



pulse
fitness

The Group Cycle Range

GROUP CYCLE

The Pulse Group Cycle looks and performs magnificently. Built to give an effective workout and tough enough to cope with multiple classes, it is comfortable, durable and easy to maintain and adjust.



ZM6 GYM BIKE POWER CONSOLE

View workout statistics such as RPM, heart rate and calories burnt during your group cycle exercise for added motivation.



COLOUR CODED ADJUSTERS

To enable the rider to alter workout position for optimum safety, comfort and performance, users can easily and clearly adjust the Group Cycle handlebars, seat, pedal straps and resistance brake system. The Group Cycle also features adjustable feet for uneven gym floors.



SMOOTH FLY WHEEL

Uniquely designed to deliver a smooth, quiet and fluid motion for ultimate rider's comfort whilst providing operators a low maintenance solution.



INTEGRATED SWEAT GUARDS

Injection moulded sweat guards help protect key components of the Group Cycle from corrosion and rust ensuring the cycle is easy to maintain and stays cleaner for longer.

KEISER M3i INDOOR CYCLE

The company that revolutionised indoor group cycling with magnetic resistance, the first bike with a computer, and who made power an industry training standard, now introduces the most technologically advanced indoor group cycle ever, the Keiser M3i.



| M3i Specification | | M3i Features |
|-------------------|---------|---|
| Height | 1143mm | Revolutionary new display |
| Width | 660mm | Bluetooth Wireless Technology |
| Length | 1245mm | Simpler seat adjustment pull-pin |
| Weight | 38.56kg | Eddy current (magnetic resistance) system |
| | | Four-way adjustable seat |
| | | Wheels on base for easy transport |
| | | Water bottle holder |
| | | Lock seat & handlebar adjustment pull pin |

KEISER®

KEISER M3X INDOOR CYCLE

The M3X combines the immensely popular M3 with uniquely pivoting X-bars. The independent movement of the upper and lower body offers great benefits to the core, upper torso, and arms and also aids balance training. Research shows that cycles with X-bars help burn more calories than traditional group exercise bikes.



| M3X Specification | | M3X Features |
|-------------------|---------|--|
| Height | 1143mm | Eddy current (magnetic resistance) system |
| Width | 660mm | X-bars, providing seven levels of handlebar resistance |
| Length | 1245mm | M Series backlit digital display |
| Weight | 43.54kg | Four-way adjustable seat |
| | | Water bottle holder |
| | | Compatible with Polar® heart rate monitors |
| | | Wheels on base for easy transport |

KEISER®