



QUICKSTART

Iconic and powerful, **Intenza Design** refers to an approach to creating products. Following our principles of good design, the Intenza 450 Series Portfolio is the combination of technical innovation, aesthetics and a degree of user—friendliness that has been thought through down to the smallest detail: pared down to the essence, whilst retaining the poetry.

INTENZA DESIGN	2
INTENZA 450 SERIES ESCALATE STAIRCLIMBER OVERVIEW	5
Product Features	7
INTENZA 450 SERIES TREADMILL OVERVIEW	8
Product Features	11
INTENZA 450 SERIES ELLIPTICAL TRAINER OVERVIEW	12
Product Features	15
INTENZA 450 SERIES UPRIGHT BIKE OVERVIEW	16
Product Features	19
INTENZA 450 SERIES RECUMBENT BIKE OVERVIEW	20
Product Features	23
EXPLORE THE INTENZA UNIVERSE	24
Intenza Contact Information	







What distinguishes the Escalate Stairclimber from others in its category is its **innovative** and inclusive functional touches which seamlessly fuse design, function and versatility. With patented Smart Step—Height technology, the Escalate accommodates diverse fitness levels through offering 20 different step heights, making this machine ideal for those looking for an intense HIIT experience or who need a low—impact rehab session. Its smooth lines, contoured handrails and eye—catching structure give the cardio floor a contemporary aesthetic.


intensa



**WARNING!** HEART RATE MONITORING SYSTEMS MAY BE INACCURATE. OVER EXERCISE MAY RESULT IN SERIOUS INJURY OR DEATH.  
IF YOU FEEL FAINT STOP EXERCISING IMMEDIATELY

**WARNUNG!** HERZFREQUENZÜBERWACHUNG KANN UNGENAU SEIN.  
ÜBERANSTRENGUNG KANN SCHADEN ODER TÖT VERURSACHEN.  
BEI SCHMERZGEFÜHL ODER UNWOHL, SOFORT DAS TRAINING UNTERBRECHEN

**AVERTISSEMENT!** LE SYSTÈME DE SURVEILLANCE DE LA FRÉQUENCE CARDIAQUE PEUT ÊTRE INPRÉCIS.  
L'EXERCICE EXCESSIF PEUT CAUSER DE GRAVES BLESSURES OU LA MORT.  
SI VOUS VOUS SENTEZ FAIBLE, ARRÊTEZ VOTRE EXERCICE IMMÉDIATEMENT.

BACK | HOLD 





reddot design award

**450 i2 ESCALATE STAIRCLIMBER • DISPLAY READOUTS** HR, Time, METS, Step Height, Calories, Level, Floor, SPM, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer • **DISPLAY TYPE** Industrial grade 12" colour TFT LCD display for longer life time • **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi • **LANGUAGE** 21 countries are offered • **SCREENSAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by • **WI—FI CAPABILITY** Supports InCare™ Online, software updates • **USB CONNECTIVITY** For setting and software upgrade

**450 i2S ESCALATE STAIRCLIMBER • DISPLAY READOUTS** HR, Time, METS, Step Height, Calories, Level, Floor, SPM, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **DISPLAY TYPE** Large white light LED message centre easily provides all needed information



Engineered to strike a balance between **performance**, power, size and stability this intuitive machine is designed for intense and focused training. Compact yet capable, the 450's running deck is optimised to meet the needs of runners seeking longer strides. And, adding architectural elegance to its dramatic look, Intenza's 450 Series Treadmill delivers visual information through surface materials affording haptic perception: function coupled with touch—sensitive surfaces that enhance the user experience.







A close-up photograph of a black, textured surface, likely a car's interior trim. A black, rectangular label with rounded corners is affixed to the surface. The label features the text "450i2S" in a raised, silver-colored font. The lighting is soft, highlighting the texture of the material and the metallic sheen of the lettering.

450i2S





**450 i2 TREADMILL • DISPLAY READOUTS** HR, Incline, Pace, Time, METS, Calories, Distance, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **AUTO STOP** Bring the treadmill to stop when it is not in use • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer • **DISPLAY TYPE** Industrial grade 12" colour TFT LCD display for longer life time • **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi • **LANGUAGE** 21 countries are offered • **SCREENSAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by • **WI—FI CAPABILITY** Supports InCare™ Online, software updates • **USB CONNECTIVITY** For setting and software upgrade

**450 i2S TREADMILL • DISPLAY READOUTS** HR, Incline, Pace, Time, METS, Calories, Distance, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **AUTO STOP** Bring the treadmill to stop when it is not in use • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **DISPLAY TYPE** Large white light LED message centre easily provides all needed information

Conceived to provide a natural and stable workout, the Intenza 450 Series Elliptical Trainer seamlessly mimics the timing and gait of natural running. **Ergonomic** handlebars are raised to a comfortable height for holding in a standing position and the pedalling motion adapted to emulate the movement of legs while running on the ground. Intuitively smooth and low—impact movement prevents stress to joints whilst providing a total body workout.









