

# BikeERG

The BikeErg is the latest addition to our family of ergometers. The BikeErg uses our air resistance flywheel to create a smooth, quiet ride that responds to your efforts. The damper is your “gearing,” allowing you to adjust the feel of your ride. The BikeErg has a clutch, so when you stop pedaling the flywheel keeps on spinning.

With the same powerful Performance Monitor 5 (PM5) as our RowErgs and the SkiErg, the BikeErg provides instantaneous workout feedback, with a wide variety of displays and workouts to choose from. An integrated device holder allows you to keep your smartphone or tablet securely in place while using ErgData or other favorite apps.



Length	Width	Seat Height	Weight	Space Recommended For Use	Stored Dimensions	Weight Capacity
48 in 122 cm	24 in 61 cm	31-40.5 in 79-103 cm	68 lb 31 kg	60 in x 48 in 152 cm x 122 cm	Must be stored fully assembled	300 lb 136 kg