



POWERSTROKE™

This technology helps users engage more muscles, burn calories and maximize productivity in a seated workout.



CUSTOMIZED COMFORT

The Active Seat Position™ accommodates different size exercisers by offering tilt and height adjustments for the perfect fit to maximize comfort.



CHEST & LEG PRESS

Exercisers combine cardio and strength training efficiently with vigorous interval repetitions at high intensity.



WORKOUT VARIETY

Build motivation and enhance retention with interactive heart rate workouts, interval training and customized programs.

xR650 Specifications

Standard
Optional

KEY MECHANICAL FEATURE	S
Light-commercial grade	•
Step-through design	•
Oversized soft grip pedals	•
Stationary footpegs	•
Seat height adjustments	20
Seat tilt adjustments	5
Stationary handlebars	•
Water bottle holders	2
Tablet/reading rack	•
Transport wheels	•
Pedal straps	0
ELECTRONIC FEATURES	
Resistance levels	30

ELECTRUNIC FEATURES	
Resistance levels	30
Digital contact heart rate on stationary handlebars	•
Wireless heart rate ready (Polar®)	•
Self-powered	•
HeartLogic™ Intelligence	•
CSAFE®	•
WORKOUTS	

PRESET PROGRAMS	
Manual	•
Random	•
Interval	•
Custom Interval	•
Hill	•
10K	•

Number of programs

HEART RATE-CONTROLLED	PROGRAMS
Fat Burn	•
Cardio	•
Heart Rate Interval	•
Heart Rate Custom Interval	•
Heart Rate Hill	•
Heart Rate Speed Interval	•
New Leaf® Custom	٠

ADVANCED PROGRAMS	
30:30 Interval	•
Constant Watts	•
Constant METs	•

ADVANCED DDOCDAMC

WORKOUT	BOOSTERS	
Muscle Endurance		•
Leg Press		•
Chest Press		•

ENTERTAINMENT OPTIONS	
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Personal Viewing Screen*

Labor

PRODUCT SPECIFIC	CATIONS
Max user weight	400 lbs (181 kg)
Footprint (W x L)	35" x 71.5" (88 cm x 182 cm)
Product weight	268 lbs (122 kg)
WARRANTY	VERTICAL FACILITY
Frame	Lifetime
Parts	3 years







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1 year