

INTENZA CARDIO PORTFOLIO

550T<sup>e</sup>

intenza



## CONTENTS

3	DISCOVER INTENZA
4	INTENZA SOLUTIONS INCARE™
7	INTENZA 450 SERIES ESCALATE STAIRCLIMBER
9	INTENZA SOLUTIONS INTENZACAST™
10	INTENZA 550 SERIES ESCALATE STAIRCLIMBER
14	INTENZA 450 SERIES TREADMILL
18	INTENZA 550 SERIES TREADMILL
23	INTENZA 550 GC SERIES
30	INTENZA ELLIPTICAL TRAINERS
33	INTENZA UPRIGHT BIKES
39	INTENZA RECUMBENT BIKES
42	INTENZA 450 i2S CONSOLE
43	INTENZA 550 i CONSOLE
44	INTENZA 450 i2 CONSOLE
45	INTENZA 550 e2 CONSOLE
46	INTENZA CONSOLE PORTFOLIO
49	CONTACT US







Our history paints the portrait of a brand that appreciates the value of tradition and how it keeps us grounded while propelling us forward. Our heritage is built from the ground up and we maintain stability and strength by staying faithful to our foundations.

Infusing sustainability across our brand, we are committed to conducting business with integrity and these principles increase the value we provide to our communities and together we are building a legacy made to last. Our manufacturing facility is as architecturally and environmentally groundbreaking as the cardio equipment it produces. Opened in 2013, our 100% energy efficient factory remains a one—of—a—kind in the industry, operating on the same principles upon which it was conceived: health, sustainability and simplicity. We make the impossible, possible. Our vision is to offer sustainable health and fitness solutions to celebrate the power of holistic health. Mind, body and soul.

A game changer, Intenza has revolutionised equipment maintenance through InCare™ our self—diagnostic software created to keep operators, owners and members moving.

We believe that prevention is more cost effective than repair, therefore our world—class customer service begins with InCare™ and our team who operate 24 hours over time zones. With Service Centres in Europe, Asia and North America quick response time translates into reduced machine downtime. InCare™ alerts us when intervention is required thus removing guesswork from identifying maintenance needs— facility owners enjoy the value of innovation, impeccable engineering and premium design associated with Intenza products, and members a consistent, versatile and rewarding workout experience.



INCARE™

450 i2S CONSOLE	RECORDS ERROR CODE INFORMATION DIRECTLY ONTO THE CONSOLE. MAINTENANCE NEEDS ARE EVALUATED ON—SITE BY A SERVICE ENGINEER, OR RECORDED AND INFORMATION EMAILED DIRECTLY TO TEAM INCARE™ ONLINE WHO WILL OFFER A SOLUTION
550 i CONSOLE	ALLOWS THE DIRECT DOWNLOAD OF SERVICE REPORTS FROM THE CONSOLE ONTO A USB WHICH YOU EMAIL TO THE INCARE™ ONLINE TEAM WHO PROVIDE A SOLUTION WITHIN 24 HOURS
450 i2 CONSOLE	WI—FI ENABLED CONSOLE WITH SELF—DIAGNOSING FEATURE SENDS ERROR CODE AUTOMATICALLY TO THE INCARE™ ONLINE TEAM WITH THE EXACT REASON WHY SERVICE MAY BE NEEDED
550 e2 CONSOLE	THROUGH THE WI—FI ENABLED CONSOLE THE INCARE™ ONLINE TEAM IS AUTOMATICALLY ALERTED REGARDING THE EXACT REASON WHY SERVICE MAY BE NEEDED. ITS SELF—DIAGNOSING FEATURE ALLOWS US AND YOUR DISTRIBUTOR TO OFFER THE CORRECT SOLUTIONS







## INTENZA 450 SERIES ESCALATE STAIRCLIMBER

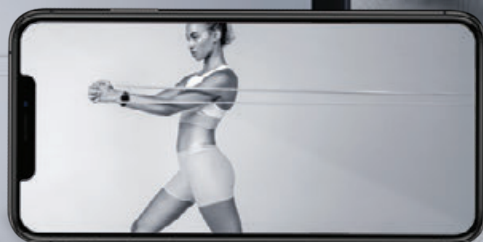
Elevate your performance and take the stairs with Intenza's 450 Series Escalate Stairclimber. Framing its pure minimal design, the new Hard Black colourway makes its début 450 Series—wide and brings with it a new energy to the gym. Twenty adjustable step—heights between 10—19.5 cm (4—7.7”) and inclines from 20—40° consolidate this piece of equipment as the ultimate cardio powerhouse, but in shaping this product's identity, we invite exercisers to step off the machine into the sky with our exclusive Landmark Program.

