



INDOOR CYCLE

the FREEMOTION®

FREEMOTION





REVOLUTIONIZE YOUR TRAINING



FreeMotion® Fitness revolutionized the way you train with the Dual-Cable Cross and the Incline Trainer. Now it's time to unveil the next revolution in group fitness.

INTRODUCING OUR NEW LINE OF INDOOR CYCLING BIKES: THE FREEMOTION® S SERIES.

Delivering innovation and sophistication in every aspect of the design, these indoor cycling bikes will forever change the way we train. Built with frames that refuse to rust, geometry to fit virtually every user, a drive system that mimics outdoor cycling and a console that features direct power measurement, the FreeMotion® S Series is a revolution.



GROUNDBREAKING DESIGN





ADVANCED INNOVATION

SIMPLE FIT › The innovative geometry accommodates riders from under 5' to over 6'9" and provides a neutral fore/aft position that will quickly and easily position 90% of all users comfortably and safely. **SMOOTHER, MORE NATURAL RIDE** › Designed for the most realistic ride possible, the S Series employs both a perimeter-weighted flywheel and a high gear ratio (4.8:1) to create a consistent, natural feel. With a higher inertia, each pedal stroke is smooth, not choppy—delivering an efficient ride. **EASE OF MAINTENANCE** › Along with corrosion resistant frames, minimal hardware, frontal flywheel access and quick and easy console battery changes, each bike in the S Series was designed with common parts for more convenient maintenance. **SUPERIOR RESISTANCE** › Delivering a consistent and smooth range of adjustment that feels more like a true outdoor cycling experience, the FreeMotion® S Series features magnetic resistance. And, with no physical contact between the flywheel and the brake, these bikes require less maintenance. **DIRECT POWER MEASUREMENT** › With the innovation of direct power measurement, our console is the ultimate riding companion. Now users can view instant, accurate workout information and a running average of watts, RPM, speed, time, distance and heart rate.



ERGONOMIC DESIGN



MAGNETIC RESISTANCE



DIRECT POWER MEASUREMENT



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S SERIES FACTS

DESIGN › The S Series was designed with less hardware and less sweat pooling pockets for a more maintenance-friendly bike. **CONSOLE** › The FreeMotion® Fitness console features an over-molded rubber surface to keep sweat and moisture from harming internal components. **HARDWARE** › With an oversized, solid ISIS spindle and massive bearings, the S Series bottom bracket is the most durable and smoothest in the industry. **USABILITY** › The S Series was built with maximum usability in mind, including a more inviting, open interface. **FLYWHEEL** › A smaller flywheel diameter allows for more step-through clearance, and the fore/aft adjustment knobs are conveniently positioned for the rider. **GEOMETRY** › The innovative geometry of the S Series can accommodate riders from under 5' to over 6'9". **BODY POSITION** › The S Series provides a neutral fore/aft position that will quickly and easily position 90% of all users in a safe position.



POWER. DELIVERED.



► Compatible with ANT+ Sport and Polar® (5 kHz) Wireless Chest Pulse Heart Rate Monitors*

*Wireless Chest Pulse Heart Rate Monitor not included.

FREEMOTION | INDOOR CYCLING





MEASURE GOALS. GET RESULTS.

Measure power output with the FreeMotion® Fitness Power Console. A sensor, located on the crank arm, measures the work a rider puts into the drive system. The rider then sees his or her power output in watts displayed on the console, along with other useful data. Now users can accurately and consistently measure their progress over time and, in turn, achieve their goals more quickly. It's the most dynamic training available on an indoor cycle.

FreeMotion® Fitness offers two console options to fit the needs of your gym. The FMPW11 features the power sensor and the FMRPM11 is built with an RPM sensor and does not measure direct power. Both versions are wireless and utilize the fully digital ANT+ communication protocol for highly reliable and consistent communication.

CONSOLE WITH POWER SENSOR

FMPW11

Watts	Kcal
RPM	Time
Speed	Distance
Heart Rate	Kilojoules (kj)

CONSOLE WITH RPM SENSOR

FMRPMW11

RPM	Kcal
Speed	Time
Heart Rate	Distance

TAKE YOUR TRAINING HOME › Each console features a USB port for the rider to export their ride data.

The workout information is saved in a spreadsheet format.



WARM UP



RIDE



RESULTS



11.9 CARBON

FREEMOTION

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GATES® CARBON DRIVE™ TECHNOLOGY

For the first time ever in indoor cycling, FreeMotion® Indoor Cycles feature Carbon Drive™ technology. Combining the smooth, quiet ride of a belt drive with the high inertia, non-slip benefits of a chain drive, Carbon Drive™ technology is manufactured by Gates Corp, a long-time innovator of belt technology solutions.

