



PRO-LITE INDOOR TRAINING BIKE

AMAZING BIKE ROUTES ALL OVER THE WORLD. FROM YOUR LIVING ROOM.

- Bring the outdoor world indoors with the Pro-Lite Indoor Training Bike that offers realistic road feel and simulated gradients from actual courses when linked to any number of APPS such as Zwift, Rouvy and Kinomaps.
- A key feature is the ease with which you can easily customise the settings of this bike to match your outdoor bike.
- Ride your favourite roads all over the world and feel like you're really there using the amazing APPS now available online.
- Unlike other super expensive indoor bikes, Pro-Lite Indoor Trainer is totally silent. Ideal for people who live in apartments or adjoining houses. The silent operation makes any room your place to train.
- Challenge yourself with training plans that help you meet your goal
- Track your ride with power and performance metrics.
- The bike's setting can be changed in seconds allowing multiple people in one household or gym to use it with ease.

• DEVICE COMPATIBILITY

- Connect Pro-Lite bike to multiple devices simultaneously, so you can enjoy any number of cycling apps on your smartphone, tablet or laptop and track your performance at the same time. The bike features a 4.5" display that transmits all the data to your chosen app.

- **TRAINING PLANS**

- Using the amazing apps that are available today you can take advantage of structured training plans, designed for your fitness level, to help you meet your goals. Don't ever think you are too old or unfit to start training Race live opponents, upload GPS data, ride with 3D maps & lots more. Get stronger for outdoor climbs, or simply build the intensity of your indoor workout by training on realistically simulated inclines up to a 25% gradient.

- **ACCURATE AND RELIABLE**

- When you use an app you will be able to get an accurate and detailed picture of your performance and progress with reliable, consistent measurements — just like on an outdoor ride. That includes power, speed, Kcal, heart rate and cadence, measured accurately within 1%.