

Technical Specifications:

Dimensions	Footprint: 55in w x 22in d / 140cm w x 56cm d Max. handlebar height: 41in / 103cm Max. saddle height: 44in / 113cm
Weight	Total: 121lb / 55kg Flywheel: 23lb / 10.5kg
Max. rider weight	220lb / 100kg
Colour	Silver or Graphite
Warranty	5 years on frame. 1 year on parts and labour. 6 months for wear items (saddle upholstery, pedal clip and strap, handlebar grip, brake felt).

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 After-market pedal and saddle shown.

From a Heritage
of Innovation



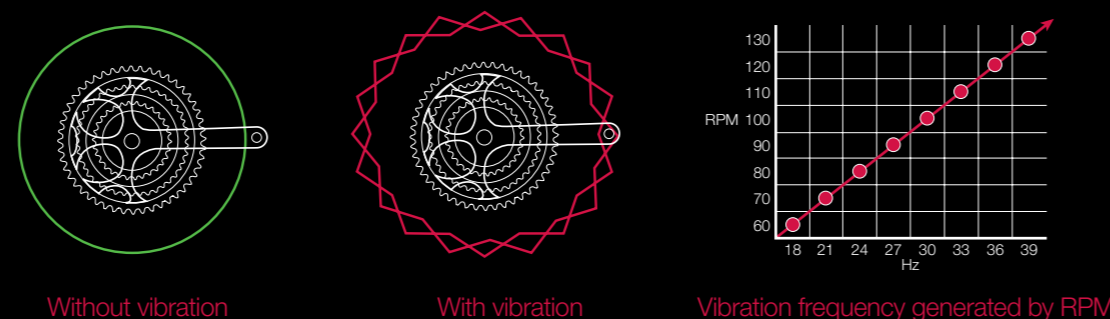
We've Reinvented the Wheel



Inspired by Champions

For years, training on an indoor bike meant simply pedaling and adding resistance – great for pedal stroke and muscle memory, while also being an efficient heart rate trainer. However, as cycling enthusiasts ourselves, we've never stopped in our quest to be the best. Working with champion professional cyclists around the world, we set out to re-envision what an indoor bike could be. And as they began to win with impressive time, we realised we were on the right road.

For those of you ready to join us on this journey, we'd like to introduce you to their secret weapon – the powerBIKE™ by Power Plate. And now, you can make it yours too.



Cycling Re-mastered

The secret behind the powerBIKE is the unique patent-pending pedal and crank system. With every revolution, the technology produces mechanical vibration that generates more muscle activity per stroke to the legs and glutes. Plus, by engaging and disengaging the vibration technology on demand, you can vary your training conditions, replicating an outdoor ride indoors. A challenging mountain course, the cobblestones of Paris-Roubaix or a sprint to the finish can all be simulated with this advanced cycling trainer. You can't get this on rollers, a trainer or a traditional stationary bike.

The powerBIKE also incorporates VeloTek™ hollow-core stabiliser mounts to significantly reduce strain on the joints, particularly the knees. The flexible rubber feet separate the powerBIKE from the floor, allowing it to naturally move as you pedal, further replicating the experience of riding a bike outdoors.

Give Yourself the Edge

The powerBIKE™, the world's first stationary bike with mechanical vibration technology, stimulates active involvement of all the primary cycling muscles, including hamstrings, glutes and quadriceps, while also improving circulation. It's also great for cardio exercise, to aid weight loss.

Your strength and power will improve, your endurance will increase and your times will decrease. It doesn't get any better than that.

Radial plot showing the increase in muscle activity for vibration (red line) condition, compared to no vibration (green line) condition, for selected muscles against crank position, while pedalling at 90RPM.



From research conducted by Power Plate Research Institute on Vibration, Centre for Sports Science and Human Performance, University of Greenwich, UK, 2011.

A Winning Combination

The benefits of Acceleration Training™ to increase strength and power by stimulating the body's response to vibration are already widely acknowledged. By combining our Advanced Vibration Technology™ with the aerobic benefits of cycling, the powerBIKE provides the ultimate training tool for serious cyclists and those looking for accelerated conditioning.

But why not take it up a notch? The ultimate home gym never looked better or took up less space. One Power Plate® machine and one powerBIKE make the perfect pair if you desire weight loss, full body conditioning and massage. The Power Plate machine also instantly increases circulation, to more effectively drain toxins from the muscles after a long ride, for less soreness and faster recovery.

It's time to discover the difference yourself.

Cyclists

Designed by cyclists to enhance performance



Fitness

Lose weight while improving muscle tone

Home Gym

Perfectly paired with a Power Plate® machine



“ More and more, the powerBIKE™ is becoming an essential part of my training. After only twelve sessions, of just 30 minutes, during the off season and without any other form of resistance training, I performed my best sprint test ever. ”

Robert Gesink
Rabobank Cycling Team Member

Hailed as a cyclist with the potential to win a future Tour de France, last year 24 year old Gesink finished sixth in the overall standings for this prestigious race. In the 2011 Tour of Oman, he won two stages to take first place overall.

“Our goal as the support team for our cyclists is to improve their overall performance by five percent every year, through new innovations. This year, thanks to the new powerBIKE, we are confident we will meet this target. The early results are very promising.”

Louis de la Haye
Exercise Physiologist for the Rabobank Cycling Team

“I've just worked out on the powerBIKE again. Wow, what an invention!”

Lars Boom
Rabobank Cycling Team Member

With three World Championship titles under his belt, Boom is developing as an all round cyclist of the highest level. Since the start of 2011, he has won two important cyclo-cross races, as well as the prologue for the Tour of Qatar.