Tower running, or vertical marathons, have seen a recent boom with world championships taking place, where runners accumulate points for running up certain towers across on the tower—running world tour as fast as they can. Providing a full—body cardiovascular workout, as well as strength and endurance training, Intenza's Landmark Program does double duty by offering advanced training for speed and power whilst keeping workout options fresh with a good dose of fun with 31 world—wide landmark towers to climb (or train for).





intesa



WARNING

Read these instructions carefully. They are important. After exercise may result in blood flow to heart. Please read these instructions carefully.

PLEASE

NFC  
RFID



Boost your workout experience with Intenzacast™ our smart solution. Easy to set up, watch, read or listen on Intenza's e2 Console where exercise and entertainment go hand in hand. Powered by our exclusive technology, Intenzacast™ seamlessly screen mirrors content from smart devices onto the e2 Console to create a personal entertainment portal with options based on your choice. In our highly connected world, this smart solution allows exercisers to maintain their digital engagement, whilst adding a dynamic layer to their workout experience. To go full throttle, connect your earphones by plugging in via the 3mm jack or, go wireless with bluetooth headphones.

One machine, countless benefits. The award—winning Escalate Stairclimber is the ultimate user experience.

What distinguishes the Intenza Escalate from others in its category is its innovative and inclusive functional touches which seamlessly fuse design with function and versatility. With our patented Smart Step—Height™ technology, this stairclimber accommodates diverse fitness levels through offering 20 different step heights, 10—19.5cm (4—7.7”), making it ideal for active agers, 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.



red**dot** design award

INTENZA ESCALATE	450 Ci2S	550 Ci	450 Ci2	550 Ce2
FOOTPRINT	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"	L x W 193 x 86cm/76 x 33.8"
SHIPPING GROSS WEIGHT	412KG/908LBS	431KG/950LBS	414KG/912LBS	431KG/950LBS
CONSOLE	i2S	i	i2	e2
LANGUAGE	ENGLISH	ENGLISH	21	21
INCLINE	20—40°	20—40°	20—40°	20—40°
SAFETY SENSOR	•	•	•	•
WORKOUT OPTIONS	16	24	24	24
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	SOFT GREY









550C<sub>e</sub>









## INTENZA 450 SERIES TREADMILL

A sophisticated design which demands attention whilst respecting the original, the Intenza 450 Series Treadmill blends an architectural elegance with a dramatic, chic look. Engineered to strike a balance between power, performance, size and stability this intuitive machine is designed for intense, focused training.

Durability—tested for more than 5,000 hours, the 450 Series offers unparalleled performance and with gradients of up to 12%, runners can re-live outdoor runs, supercharge endurance training, enhance conditioning or power train for their next big challenge. Easy on your joints while running, jogging or walking, the quality cushioned running deck has been optimised for runners seeking a longer stride.



