

# intenza

450 SERIES UPRIGHT BIKE \_\_\_\_\_ [INTENZA FITNESS.COM](https://www.intenzafitness.com)



Upright Bike Features	
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 minimize 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 (available by demand)
Display Type	• Industrial grade 12" colour TFT LCD display for longer life time ◦ Large white light LED message centre easily provides all needed information
InCare™ Online	• Smart machine automatically detects when service is needed and sends service diagnostic via Wi—Fi
Language	• 23 countries are offered ◦ 7 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

Performance Features	
3—Phase Generator	■ Power saving hybrid generator delivers consistent performance for a smooth and quiet workout
Belt Drive	■ Belt drive system for smoother, quieter performance. Minimize maintenance. Service made quick and easy
Bottom Bracket	■ High performance bottom bracket assembly with precision sealed ball bearing for exceptional performance
Maximum User Weight	■ 181kg (400 lbs)
Maximum Watts	■ 640 Watts (Level 40 at 150 RPM)
Minimum Watts	■ 16 Watts (Level 1 at 20 RPM)
Resistance Levels	■ 40 resistance levels meets new European EN957—5 standards
User Height Range	■ 147—193cm (4'9" to 6'5")

Workout Options	
Fitness Test	■ Fitness test determines individual's fitness level based on VO2 max standards. Test method includes Astrand—Rhyming
Quick Start	■ Quick Start is a manual workout
Advanced Program	■ 10 Preset programs: 1:3 interval, 1:2 interval, 1:1 interval, 3 step interval, Easy Hill, Rolling Hills, Peak, Hill Step, HIIT Beginner, HIIT Advanced
Target Program	• 3 Target programs: Time (1—99 mins), Distance (1—99.9 km), Calories (10—2500 Kcals) ◦ 3 Target programs: Time (1—99 mins), Distance (1—99 km), Calories (10—2500 Kcals)
HR Control	• 4 heart rate control programs in constant power mode—HR Zone, Interval, Hill, Cardio Strength
Race	• Race program offers a fun challenge by racing against existing champion for 1K, 2K, or 4K races

ComfortFit™ Features	
Accessories Holder	■ Conveniently placed accessories holder for portable music players and mobile phones
Frame	■ Robust frame structure designed to ensure stability and durability. Aluminum components create visual appeal and durability against corrosion. Low cross over design allows for ease of getting on and off the bike
Multi—function Handlebar	■ Ergonomically designed handlebar with integrated elbow support for maximum comfort in racing position. Handlebar integrated with contact HR and resistance adjustment buttons for ease of use during workout
Pedals	■ Ergonomic oversized pedals with grip and integrated straps for quick adjustments and pedaling comfort
Saddle	■ Ergonomic saddle designed for maximum comfort and support during the most rigorous workout
Seat Adjustment	■ 1/2" incremental seat positions accommodate users from 147—193cm (4'9" to 6'5")
Water Bottle Holder	■ Dual water bottle holder supports 1 litre water bottles

Product Dimensions	
Foot Print	■ L x W                      123 x 67cm                      48 x 26"
Product Dimensions	■ L x W x H                122 x 67 x 146cm                48 x 26 x 57"
Product Net Weight	• 78.5kg                      173 lbs                      ◦ 76kg                      167 lbs
Shipping Dimensions	■ L x W x H                148 x 240 x 101cm                58 x 9 x 40"
Shipping Gross Weight	• 84.5kg                      186 lbs                      ◦ 83kg                      183 lbs