

wattbike.com



Wattbike®



Designed for Everyone Ridden by Champions

Since its launch in 2008, the Wattbike has revolutionised indoor cycling. With incredible accuracy, intuitive use and robust build quality, the Wattbike is the leading indoor training bike in the world.

Endorsed by British Cycling, the Wattbike uses ground-breaking technology to give riders, coaches, sports scientists and physiotherapists the most accurate, in-depth training feedback available today.

Used by elite athletes from all over the world in sports as diverse as Cycling, Triathlon, Rugby, Athletics, Formula One Motor Racing, Football, Rowing and Skiing, the Wattbike is the ultimate training tool.

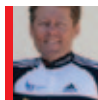
“Wattbike has bought a new focus to my training, enabling me to see accurate data about my power, heart rate and cadence. Every session on the Wattbike is of a high quality and, as someone who has been riding as a professional for 8 years, I've found the pedal technique analysis very useful.”

Dean Downing

Rapha Condor Sharp
Wattbike Ambassador



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[@sventhiele](#)

Just finished session with [@wattbike](#) - amazing to see the detail and precision reflecting technique etc. [@wattbike](#) can you tweet numbers?



[@PhilLiggett](#)

Training on my [@wattbike](#) done for the day - gardening then pub! Then...a walk up Ben Nevis in Scotland 4404ft. Ouch!

Achieve **Your** Potential

Not everyone has the capacity to win the Tour de France, but, regardless of your ability, training on the Wattbike allows you to identify and improve your technique, power, speed and fitness to ensure that you are getting the best out of your own physiology. Training using power, heart rate and cadence allows you to ensure that you are training at exactly the right intensity for maximum improvement, and to pick up the first signs of over-training, under-recovery or illness.

By following a structured training program, like the ones available FREE from wattbike.com, and monitoring the detailed feedback from the Wattbike, it is possible to reduce training time, yet improve performance. This is especially important for those with ever-increasing personal and professional commitments and for anyone training for multi-sport events. The Wattbike is an investment, not only for the athlete but for family members too. The bike is designed to be ridden by anybody from the age of 10 upwards, so provides a fantastic solution for all-round family fitness.

The Wattbike rides like a real bike with a fully adjustable setup ensuring you can reproduce the exact setup of your bike, you can even add your own saddle and pedals. Using a combination of air and magnetic resistance you can replicate any specific gear ratio and when you stop pedalling the Wattbike freewheels, giving you the authentic feel of riding a bike.

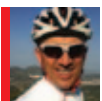
“



The Wattbike is a universal solution for everyone from beginner cyclists and gym users to sophisticated international coaches and performers looking for the winning edge. It is the perfect cycle ergometer.”

Peter Keen

Performance Director
UK Sport



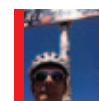
@MatthewBaker

@wattbike. Results from MAP test. Tell me I am generating 10.6% more watts than 8 weeks ago!!! Must be good?



@helengoth

With today's awful weather thank goodness for @wattbike. Meant I didn't get wet or miss my bike session.



@bikegeek555

@wattbike is paying off: 249w ave for the hour (40.177k). Come on Marmotte, bring it on!

Endorsed by



How to Ride a Sportive 40 Minutes Faster

When I first got my Wattbike back in September '10 the triathlon winter training plan hadn't been released, so for a month or so I followed the level 2 sportive plan. Once the triathlon plan was up on the website I started following that until April this year. Now I'm racing I use the Wattbike for active recovery following a race, warm and cool down following a run or cycle session and for interval/brick sessions.

As a retained fire-fighter I often have to stay within 4 minutes of the fire station so having the Wattbike has allowed me to continue my cycle training without leaving the house. I also work shifts and using the Wattbike when I get up from a night shift allows me to get an hour of quality training in before returning to work.

So often when riding on the road or mountain biking you ease up to wait for other people or keep stopping for junctions, with the Wattbike I am able to sustain a given output and push harder.

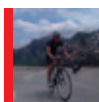
During the snow this year I was able to complete long structured rides concentrating on power output, heart rate and form and not worry about cold fingers or ice patches. I feel the Wattbike has given me a focus, I am able to get on my Wattbike knowing what I want to achieve...and achieve it.