450 UNI-DIAL™

3

STOP



INTELLIGENT  
STOP SYSTEM

0-12%

INCLINE



HRM







## INTENZA 450 SERIES TREADMILL



• **MADE FOR RUNNERS** High traction anti—slip running belt surface delivers stability. Intenza signature pre—waxed running deck offers refined shifting for effortless acceleration/deceleration • **BELT** Pre—waxed PU belt • **CONTROLLER** AC inverter • **CUSHIONING** Elastomer shock absorber • **DECK** Double side pre—waxed reversible deck • **INCLINE** 0—12% • **MAX USER WEIGHT** 181kg (400 lbs) • **MOTOR** 4 HP industrial grade AC motor • **RUNNING SURFACE** 56 x 155cm (22 x 61") • **SPEED** 1—25km/h (0.6—15.6 mph) • **STEP—UP HEIGHT** 27cm (10.6") • **ACCESSORIES HOLDER** Conveniently placed accessories holder for portable music players and mobile phones • **COCKPIT** Spaciously designed for your comfort and convenience • **ERGO BAR CONTROL CENTRE** Manual stick shift for speed and incline adjustment at an easy—access position during workout • **MOTOR HOOD** Streamlined motor hood design offers unobstructed space for running in comfort • **SAFETY AND SECURITY** Flush sidelanding design creates a clean exceptionally pure line, reduces noise, improves aerodynamic efficiency and delivers a safe run free of obstructions. Ergonomic handlebars are comfortable to grip, strong and stable • **3 WAYS TO STOP ON COMMAND** On your instruction the 450 Treadmill is halted through **1** EBS (Emergency Brake System) which is deployed after safety tether becomes detached from clothing **2** CCS stop button. Runners press to pause the treadmill when feeling fatigued or to take a timeout and **3** Via console. During training, press the stop button to bring the treadmill to a standstill at any time • **SMART AUTO STOP** ISS (Intelligent Stop System) running belt will stop automatically when user not in the running zone • **WATER BOTTLE HOLDERS** Dual water bottle holders support 1 litre water bottles

## INTENZA 550 SERIES TREADMILL

Every run has its purpose and whether you're a novice runner or have a few marathons under your belt, the Intenza 550 Series Treadmill has a running program for you to challenge your body and boost your fitness level— walking, jogging, endurance running or sprinting at a high—intensity pace: all of these fitness modes are offered on the 550 Series Treadmill.

Not your average treadmill, the 550 Series is built to stand up to the most demanding gym environments and has appeal to those who want more out of their treadmill workout while still accommodating regular treadmill users. With a top speed of 25 km/h the 550 Series enables users to train at a greater variety of paces, including those ideal for a mile to marathon length run or sprint training, and the increase in maximum incline from 0—15% is great for walkers who want an additional challenge with an increased opportunity for fat burn. Designed and engineered for exceptional dynamics, the iconic Intenza 550 Series Treadmill is made for runners.





550Te





INTENZA TREADMILLS	450 Ti2S	550 Ti	450 Ti2	550 Te2
FOOTPRINT	L x W 215 x 96cm/84 x 38"	L x W 215 x 96cm/84 x 38"	L x W 215 x 96cm/84 x 38"	L x W 215 x 96cm/84 x 38"
SHIPPING GROSS WEIGHT	290KG/639LBS	292KG/644LBS	290KG/639LBS	298KG/657LBS
CONSOLE	i2S	i	i2	e2
LANGUAGE	ENGLISH	ENGLISH	21	21
WORKOUT OPTIONS	17	18	34	35
INCLINE	0—12%	0—15%	0—12%	0—15%
SMART ENERGY SYSTEM	•	•	•	•
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	SOFT GREY















RPM



WATT



KM/H

LEVEL

01

77

MAX.



INTENZA 550 GC SERIES

Built to withstand the rigours of thousands of classes, performance matters. From the ground up, Intenza’s 550 GC Series is built with a high—tensile steel frame finished with a protective powder—coated layer that enhances and protects the surface, resulting in an aesthetic that is both durable, and beautiful, affording extended periods of maintenance—free use. And true to the Intenza aesthetic, and our high levels of craftsmanship, reflected in signature premium finishes and impeccable engineering, the GC Series is the difference between a great workout and just spinning your wheels.



