

CARDIO EQUIPMENT



LES MILLS VIRTUAL BIKE WITH 1 YEAR SUBSCRIPTION INCLUDED

STG-LMV-1-N

The best international presenters, programs and content, from the leaders in group fitness, delivered on a world-class bike.

The LES MILLS VIRTUAL BIKE™ delivers a total fitness experience with cinematic ultra-engaging cycle classes playing on a 15" HD touch screen console.

The Stages Power meter gives live, accurate metrics as you ride, and Bluetooth™ connectivity lets you easily pair your heart-rate monitor.

LES MILLS

STAGES
CYCLING

technical specs

Bike Weight: 105 lbs.

Bike + Tablet: 25.2" W x 55.1" L

Q Factor: 158mm

Rider Fit Range: 4'10 to 6'10"

Max User Weight: 350 lbs

Tablet Dimensions: 15" W x 8.8" H

HARDWARE

Frame Material	6061T-6 aluminum alloy
Frame Construction	Hydro & air formed tubing, TIG weld
Frame Finish	Industrial powder coat
Frame Color	Black Grey
Assembly Hardware	Stainless steel
Drive System	CarbonGlyde™ featuring Gates Carbon Drive™ carbon fiber belt
Gear Ratio	5:1
Resistance System	Magnetic Eddy current with SprintShift™ resistance lever, micro-adjust resistance dial, & emergency push-to-stop
Handlebars	Comfort coated aluminum Stages RoadBar™
Adjustment System	Pop-pin height adjustment & patented StagesFit™ fore-aft adjustment
Flywheel	High-inertia, cast iron perimeter weighted
Pedals	SPD & toe cage
Power Measurement	Stages Power meter

TECH

Content	Rolling 2 year back catalogue featuring RPMTM, LES MILLS SPRINT™ and THE TRIP™ Automated content updates every quarter
Instruction	Best international presenters, programs and content, from the world leaders in group fitness. Multiple language options.
Power Input	110/240V power to the tablet
Operating System	LES MILLS VIRTUAL BIKE app, Android-based
Headphones	Wired connection
Updates	Via wifi, completed during off hours

WARRANTY

Tablet	1 yr standard. 3 yr extended with subscription
Frame	15 yrs
Mechanics	3 yrs
Labor	1 yr
Carbon Glyde Belt	10 yrs
Electronics	1 yr
Wear Items	6 mth