**450 i2 ELLIPTICAL TRAINER • DISPLAY READOUTS** HR, Watt, Time, Incline, Calories, Distance, SPM, Level, Workout Summary, Workout Profile  
**• HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise  
**• POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer • **DISPLAY TYPE** Industrial grade 12" colour TFT LCD display for longer life time • **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi • **LANGUAGE** 21 countries are offered • **SCREENSAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by • **WI—FI CAPABILITY** Supports InCare™ Online, software updates • **USB CONNECTIVITY** For setting and software upgrade

**450 ETX i2 ELLIPTICAL TRAINER • DISPLAY READOUTS** HR,Watt,Time,Speed, Calories,Distance, SPM, Level, Workout Summary,Workout Profile

**450 i2S ELLIPTICAL TRAINER • DISPLAY READOUTS** HR, Watt, Time, Incline, Calories, Distance, SPM, Level,Workout Summary,Workout Profile  
**• HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required) Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise  
**• POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **DISPLAY TYPE** Large white light LED message centre easily provides all needed information

**450 ETX i2S ELLIPTICAL TRAINER • DISPLAY READOUTS** HR,Watt,Time,Speed,Calories,Distance,SPM,Level,Workout Summary,Workout Profile

Sporty and dynamic, the Intenza 450 Upright Bike guarantees high performance and great comfort. More than just a stationary cycle, the 450 is created for people who need a more **inspiring**, more motivating, more engaging way to ride.



SELECT PROG



MONITORING SYSTEMS MAY BE INACCURATE.  
E MAY RESULT IN SERIOUS INJURY OR DEATH.  
NT STOP EXERCISING IMMEDIATELY  
ÜBERWACHUNG KANN UNGENAU SEIN.  
ING KANN SCHADEN ODER TOT VERURSACHEN.  
IHL ODER UNWOHL SOFORT  
ERBRECHEN



AVERTISSEMENT!

LE SYSTÈME DE MESURE DE LA FRÉQUENCE CARDIAQUE PEUT  
MANQUER DE PRÉCISION. L'EXCÈS D'ACTIVITÉ PHYSIQUE  
RISQUE DE D'ABOUTIR À DE GRAVES DOMMAGES CORPORELS  
OU CAUSER LA MORT. EN CAS DE SENSATION DE MALAISE,  
INTERROMPEZ IMMÉDIATEMENT VOTRE ENTRAÎNEMENT

POWERED BY **POLAR**

STOP



INTENZA FITNESS

QUICK START







**450 i2 UPRIGHT BIKE • DISPLAY READOUTS** HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **OPTITRAIN™** Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer • **DISPLAY TYPE** Industrial grade 12" colour TFT LCD display for longer life time • **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi • **LANGUAGE** 21 countries are offered • **SCREENSAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by • **WI—FI CAPABILITY** Supports InCare™ Online, software updates • **USB CONNECTIVITY** For setting and software upgrade

**450 i2S UPRIGHT BIKE • DISPLAY READOUTS** HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **OPTITRAIN™** Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **DISPLAY TYPE** Large white light LED message centre easily provides all needed information



A perfect choice for seated workouts, due to its ergonomic seat and back support, the Intenza 450 Series Recumbent Bike brings aesthetics and optimal efficiency together to create a product that supports a lifetime of healthy living. The ultimate combination of **function** and results, and particularly suited to positive agers, this machine will challenge the way athletes and amateurs think about their training.







**450 i2 RECUMBENT BIKE • DISPLAY READOUTS** HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **OPTITRAIN™** Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer • **DISPLAY TYPE** Industrial grade 12" colour TFT LCD display for longer life time • **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi • **LANGUAGE** 21 countries are offered • **SCREENSAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by • **WI—FI CAPABILITY** Supports InCare™ Online, software updates • **USB CONNECTIVITY** For setting and software upgrade

**450 i2S RECUMBENT BIKE • DISPLAY READOUTS** HR, Resistance Level, Time, Watts, Calories, Distance, RPM, Speed, Workout Summary, Workout Profile • **HEART RATE MONITORING** Polar®—coded wireless telemetry technology: built—in heart rate receiver (heart rate transmitter strap required). Digital contact heart rate technology ensures precision and reliability • **ON—THE—FLY** Allows switching to other workout programs during exercise • **OPTITRAIN™** Bike mode allows users to workout at a fixed resistance level regardless of pedal speed. Power mode allows users to workout at a fixed workload measured in watts • **POWER SAVING SYSTEM** Energy saver mode is used to minimise power consumption (not exceeding 0.5W) which meets Erp EC 1275/2008 requirements • **MYE AUDIO KIT OPTIONS** Optional accessories support MYE audio receiver • **UNI—DIAL™ CONTROL** Complete access and control of user interface features and settings with the convenience of the Uni—Dial™ • **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools • **DISPLAY TYPE** Large white light LED message centre easily provides all needed information



## For further information please contact

• **APAC** [sales@intenzafitness.com](mailto:sales@intenzafitness.com) • **EMEA** [emea@intenzafitness.com](mailto:emea@intenzafitness.com) • **GLOBAL** [sales@intenzafitness.com](mailto:sales@intenzafitness.com) • **JAPAN** [japan@intenzafitness.com](mailto:japan@intenzafitness.com)  
• **NORTH AMERICA** [sales@intenzafitness.com](mailto:sales@intenzafitness.com) • **MARKETING** [marketing@intenzafitness.com](mailto:marketing@intenzafitness.com) • **WEBSITE** [intenzafitness.com](http://intenzafitness.com) • **LINKEDIN** [/intenza-fitness/](https://www.linkedin.com/company/intenza-fitness/)  
• **FACEBOOK** [/intenzafitness/](https://www.facebook.com/intenzafitness/) • **TWITTER** [@intenzafitness](https://twitter.com/intenzafitness) • **INSTAGRAM** [/intenzafitnessglobal/](https://www.instagram.com/intenzafitnessglobal/) • **YOUTUBE** [/Intenzafitness/](https://www.youtube.com/Intenzafitness/)