8KG FLYWHEEL



OPTIONAL CLIP IN



ENGLISH



RECHARGEABLE



GC3 CONSOLE

INTENZA 550 GC3 CONSOLE

CADENCE	RPM MEASURES PEDAL STROKES PER MINUTE. AVERAGE RPM IS CALCULATED OVER A SINGLE WORKOUT
HEART RATE	MEASURES HEART BEATS PER MINUTE. AVERAGE BPM IS CALCULATED OVER A SINGLE WORKOUT
TIME	DURING WORKOUT TIME DISPLAYS IN MINUTES:SECONDS. AFTER 60 MINUTES TIME DISPLAYS IN HOURS:MINUTES
DISTANCE	CALCULATIONS ARE BASED ON RPM
KILOCALORIE	ENERGY CALCULATIONS ARE BASED ON HEART RATE
RESISTANCE	DURING WORKOUT RESISTANCE IS DISPLAYED BY LEVEL NUMBER











INTENZA GC SERIES	550 GC	550 GC3
FOOTPRINT	L x W 130 x 58cm/51.18 x 22.83"	L x W 130 x 58cm/51.18 x 22.83"
SHIPPING GROSS WEIGHT	71.5KG/158LBS	73.5KG/162LBS
DRIVE SYSTEM	BELT	BELT
RESISTANCE LEVEL	40	40
SMART POWER MANAGEMENT		PEDAL OR PRESS ANY KEY
CONSOLE DISPLAY		RPM AVG/MAX
		WATT AVG/MAX
		SPEED AVG/MAX
		TIME
		LEVEL (RESISTANCE)
		CALORIES
		DISTANCE
		HR AVG NEED TO USE HEART RATE STRAP
Q—FACTOR	162MM	162MM
COLOUR	HARD BLACK	HARD BLACK







INTENZA ELLIPTICAL TRAINERS

Conceived to provide a natural and stable workout, Intenza Elliptical Trainers seamlessly mimic the timing and gait of running. Our 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. Intuitive and smooth, low—impact movement prevents stress to joints whilst providing a total body workout. And, with proven biomechanics, every part of the shift mechanism has been meticulously tuned to make each change precise and effortless.

Featuring 40 levels of resistance to match your fitness level, this incredibly fluid machine affords a variety of workouts, from lengthy, steady—state cardio sessions to short, fast—paced interval training and with a stride length of 52—55cm (20.4—21.6”) ensures a comfortable and effective session for taller users. Not your typical elliptical, Intenza’s incline feature offers 16 levels up to 40 degrees allowing for a change in motion shape and preparation for climbing—specific goals, such as hiking or trail running or the targeting of lower—body muscle groups. And most importantly, the feet of those training are correctly supported during strides through the focus of weight being placed on the whole foot, not the toes, so any numbing sensation or over—working of the calves is eliminated.



INTENZA ELLIPTICALS	450 ETi2S	550 ETi	450 ETi2	550 ETe2
FOOTPRINT	L x W 209 x 84cm/83 x 33"	L x W 209 x 84cm/83 x 33"	L x W 209 x 84cm/83 x 33"	L x W 209 x 84cm/83 x 33"
SHIPPING GROSS WEIGHT	248KG/547LBS	244KG/537LBS	251KG/553LBS	248KG/547LBS
CONSOLE	i2S	i	i2	e2
LANGUAGE	ENGLISH	ENGLISH	21	21
WORKOUT OPTIONS	15	18	22	23
RESISTANCE LEVEL	40	40	40	40
INCLINE LEVEL	16 13—40°	16 13—40°	16 13—40°	16 13—40°
SMART ENERGY SYSTEM		•		
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	SOFT GREY















550UBe

The muscular curve of the Upright's front post hints at its performance potential and feature—packed, these bikes deliver exceptional everyday usability for multiple fitness levels and whether for a long, steady aerobic workout or a pumped—up program, Intenza Uprights blend the best of both world's quietly underpinned by superb construction.

With an impressive, natural and secure pedal movement the Uprights' contoured seat and ergonomically designed handlebars provide suspension for your hands while you work on your legs, and help to support your weight if you opt to stand. For those seeking exhilaration, 40 levels of resistance afford of a gamut of choice: your workout, your rules. More than just a stationary cycle, Intenza Uprights are created for people who need a more inspiring, more motivating, more engaging way to ride and are a must—have piece of cardio equipment for today's gym.









