



HOIST® LEMOND SERIES RT RECUMBENT TRAINER

Built to deliver a better workout, every component of the HOIST® LeMond Series RT has been designed to make this the most innovative indoor recumbent bike available. Designed with performance and comfort in mind, the RT combines innovative technology with unique features allowing the rider to create a custom riding experience. An ergonomically designed seat, superior frame and five different seat recline positions are among the many features that define this bike as a leader in the home fitness industry.

NEW UPGRADED FEATURES

- **NEW** Walk-through frame design
- **NEW** CaloriePump™ feature to highlight calories burned
- **NEW** Upgraded LCD console display
- **NEW** Bluetooth LE enabled with free HOIST Cycling app to track fitness progress
- **NEW** Upgraded handle bar design
- **NEW** Upgraded larger pedals
- **NEW** Upgraded easy-to-adjust fore and aft seat handle
- **NEW** Option for cordless or with power cord for 24/7 power (*power cord not included*)
- **NEW** Additional workout programs — *14 featured programs including 7 designed by Tour de France winner Greg LeMond*

ADDITIONAL FEATURES

- Actual recumbent bike versus semi-recumbent — *Innovative pedal to seat relationship*
- Strong, durable frame
- Attractive, sleek and compact design — *takes up less space than an elliptical or treadmill*
- Self-powered
- Patented adjustable seat — *provides proper knee alignment and increased muscle activation*
- USB enabled console — *charge your device while you work out*
- Large range of resistance levels — *Set between 1 and 20 for a usable watt range from 33 to over 1,200*
- Five reclining seat angles
- Standard threaded cranks — *Compatible with all standard cycling pedals*
- Contact heart rate sensors
- Telemetry heart rate equipped — *5 KHz Polar compatible heart rate straps (Not Included)*
- Calibration free — *Unbox, then hop on and ride*
- Digital drive system — *For smooth and accurate power feedback*



SPECIFICATIONS

US / METRIC

Length: 60 in / 152 cm

Width: 26 in / 66 cm

Height: 50 in / 127 cm

Machine Weight: 201 lb (95 kg)

User Height Range: 58 in (147.3 cm) to 80 in (203.2 cm) tall

Maximum User Weight: 350 lb (136.4 kg)

Power Requirements: Cordless or power cord option for instant, 24/7 power

Free HOIST cycling app communicates with the bike via Bluetooth LE and records all your workout data





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CUSTOMIZE YOUR WORKOUT

Users can select one of 14 unique workout programs, including seven exclusive training sessions designed by three-time Tour de France champion, Greg LeMond. HOIST LeMond Series bikes come with a free download of the **HOIST Cycling app** (available for Apple and Android devices) where users can track and monitor workouts and long-term fitness progress. With this app users can check individual workout stats, compare week-over-week and month-over-month stats or try to beat your personal 'bests'. It's a perfect tool to stay motivated and improve health in a fun and engaging way.



WALK-THROUGH DESIGN

A walk-through frame design allows for easy entry and exit of the bike along with allowing more flexibility for positioning within your space.



PATENTED CaloriePUMP™ MONITOR

A one-of-a-kind monitor feature that provides a fun and engaging way to track calories burned.



BLUETOOTH LE ENABLED CONSOLE

Download the free HOIST Cycling app and connect your mobile device via Bluetooth LE to track and store your workouts and fitness progress.



REVOLUTIONARY SEAT DESIGN

Adjustable seat angle, unique mesh seat back and anatomically formed seat base allow for maximum comfort. Five different recline positions target more muscle groups for a full lower body workout.