

# THE ULTIMATE RECUMBENT WORKOUT

***xRide***<sup>®</sup>  
XR6000

## OCTANE ADVANTAGES

- Total-body HIIT workouts
- PowerStroke™ technology
- Active Seat Position™
- Upper/lower-body isolation
  - Step-through design





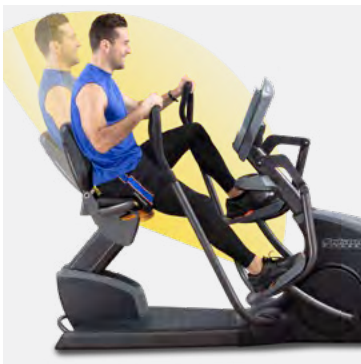
### POWERSTROKE™

Optimal leg extension and power drive. Users engage muscles, burn calories and benefit from exceptional efficiency and effectiveness.



### UPPER- AND LOWER-BODY ISOLATION

Exercisers can perform total-body routines, or exclusively target their upper or lower body on their own or using a Workout Booster.



### CUSTOMIZED COMFORT

The multiple tilt and height adjustments accommodate different size exercisers for the perfect fit and superior comfort.



### HIIT WORKOUTS

Exclusive advanced regimens like 30:30 and MMA challenge users to push their limits to drive motivation and results.

## xR6000 Specifications

• Standard ○ Optional

### KEY MECHANICAL FEATURES

Oversize platform	•
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	•
MultiGrip™ handlebars	•
Stationary handlebars	•
Phone holder	•
Water bottle holder	•
Tablet/reading rack*	•
Transport wheels	•
Moving handlebar lock-out option	○
Pedal straps	○

### ELECTRONIC FEATURES

Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (ANT+™ and Polar®)	•
Fingertip controls on stationary handles	•
Console fan (3 speeds)	•
Self-powered (standard console only)	•
Mobile device charging via USB port	•
Replaceable headphone jack	•
CSAFE®	•

### CONSOLE OPTIONS

Smart (pg. 40)	10" (25.4 cm) capacitive touch screen
Standard (pg. 40)	Large LED display with integrated capacitive buttons

### ENTERTAINMENT OPTIONS

LG TV (pg. 41)	○
Wireless 900 Mhz (pg. 41)	○

### WORKOUTS

Number of programs	14
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### PRESET PROGRAMS

Manual	•
Random	•
Interval	•
Hill	•
Distance goal	•
Calorie goal	•

### HEART RATE-CONTROLLED PROGRAMS

Fat Burn	•
Heart Rate Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•

### ADVANCED PROGRAMS

30:30 Interval	•
MMA	•
Constant Watts	•
Constant METs	•

### WORKOUT BOOSTERS

X-Mode™	•
Leg Press	•
Chest Press	•

### PRODUCT SPECIFICATIONS

Max user weight	400 lbs (181 kg)
Footprint (W x L)	35" x 72" (89 cm x 182 cm)
Product weight	320 lbs (145 kg)

### WARRANTY

Frame	Lifetime
Parts	3 years
Labor	1 year



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AUTHORIZED DEALER

\*Smart console only