INTENZA UPRIGHT BIKES	450 UBi2S	550 UBi	450 UBi2	550 UBe2
FOOTPRINT	L x W 123 x 67cm/48 x 26"	L x W 123 x 67cm/48 x 26"	L x W 123 x 67cm/48 x 26"	L x W 123 x 67cm/48 x 26"
SHIPPING GROSS WEIGHT	82KG/180LBS	83KG/182LBS	84.5KG/186LBS	88KG/194LBS
CONSOLE	i2S	i	i2	e2
LANGUAGE	ENGLISH	ENGLISH	21	21
WORKOUT OPTIONS	15	19	22	23
RESISTANCE	40	40	40	40
SMART ENERGY SYSTEM	•	•	•	•
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	SOFT GREY









## INTENZA RECUMBENT BIKES

The perfect choice for seated workouts, due to its ergonomic seat and vented lower back support, Intenza Recumbent Bikes combine aesthetics and optimal efficiency to create a product that supports a lifetime of healthy living. The ultimate mix of function and results, and particularly suited to positive agers, these machines will challenge the way athletes and amateurs think about their training.

Evening out your bodyweight distribution, the oversized pedals make Intenza's Recumbents an optimal choice for people with back problems, joint issues or pre-existing injuries. And, because our bikes offer handlebars at both the front display, as well as along the sides of the seat they are well-suited for senior exercisers who appreciate the value of security whilst pedalling. With a generous saddle and lower seat positioning, the Intenza Recumbent offers better stability making it a safer option for those who can't balance their bodies well.



INTENZA RECUMBENT BIKES	450 RBi2S	550 RBi	450 RBi2	550 RBe2
FOOTPRINT	L x W 160 x 71cm/63 x 28"	L x W 160 x 71cm/63 x 28"	L x W 160 x 71cm/63 x 28"	L x W 160 x 71cm/63 x 28"
SHIPPING GROSS WEIGHT	121KG/266LBS	112KG/247LBS	123KG/271LBS	119KG/262LBS
CONSOLE	i2S	i	i2	e2
LANGUAGE	ENGLISH	ENGLISH	21	21
WORKOUT OPTIONS	15	19	22	23
RESISTANCE	40	40	40	40
SMART ENERGY SYSTEM		•		
COLOUR	HARD BLACK	SOFT GREY	HARD BLACK	SOFT GREY







QUICKSTART

## INTENZA CONSOLES 450 i2S SERIES



• **DISPLAY READOUTS** Displays information relevant to product type during exercise • **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 • **WORKOUT OPTIONS** Fitness Test, Quick Start, Target Program, Advanced Program (available programs depend on product type) • **COLOUR** Hard Black

## INTENZA CONSOLES 550 i SERIES



• **CUSTOM SETTINGS** When USB is detected, users may customise **1** Display Unit **2** Age **3** Gender **4** Weight **5** Buzzer. Smart machine will automatically prioritise personalised setting and workout routine with USB login • **DISPLAY READOUTS** Displays information relevant to product type during exercise • **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 • **DISPLAY TYPE** Large LED Dot matrix and 18 characters LED message centre easily provide all needed information • **INZONE™** InZone™ heart rate training provides visual colour feedback to help users effectively optimise their workout efforts at their target heart rate zones • **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 Uni—Dial™ • **WORKOUT OPTIONS** Custom Program, Fitness Test, HR Control, Preset Program (available programs depend on product type), Quick Start, Race, Target Programs • **COLOUR** Soft Grey



## INTENZA CONSOLES 450 i2 SERIES



- **UNI—DIAL™** A simple twist of the precision dial gives exercisers complete control of all console features and options
- **12" LCD DISPLAY** Enhanced display readability powered by a beautifully proportioned 12" LCD display offers clean easy to read UI which guides users through training
- **INCARE™ SUPPORT** Intenza's proactive product maintenance program. When service is required the Wi—Fi enabled i2 Console automatically delivers diagnostic reports to the InCare™ server as well as installation of the latest software updates
- **SCREENSAVER** Connect to your community through the 450 i2's dynamic messaging screensaver function. Through USB port, 10 image files of your choice connects you to your club as well as the installation of software updates
- **DISPLAY READOUTS** Displays information relevant to product type during exercise
- **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
- **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools
- **C—SAFE CONNECTIVITY** Optional connectivity facilitates data transfer (available by demand)
- **WI—FI CAPABILITY** Supports InCare™ Online, software update
- **USB CONNECTIVITY** For setting and software upgrade
- **WORKOUT OPTIONS** Fitness Test, Quick Start, Target Programs, Preset Program (available programs depend on product type), HR Control, Race
- **LANGUAGE** 21 countries are offered
- **COLOUR** Hard Black