“TEETH” ON THE CARBON DRIVE™ › The Carbon Drive™ is similar to the traditional Poly V belt of other indoor cycles but features a series of ridged “teeth” that interacts directly with the specialized pulleys in the drive system.

NOT JUST STRONG—CARBON FIBER STRONG › The tensile strength of the carbon fibers delivers incredible efficiency.

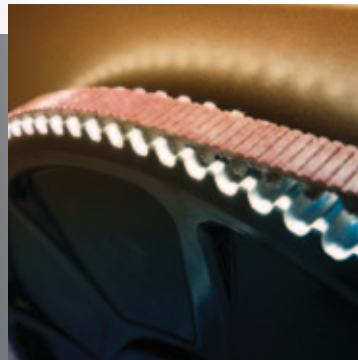
LOW TENSION REQUIREMENTS FOR A LONGER LASTING DRIVE SYSTEM › Helping your indoor cycles last even longer, the low tension requirements of the Carbon Drive™ system allow for much less stress on the drive system and its components.

MAINTENANCE-FREE › The Carbon Drive™ will not stretch over time and therefore does not require tensioning. Also, it does not require lubrication or any other maintenance.

5-YEAR WARRANTY › Confident in the durability of Carbon Drive™ technology, FreeMotion® Fitness offers a 5-year warranty on the Carbon Drive™.



“Teeth” On The Carbon Drive™



Carbon Fiber Drive Belt



Durable Drive System



Dual-Sided Pedals With SPD



Steel Frame



2" Fore/Aft Handlebar and Seat Adjustment



Magnetic Resistance

Designed for the most realistic ride possible, the S11.8 Carbon employs a Carbon Drive™ System, combining the smooth, quiet benefits of a belt drive and the high-inertia, non-slip benefits of a chain drive.

s11.8 CARBON

FMEX91312

FEATURES & BENEFITS

STEEL FRAME › Features a commercial-grade, zinc-plated, welded steel frame with enhanced corrosion resistance. **MAGNETIC RESISTANCE** › This sophisticated system delivers consistent resistance for every bike. Plus, with no brake pads to maintain, it is virtually maintenance free. **CARBON DRIVE™ SYSTEM** › Features the smooth, quiet benefits of a belt drive and the high-inertia, non-slip benefits of a chain drive. Plus, it's virtually maintenance free. **2" FORE/AFT HANDLEBAR ADJUSTMENT** › Designed for safety and comfort, the fore/aft adjustment allows the user a 2" range with a neutral position that will fit 90% of all users. **DUAL-SIDED PEDALS WITH SPD** › These dual-sided pedals accommodate both high-performance SPD cleats and traditional fitness shoes.

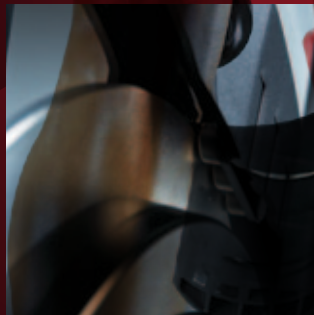
PRODUCT SPECIFICATIONS

Drive System	Gates Carbon Drive™ System
Resistance System	Magnetic Eddy Current
Pedal	Dual-Sided with SPD
Assembly Hardware	Stainless Steel
Frame	Steel Frame
System Inertia	High Inertia
Flywheel	Cast Iron Perimeter Weighted
Pop-Pin	Stainless Steel
Emergency Brake Lever	Integrated with Resistance Knob
Fore/Aft Adjustment	Handlebars and Seat
Maximum User Weight	350 lbs. (159 kgs)
Cycle Dimensions	50" x 20.1" x 39" (127 cm x 51 cm x 99 cm)
Warranty	15-Year Frame, 5-Year Carbon Drive™ Belt, 3-Year Parts, 1-Year Labor, 6-Month Wear Items
Other	Transport Wheels, 2 Integrated Water Bottle Holders





Dual-Sided Pedals With SPD



Magnetic Resistance



Lightweight, Aluminum Frame



2" Fore/Aft Handlebar and Seat Adjustment

With sophisticated features designed for every user, the S11.9 Carbon delivers comfort, convenience and performance in every ride. Magnetic resistance is virtually maintenance free and a Carbon Drive™ system delivers a smooth and quiet workout.

