
Optimized fan for easy start up and a smooth ride.

Single-Stage Belt Drive  
Provides efficient power transfer, low maintenance, and infinite levels of challenge.

Versatility  
Multi-position hand grips and adjustable seat offers a variety of workout options.

Program Choices  
Interval programs, target programs and heart rate level indicators for fat burn, aerobic and anaerobic training.

Multi-Position Hand Grips

Adjustable Seat

Perimeter Weighted Fan