## INTENZA CONSOLES 550 e2 SERIES



- **CUSTOM SETTINGS** When USB is detected, users may customise **1** Display Unit **2** Age **3** Gender **4** Weight **5** Buzzer. Smart machine will automatically prioritise personalised setting and workout routine with USB login
- **DISPLAY READOUTS** Displays information relevant to product type during exercise
- **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
- **USB CONNECTIVITY** For customised workout, workout results, personal settings, InCare™ and manual software upgrade
- **BUILT—IN TV SYSTEM** Analog/Digital support ATSC, DVB—T/T2/C/S, ISDB. For detailed support on Digital TV, contact your Intenza Sales Representative
- **CONNECTORS** Support HDMI devices, Ethernet cable network, 3.5mm stereo Headphone Jack, Bluetooth stereo headset
- **C—SAFE STANDARD POWER** Standard C—SAFE power supports the power supply of external tools
- **C—SAFE CONNECTIVITY** Optional C—SAFE connectivity facilitates data transfer (available by demand)
- **DISPLAY TYPE** Industrial grade 19"/16" TFT capacitance touch screen display for longer lifetime
- **INCARE™ ONLINE** Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
- **INTENZACAST™** Supports smartphone mirroring (iOS/Android)
- **LANGUAGE** 21 countries are offered
- **SCREEN SAVER** Upload 10 image files for messages or commercial advertisements to be displayed during stand—by
- **VIRTUAL SCENERY** 10 scenes
- **WI—FI CAPABILITY** Supports InCare™ Online, software update, Internet browsing
- **NETPULSE (XID)** xID login
- **WORKOUT OPTIONS** Custom Program, Fitness Test, HR Control, Preset Program (available programs depend on product type), Quick Start, Race, Target Programs
- **COLOUR** Soft Grey

## INTENZA CONSOLE PORTFOLIO



### FEATURES

MODEL	450 i2S	550 i	450 i2	550 e2
DISPLAY TYPE	LED WHITE LIGHT	RED LED DOT MATRIX	12" LCD WITHOUT TOUCHSCREEN	19" TFT WITH TOUCHSCREEN
LANGUAGE	ENGLISH	ENGLISH	21	21
UNI—DIAL™	•	•	•	
INZONE™		•		
HEART RATE MONITORING	•	•	•	•
POWER SAVING SYSTEM	•	•	•	•
XiD NETPULSE LOGIN				•
EGYM LOGIN				•
INTENZACAST™				•
VIRTUAL SCENERY				•
BUILT—IN TV SYSTEM				•
CONNECTIVITY				
WI—FI			• INCARE™ ONLY	•
USB		•	•	•
HDMI				•
ETHERNET				•
C—SAFE	•		•	•
RFID/NFC				•
3.5MM HEADPHONE JACK				•
BLUETOOTH HEADSET				•



## INTENZA CONSOLE PORTFOLIO



### PROGRAMMS

MODEL	450 i2S	550 i	450 i2	550 e2
QUICK START	•	•	•	•
PRESET/ADVANCED	•	•	•	•
TARGET	•	•	•	•
FITNESS TEST	•	•	•	•
HR CONTROL		•	•	•
RACE		•	•	•
CUSTOM PROGRAM		•		•
ESCALATE LANDMARK			•	
TOTAL PROGRAMS	15—17	18—24	22—34	23—35
CUSTOM SETTING VIA USB		•	•	•
WORKOUT DATA DOWNLOAD VIA USB		•	•	•

### SERVICE

INCARE™ ONLINE			•	•
SOFTWARE UPDATE		• USB	• WI—FI/USB	• WI—FI/USB
i—REMOTE VIA WI—FI			•	•
ERROR MESSAGE HISTORY		• USB	• WI—FI	• WI—FI



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