

GR7



RIDE YOUR WAY

To bring the feel of real road cycling right into your home

GR Series Indoor Cycles aren't exercise bikes — they're true indoor cycles created for people who want a more inspiring, more motivating, more engaging way to ride. Each thoughtfully designed GR Indoor Cycle is precision-engineered to bring the feel of real road cycling to your home.

FEATURES

- Rear-drive design and ergonomic handlebars, seat and pedals bring the feel of real road cycling to indoor environments
- Magnetic resistance system provides instant, smooth adjustments to challenge
- Adjustable handlebars, seat and pedals make it easy for users of all sizes to find a comfortable riding position
- Optional LCD console offers real-time feedback and a variety of workout programs, plus unique Glow Ride lighting system that lead riders through three different phases of riding to simulate road cycling
- Free FitDisplay mobile app connects to cycle via Bluetooth to create an engaging, completely customizable exercise experience that leads to real results



FitDisplay mobile app connects to the cycle via Bluetooth to provide entertainment, motivation, workout tracking and more. FitDisplay's Beat program coaches you through resistance changes in sync to your favorite music, Virtual Active gives you the chance to explore exotic locales while you ride, and competition and challenge programs let you race friends and unlock reward points. You'll get a variety of target training programs, and FitDisplay remembers personal settings and records workout data to help you chart progress. Download FitDisplay for free to discover all the ways it can enhance your exercise experience.



INDOOR CYCLE	
HANDLEBAR ADJUSTMENT	Vertical and horizontal
PEDALS	Interchangeable dual-sided pedals with cages and pedal clips
SEAT ADJUSTMENT	Vertical and horizontal
RESISTANCE SYSTEM	Magnetic
DIMENSIONS (L x W x H)	134 x 56.2 x 105.8 cm / 53" x 22" x 42"
PRODUCT WEIGHT	51 kg / 112 lbs.
USER WEIGHT CAPACITY	136 kg / 300 lbs.
EXTRAS	Transport wheels, tablet holder, water bottle holders, foot stretch, bluetooth connectivity for FitDisplay

	CONSOLE	MOBILE APP
HEART RATE	Wireless heart rate, Polar compatible	Bluetooth heart rate
DISPLAY	5" LCD	User's mobile device
DISPLAY FEEDBACK	Time, Distance, Calories, Heart Rate, RPM, Speed, Battery	Time, Distance, Calories, Heart Rate, RPM, Speed, Watts
PROGRAMS	HIIT, Speed Intervals, Heart Rate Intervals	Beat, Contest, Sprint 8, Virtual Active, Distance Target, Speed Target, Calories Target, Heart Rate Target, Intervals, Manual
FEATURES	Glow Ride lighting system	ViewFit

*Specifications subject to change without notice.

Experience Full-Body Fitness That Just Fits

Now you can get a transformative workout that fits your body comfortably and your home beautifully. You'll discover ergonomics that accommodate your unique shape and your natural movements for efficient low-impact exercise, plus sleek industrial design and whisper-quiet operation that won't disrupt your home whether your rower is in motion or tilted up for compact storage.



OXFORD 6

- Premium aluminum rail (fits inseams up to 38"), magnetic resistance and smooth-action drive belt combine for whisper-quiet, natural movements
- Ergonomically refined seat fits a wide range of users and makes even long workouts comfortable
- Footpads include optimized spacing and quick-adjust straps
- Optimized seat height and ultra-stable design offer a balanced, grounded feel and make it easy to get on and off
- Backlit console provides complete workout feedback and raised buttons for easy program change, plus adjustable angle and height
- 20 magnetic resistance levels accommodate a wide range of fitness levels and include electronic adjustment for quick changes
- Includes ViaFit connectivity and Polar wireless heart rate receiver

OXFORD 3

- Premium aluminum rail (fits inseams up to 36"), magnetic resistance and smooth-action drive belt combine for whisper-quiet, natural movements
- Footpads include optimized spacing and quick-adjust straps
- Optimized seat height and ultra-stable design offer a balanced, grounded feel and make it easy to get on and off
- Battery-operated console with adjustable angle and height offers cord-free use anywhere in your home
- 10 magnetic resistance levels accommodate a wide range of fitness levels

EASY STORAGE

Effortless tilt-up design offers a compact storage footprint, and lightweight construction with integrated transport wheels provides convenient portability between workouts.



OXFORD 6



OXFORD 3



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JOHNSON EXCLUSIVE TECHNOLOGY

At Johnson Health Tech, we invest in technology that completely redefines the exercise experience, helping you reach your fitness goals in smarter, easier and more enjoyable ways. These unique features are exclusive to our premium products, so you won't be able to find them anywhere else.



ViaFit Connectivity (Oxford 6)

The integrated ViaFit connectivity system sends your home workouts to the fitness apps and tools you already use. ViaFit will also manage your software updates, and we'll never charge you for an update.

ROWERS	OXFORD 6	OXFORD 3
RESISTANCE SYSTEM	ECB magnetic resistance	ECB magnetic resistance
RESISTANCE LEVELS	20 levels, electronic	10 levels, manual
PEDAL DESIGN	Deluxe adjustable commercial-grade heel rest with quick-adjust foot straps	Deluxe adjustable commercial-grade heel rest with quick-adjust foot straps
SEAT DESIGN	Comfort seat	Contoured seat
TRANSPORT WHEELS	2 integrated wheels	2 integrated wheels
MONORAIL	Extruded high-strength aluminum	Extruded high-strength aluminum
HANDLEBAR	Ergonomically correct straight-grip handlebar	Ergonomically correct straight-grip handlebar
HEART RATE	Polar® wireless receiver	N/A
ASSEMBLED DIMENSIONS (L x W x H)	2100 x 615 x 1090mm / 82.7" x 24.5" x 43"	2050 x 615 x 1090mm / 80.7" x 24.5" x 43"
ASSEMBLED PRODUCT WEIGHT	38 kg / 84 lbs.	37 kg / 81 lbs.
USER WEIGHT CAPACITY	159.1 kg / 350 lbs.	159.1 kg / 350 lbs.
USER HEIGHT RANGE	Up to 38" inseam	Up to 36" inseam
HOME WARRANTY	Lifetime frame, 3 years electronics and parts, 1 year labor, 1 year wear parts *	Lifetime frame, 2 years electronics and parts, 1 year labor, 1 year wear parts *
CONSOLE		
DISPLAY	5.4" Blue backlit LCD with profile display and rubber buttons	5.4" LCD with profile display
ADJUSTABLE CONSOLE	Adjustable height and angle	Adjustable height and angle
WI-FI ENABLED	ViaFit Connectivity	N/A
WORKOUT FEEDBACK	Time, Strokes, Meters, Time / 500 M, Heart Rate, SPM, Calories, Watts	Time, Strokes, Meters, Time / 500 M, SPM, Calories, Watts
PROGRAMS	12 Total: Manual, Fat Burn, Distance, Training Intervals (Time, Distance), Performance Intervals (Endurance, Speed), Race (Beginner, Intermediate, Advanced), HR Training (Max HR, Target HR)	5 Total: Manual, Distance, Race (Beginner, Intermediate, Advanced)

* Wear parts include: Pulley belt, Handlebar strap, console batteries (Oxford 3), seat, adjustable foot supports and foot straps

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