s11.9 CARBON

FMEX91412

FEATURES & BENEFITS

LIGHTWEIGHT, ALUMINUM FRAME › Resistant to rust, this aluminum frame is not only maintenance friendly, it's lightweight and easy to move between classes. **MAGNETIC RESISTANCE** › This sophisticated system delivers consistent resistance for every bike. Plus, with no brake pads to maintain, it is virtually maintenance free. **CARBON DRIVE™ SYSTEM** › Features the smooth, quiet benefits of a belt drive and the high-inertia, non-slip benefits of a chain drive. Plus, it's virtually maintenance free. **2" FORE/AFT HANDLEBAR AND SEAT ADJUSTMENT** › Designed for safety and comfort, the fore/aft adjustment allows the user a 2" range with a neutral position that will fit 90% of all users. **DUAL-SIDED PEDALS WITH SPD** › These dual-sided pedals accommodate both high-performance SPD cleats and traditional fitness shoes. **HIGH-INERTIA, CAST-IRON FLYWHEEL** › With the weight on the outer edge, the S Series flywheel contributes to a high inertia system, which delivers a smoother riding experience. **COMFORTABLE, ADJUSTABLE SADDLE** › Ergonomically designed saddle offers both pressure relief and support for the ultimate in user comfort. **QUICK-STOP BRAKE** › Conveniently incorporated, the quick-stop brake is within easy reach.

PRODUCT SPECIFICATIONS

Drive System	Gates Carbon Drive™ System
Resistance System	Magnetic Eddy Current
Pedal	Dual-Sided with SPD
Assembly Hardware	Stainless Steel
Frame	Aluminum
Handlebars	Aluminum
System Inertia	High Inertia
Flywheel	Cast Iron Perimeter Weighted
Pop-Pin	Stainless Steel
Fore/Aft Adjustment	Handlebars and Seat
Maximum User Weight	350 lbs. (159 kgs)
Cycle Dimensions	50" x 20.1" x 39" (127 cm x 51 cm x 99 cm)
Warranty	15-Year Frame, 5-Year Carbon Drive™ Belt, 3-Year Parts, 1-Year Labor, 6-Month Wear
Other	Transport Wheels, 2 Integrated Water Bottle Holders

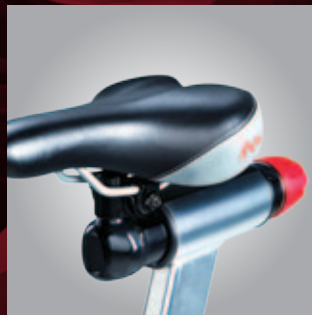




Lightweight, Aluminum Frame



Magnetic Resistance



2" Fore/Aft Handlebar and Seat Adjustment



Double-Sided Pedals, SPD and Toe Cage

Welcome to the ultimate cycling experience. With sophisticated features designed for your members, the S11.9 delivers comfort, convenience and performance in every workout.

s11.9 INDOOR CYCLING BIKE

FMEX82910

FEATURES & BENEFITS

LIGHTWEIGHT, ALUMINUM FRAME › Resistant to rust, this aluminum frame is not only maintenance friendly, it's lightweight and easy to move between classes. **MAGNETIC RESISTANCE** › This sophisticated system delivers consistent resistance for every bike. Plus, with no brake pads to maintain, the magnetic resistance system is virtually maintenance free. **2" FORE/AFT HANDLEBAR AND SEAT ADJUSTMENT** › Designed for safety and comfort, the fore/aft adjustment allows the user a 2" range with a neutral position that will fit 90% of all users. **DUAL-SIDED PEDALS, SPD AND TOE CAGE** › Compatible with the majority of cycling-appropriate shoes, these dual-sided pedals accommodate both high-performance SPD cleats and traditional fitness shoes.

PRODUCT SPECIFICATIONS

Drive System	Chain
Resistance System	Magnetic Eddy Current
Pedal	Dual-Sided with SPD and Toe Cage
Assembly Hardware	Stainless Steel
Frame	Aluminum
Handlebars	7 lb. Aluminum
System Inertia	High Inertia
Flywheel	Cast Iron Perimeter Weighted
Pop-Pin	Stainless Steel
Emergency Brake Lever	Integrated with Resistance Knob
Fore/Aft Adjustment	Handlebars and Seat
Maximum User Weight	350 lbs. (159 kgs)
Cycle Dimensions	48" x 20.1" x 44.5" (122 cm x 51 cm x 113 cm)
Warranty	15-Year Frame, 3-Year Parts, 1-Year Labor, 6-Month Wear Items
Other	Transport Wheels, 2 Integrated Water Bottle Holders, Vertical Numbering - Horizontal Reference Marks



FREEMOTION | INDOOR CYCLING





Steel Frame with Zinc Plating



Magnetic Resistance



2" Fore/Aft Handlebar and Seat Adjustments



Double Sided Pedals, SPD and Toe Cage

Advanced features and a refined design encompass the S11.8. Ergonomically built to fit most riders and created to withstand heavy use, this bike is ideal for every facility.

s11.8 INDOOR CYCLING BIKE

FMEX81110

FEATURES & BENEFITS

STEEL FRAME WITH ZINC PLATING › The S11.8 frame is zinc electroplated before powder coating, creating two layers of protection to resist rust and wear and tear. **MAGNETIC RESISTANCE** › This sophisticated system delivers consistent resistance for every bike. Plus, with no brake pads to maintain, the magnetic resistance system is virtually maintenance free. **2" FORE/AFT HANDLEBAR AND SEAT ADJUSTMENT** › Designed for safety and comfort, the fore/aft adjustment allows the user a 2" range with a neutral position that will fit 90% of all users. **DUAL-SIDED PEDALS, SPD AND TOE CAGE** › Compatible with the majority of cycling-appropriate shoes, these dual-sided pedals accommodate both high-performance SPD cleats and traditional fitness shoes.

