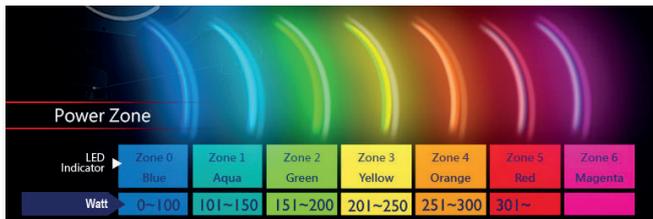# Firefly Indoor Cycle

The Firefly is a robust training and indoor cycle, with a 6 coloured watt output LED indicator on top of the LED console and on the back of the flywheel, which changes colour according to the watt output you are producing. The ergonomic design features a comfortable non-slip handlebar with four-way handles and adjustable seat cushion for different riding styles and body types. Firefly training and indoor cycle provide easily adjustable resistance up to 20 levels, the user can train with the intervals from 30 to 1,000 plus watts for high intensity and interval training programmes. The fully covered flywheel and steel structure prevent sweat erosion and the smooth magnetic resistance system delivers a well-balanced sensation. Strong stabilisers ensure steady rides and SPD compound pedals mean the Firefly bike is suitable for both professional cycling shoes and sports shoes. Integrated transportation wheels enable you to move the bike easily

Flywheel

LCD Console

Rear Wheel watt indicator

Technical Specification

Flywheel	Aluminium
Resistance Levels	20 levels
Resistance System	Magnetic
Adjustments	Adjustable handlebars and seat
Drivetrain	Poly-V
Frame Material	Steel
Q Factor	178mm
Crank Type	170mm
Console	LCD concole with 6 colour watt output windicator on top
Connectivity	Compatiwble with Ala Fitness, Zwift and Kinomap apps via Bluetooth and ANT+ connection
Workout Tracking	Yes
Telemetric HR	Yes
Transmission	Belt Driven
Product Weight	52kg / 115lbs
Maximum User Weight	159kg / 350.5lbs
Assembled Dimensions	L 134 x W 106 x H 53 cm / L 53 x W 42 x H 21 inches

Key Features

Adjustable Seat	●
Adjustable Handlebars	●
Integrated Wheels for easy transport	●
Dual Sided SPD Compound Pedals & Toe Cages	●
Smooth Magnetic Resistance	●
Fully Covered Fly Wheel	●
Change Resistance Level with Easy To Adjust Knob	●
Strong Stabilisers	●
App Connectivity	●
Multi-position Handlebar	●
Ergonomically Sculpted Seat	●
Emergency Stop Button	●

Electrical Specifications

Power	Self Powered

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