

wattbike



TRAIN LESS, RIDE FASTER

WATTBIKE

The Wattbike - Get more out of cycling

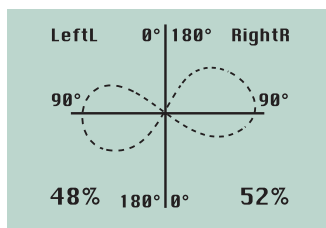
The Wattbike is a revolutionary indoor bike that monitors your pedalling technique and power output with every turn which means that you get more out of every training session

In addition to being able to train smarter and get fitter, one of the unique features of the Wattbike is the polar graph which can be used to improve pedalling technique and cycling performance. A single pedal revolution involves a drive and recovery phase for each leg and the Wattbike polar graph shows the peak force profile of the drive on each leg.

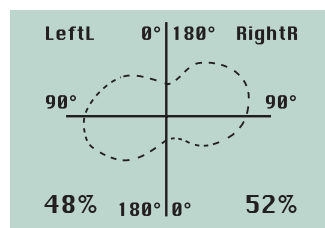
The polar view on the Performance Computer provides immediate visual feedback on how the power is being applied through each pedal turn both as a percentage and a shape. You will achieve the greatest power output when each leg contributes 50%.

- The left hand side of the polar view shows the left leg drive starting at the top of the graph (12 o'clock position) and finishing at the bottom of the graph (6 o'clock position)
- The right hand side of the polar view shows the right leg drive starting at the bottom of the graph (6 o'clock position) and finishing at the top of the graph (12 o'clock position)

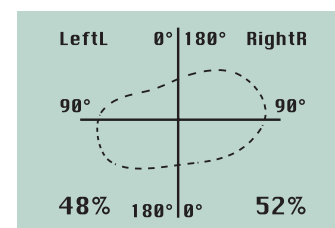
The shape generated indicates how effectively the rider is cycling. Here are 3 typical shapes:



The 'Figure of Eight' - Beginner
This shape is typical of a strong drive and poor recovery



The 'Peanut' - Good Cyclist
This shape is typical of a strong drive and good recovery



The 'Sausage' - Elite Cyclist
This shape is typical of a very effective cycling technique

Is each leg contributing equally? Are you delivering power smoothly? Is there a dead spot when your cranks are vertical? The Wattbike allows you to answer all these questions and eliminate ingrained technical faults while training efficiently – resulting in better overall performance.

Train less, ride faster

The Wattbike can be set up in seconds and is adjustable to fit serious cyclists as well as recreational users. You will no longer need to waste valuable time adjusting and calibrating your indoor trainer as the Wattbike is factory calibrated and needs no recalibration.

Training with the Wattbike means:

- Each pedal turn of every training session can be set at the correct intensity to get the most out of your training
- Accurate measurement enables you to be sure of your progress and compare fairly with others
- There is no stopping at traffic lights, turning corners, coasting downhill or getting run over, just a high quality workout everytime

This means you need to train less for a greater training effect with the Wattbike.



Fitness solutions and group cycling

Offer more intelligent training for individuals and groups in any establishment

Designed with cyclists in mind, the Wattbike attracts and retains cycling and triathlon enthusiasts to any establishment. The Wattbike gives newcomers and seasoned pros alike a fantastic workout with easy-to-understand performance feedback presented in real time - an intuitive way to focus riders' minds on not just how hard they are riding but also how effective they are.

5 benefits of installing Wattbikes in a facility:

- Monitor performance progress of your customers accurately
- A bike that makes you feel like you are really cycling out on the road with a range of gears to replicate any ride
- Performance data perfect for fitness testing and personal training
- Eco-friendly. Internally generated power means no power use, no running costs, no CO2.
- Online ranking and free gym challenges available

Built to be practical for any environment, the Wattbike footprint is less than 0.7m², and since they do not require any electricity you can place them anywhere.

Tailored personal training

No other bike gives so much performance feedback for such an affordable price. Training is easy to perform and evaluate using the Wattbike making it an ideal tool for personal trainers. A wide range of test protocols and training programme materials are now available to help you ensure clients achieves their goals, whether it be to improve fitness, recover from injury or correct imbalances in leg power.

Group cycling

A facility featuring Wattbikes offers much more in their group cycling sessions. The air resistance and free-wheeling ability gives classes a realistic cycling feel and takes group cycling to the next level. The Performance Computer gives instructor-led sessions a whole new dimension as instructors can monitor the class performance in real time as a group or individually.