PRODUCT SPECIFICATIONS

Drive System	Chain
Resistance System	Magnetic Eddy Current
Pedal	Dual-Sided with SPD and Toe Cage
Assembly Hardware	Stainless Steel
Frame	Steel Frame + Zinc Plating
Handlebars	7 lb. Aluminum
System Inertia	High Inertia
Flywheel	Cast Iron Perimeter Weighted
Pop-Pin	Stainless Steel
Emergency Brake Lever	Integrated with Resistance Knob
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IT'S ALL ABOUT RESULTS

Train your instructor team on how to most efficiently utilize the tools that are now at their fingertips with the FreeMotion® Power Console. Since console technology is relatively new in the indoor cycling space, most instructors are not familiar with the verbiage needed to effectively provide a personal indoor cycling experience within a group setting. In this 9-hour live training, hosted at your facility, a Stages® Indoor Cycling Master Educator will guide your instructors step-by-step through the transition of adding power-based classes to their repertoires. **DELIVERING MEASURABLE PROGRESS™** › For the first time in indoor cycling, members can have an ultra-personalized experience while riding in a group setting. Instructors will learn how to assess riders in a simple, fun way so that they can see progress over time. Using this benchmark process, facilities can now develop and offer indoor cycling special events and packages for members, which aids in member participation and retention. **CLASS-BY-DESIGN™ AND THE 30-DAY BRAKE DOWN™** › The Class By Design™ process will aid your instructors in quickly and easily creating a power-based indoor cycling class. They'll walk away with complete pre-designed class plans, as well as continued access to many more. After the live training, instructors will also gain access to The 30-Day Brake Down™, a daily communication packed with tips and tricks to further assist in perfecting their power-based classes and maximizing member satisfaction. The 30-Day Brake Down™ also serves as a communication hub where instructors can receive feedback, ask questions, and share ideas. **ACE AND AFAA CERTIFIED COURSE** › Each attendee completing the full-day Instructor Essentials course will receive ACE and/or AFAA continuing education credits and a Certificate of Completion, along with other valuable tools that will ensure their success.





UNIQUE FEATURES

ALUMINUM HANDLEBARS ›

Extremely lightweight, these handlebars are easily adjusted both vertically and horizontally while the user is on the bike.

POP-PIN ADJUSTMENT WITH HIDDEN STAINLESS STEEL HARDWARE ›

The pop-pin adjustment is fast and easy to use, and resistant to rust and other buildup.

PERIMETER-WEIGHTED FLYWHEEL ›

With the weight on the outer edge, the S Series flywheel contributes to a high inertia system, which delivers a smoother riding experience.

OPEN, STEP-THROUGH DESIGN ›

Easier to get on and off, the step-through design is ideal for users of all shapes and sizes.

COMFORTABLE SADDLE ›

Ergonomically designed saddle offers both pressure relief and support for the ultimate in user comfort.

DURABLE CHAIN DRIVE AND GATES CARBON DRIVE™ OPTIONS ›

Low maintenance and extremely durable, both the chain drive and Gates Carbon Drive™ options deliver a smoother, more realistic and efficient ride.

LASER ETCHED POSITION MARKS ›

Scratch-resistant, these position markings won't disappear over time.

RESISTANCE KNOB WITH QUICK-STOP BRAKE ›

Conveniently incorporated, the resistance adjustment and quick-stop brake are within easy reach.



FREEMOTION® S SERIES

HANDLEBAR ACCESSORIES

Upgrade your FreeMotion® Indoor Cycle with accessories that will give you the most realistic biking experience possible.

AERO BARS ›

The Aero Bars attach right above the console and allow you to lean forward into a realistic cyclist aerodynamic form as you ride your FreeMotion® Indoor Cycle.

IPOD® SHELF ›

Stay focused on your workout without fumbling with electronic devices. This shelf accessory allows easy access to your iPod®, phone or other MP3 players by securely holding it onto the console.

DROP BARS ›

Bring your outdoor racing experience indoors with the easy-adjust drop bars. Quickly change the height of the handlebars and secure it with the pop-pin for maximum stability. A standard feature on the S11.0 non-commercial FreeMotion® Indoor Cycle, the drop bars are also interchangeable as an accessory on the S11.8 and S11.9.



AERO BARS



IPOD SHELF



DROP BARS



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