

# SYROS 3.0

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**NEW 2022 DESIGN!**



## LOW IMPACT, HIGH VALUE

A quiet, smooth-moving, rear-drive design and a compact footprint make it a natural fit for almost any home, while Bluetooth FTMS lets you sync with popular training apps and chase virtually any goal. A device holder makes room for the content that keeps you moving, and a 5" backlit blue LCD display provides easy-to-read workout feedback. Additional features include magnetic brake, 20 resistance levels with toggle control, 10 workout programs, contact grips and Bluetooth HR, adjustable pedals and integrated transport wheels.



FEATURES	
Model Number	Syros 3.0
Frame	Rear-drive
Stride Length	40 cm / 15.7"
Flywheel	7 kg / 15.4 lbs.
Footpads	3-position Adjustable Pedal
Step-on Height	13 cm / 5.1"
Pedal Spacing	23 cm / 9"
Extras	Energy Saver Mode, Tablet/Reading Rack, Resistance Toggle Control
RESISTANCE SYSTEM	
Resistance System	ECB Magnetic Brake
Power Requirement	Adapter
Resistance Levels	20 Electronically Adjustable

CONSOLE	
Display	5.5" Backlit LCD
Workout Feedback	Time, Distance, Calories, Speed, RPM, Heart Rate, Level
Programs	Manual, Interval, Weight loss, Rolling, Cadence, Distance Goal, Calories Goal, Challenge, THR Zone, Custom
Entertainment	Compatible with Popular Fitness APPs
Workout Tracking	Bluetooth 4.0 FTMS
Heart Rate	Contact Grips and Bluetooth HR
TECH SPECS	
Assembled Dimensions (L x W x H)	135.9 x 66.0 x 163.0 cm / 53.5" x 26" x 64"
Product Weight	47 kg / 103.5 lbs.
Max User Weight	130 kg / 286 lbs.



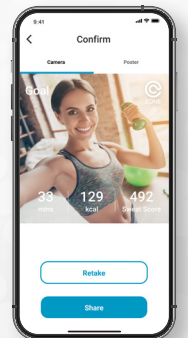
### RESISTANCE TOGGLE CONTROL

The resistance toggles on handle bar allows for secure workout changes without taking your hands off the handlebars, make the resistance to be adjusted even easier and faster.

## @ZONE

### SHARE YOUR SUCCESS WITH THE WORLD

Every time you finish a workout, our @Zone app gives you the option to take a quick selfie, attach it to your fitness data and instantly share it on social media. You can also select from preset pictures and share your new personal best without showing everyone exactly how out of breath you are.



atZone