Wattbike race series

Link the Wattbikes together and you have created your own virtual velodrome. The Wattbike racing software offers a host of racing scenarios which are fair, simple to understand and easy-to-run. Give cyclists a true taste of cycle racing as separate race sessions or integrate races into music and instructor-led sessions.

What gyms think

"Just a note to say how pleased we are with the Wattbikes. Our members have started using them frequently as they provide a good road bike feel as opposed to other magnetic resistance bikes and I would consider in the future replacing our other bike models with Wattbikes. They are both an affordable commercial gym machine and have so far withstood heavy use. Who needs inbuilt TV screens with internet and iPod docks? Let's get back to basics. Get training with Wattbikes!"

Iain Watson, General Manager, Banks O'Dee Club, Aberdeen



Wattbike & British Cycling

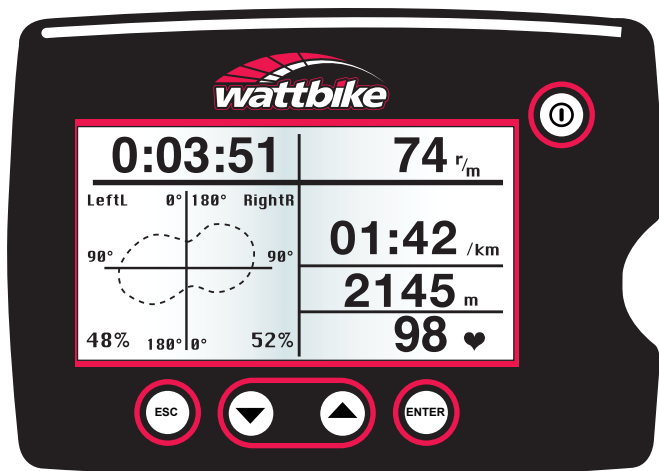
Born out of a desire for the authentic feel of cycling and accurate data the Wattbike is the first indoor bike to be endorsed by British Cycling

The challenge was to design a bike that felt realistic, was incredibly accurate and which would allow for training, monitoring fitness, talent identification and racing for everyone from children through to elite athletes and the over 60s. In 2007, after rigorous testing and extensive design input with British Cycling, the Wattbike became the first and only indoor bike they have ever endorsed.

Since then, British Cycling has been using Wattbikes as part of their national talent identification programme and to teach the potential cycling stars of the future race tactics and technique. They have created three easy-to-run tests (Peak Power, 200m and 3 minutes) to find the next Chris Hoy or Victoria Pendleton and as well as using the Wattbike as their frontline talent identification tool they have also been integrating it into the long-term plans of every element of the sport of cycling in Britain.

The Wattbike's brain

The groundbreaking Performance Computer and software puts the Wattbike in a class of its own



The Wattbike Performance Computer measures power in Watts as well as Speed (km/h), Cadence (rpm), and Heart Rate; which means that whichever training mode you are interested in, you can precisely monitor your performance. Capable of accurately measuring levels of exertion below 20W - through to extreme sprint efforts in excess of 2,000W, the Wattbike provides meaningful feedback for all.

As you ride, the data can be seen in 7 different views, and as a concise summary after each session. Naturally as a world leader, the Wattbike links seamlessly with Garmin ANT+Sport and Suunto ANT heart rate belts to make sure that you get the most out of each workout.

Racing

The Wattbike software is easy to use and up to 16 Wattbikes can be linked together for racing in seconds. You can display a race on a computer or project it onto a big screen, and with dozens of race scenarios available it makes perfect motivation for group cycling or for delivering competition within your club.



1	CHRISTIE MARCO	1378	7.9	104
2	CRANEY MARCUS	1209	502	102
3	JOHNSON DAMON	1234	538	102
4	DECKER BRIAN	1355	676	97
5	LO TINGWAI	1366	720	104
6	LEWIS SULLIVAN	1384	715	103
7	SMITH JOHN	1174	468	103

Easy to follow display showing Distance covered (m); Av.Power (Watts); and Cadence (rpm) next to each individual rider.

Immediate visual feedback and analysis

Connecting your Wattbike to a computer allows you to display your workout in real time – every pedal turn – and record the session in minute detail. Incredibly the Wattbike captures data 100 times a second across 39 different parameters which means that you, your coach or your personal trainer can monitor your training precisely and afterwards review the workout in great detail to keep track of your fitness and technique improvements over time.

Features of the Wattbike



Magnetic climb lever (situated on the reverse of the flywheel)



Wattbike Dimensions

Height: 130cm
Width: 52cm
Length: 125cm
Weight: 55kg



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