Ryan Scott, Sportive Rider

“My first indication that the Wattbike training was having a massive impact was when I entered the Wiggle New Forest Sportive for the second time. I was amazed to discover I had completed the 86 mile course 40 minutes quicker than the year before!”



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[@Mike_Redshaw](#)

[@ianjamespoulter](#) [@wattbike](#) is a g8t piece of kit, mainly b/c of the feedback u get, both numerical & visual 2 optimise ur time on the bike



[@ryanscott999](#)

Took 40 mins off my time for 86 mile wiggle sportive thanks to a winter spent in the garage on [@wattbike](#) following the winter tri plan

Training the **Wattbike** Way

The Wattbike is not just a training tool, it is part of a training philosophy. Using a combination of Power, Cadence and Heart Rate along with the unique Polar View, you will experience the most effective training sessions ever. Until now, training in this way has only been available for elite athletes, but the Wattbike has changed that. For the first time, everyone has the chance to benefit from pioneering technology and experience training like a pro.

Wattbike sport scientists have spent over 10 years working closely with British Cycling and many elite teams and athletes from around the world to develop a training system that has revolutionised indoor cycling.

Using the testing and training guides available for FREE from Wattbike, you can follow training programmes that will make you more powerful, faster, more efficient and improve your technique. The accuracy of the Wattbike ensures that every training session is focussed, effective and high quality.



Power

Power is the rate at which you transfer energy. Power is measured in Watts and is an excellent way to monitor your training. Watts can be used to establish training zones and track your progress with complete confidence. The incredible accuracy of the Wattbike makes sure you are always getting precision feedback live on the in-built performance computer.



Cadence

Cadence is the frequency at which you pedal and is measured by the Wattbike Performance Computer in revolutions per minute (RPM). Cadence can be manipulated along with the Wattbike air and magnetic resistance to produce specific power outputs required by your training programme.



Heart Rate

The Wattbike measures Heart Rate when paired with a coded ANT or ANT+ Sport (Suunto or Garmin) or uncoded Polar chest belt (receiver required). Wattbike has adopted the British Cycling methodology for calculating training zones which are used in high-quality training sessions.



@PhilRoberton

Gave a spin instructor the 20min warm up on [@wattbike](#) today! No fancy moves or disco lights. Just proper technique and hamstrings working!



@willcarling

[@ianjamespoulter](#) talk to me mate, had one for nearly a year now. Awesome bit of kit. Also [@wattbike](#) are great for advice etc



@Anne24solo

This is soooo cool. Daughter (who never does exercise) has chosen to cycle on wattbike over facebook, tv or xbox. She is even smiling!!

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“



The GB Cycling Team have played an important role in the development of the Wattbike to ensure that it is capable of supporting and making a valuable contribution to our World Class programmes. The Wattbike is already assisting the GB Cycling Team in identifying our future stars and its potential in terms of indoor competition in schools and clubs can only be positive in terms of the number of young people coming into the sport in the future.”

Dave Brailsford,

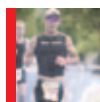
Performance Director,
British Cycling



DEVELOPED IN ASSOCIATION WITH BRITISH CYCLING



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[@bwebeck](#)

That hurt! Owned that session tonight...held 4x15min TT @ 265W followed by 4x7min run off! Can't hide on [#wattbike](#). Awesome! Eat-Sleep.



[@LeeDixon2](#)

[@Barnescycling](#) An indoor trainer!!!! [@wattbike](#) is one of the finest bits of kit out there. And only had an hour before Emirates bound

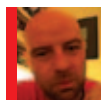


“ My Wattbike has proved an invaluable training aid in a year that has seen me make great strides forward as an athlete. As a coach at Driven to Tri I would definitely recommend the Wattbike to my own athletes as a convenient, versatile and above all genuinely useful training tool. The data collected over the duration of a training session would allow me to monitor and keep up to date with my athletes even though I'm not there in person. ”

Non Stanford
GB Triathlete
Wattbike Ambassador



@DocRoddy:
[@willcarling](#) 36min av 193W with 3x3mins @ 260W. Feeling stronger! Had bike 4 weeks and wish I'd bought it a year ago! [#wattbike](#)



@richieksw11
[@wattbike](#) love them, we got them at a gym I work at, great piece of kit, get a lot of my clients on them, big fan!



@c0rrad0
[@LeeDixon2](#) [@wattbike](#) they are aaaa-may-zing! well worth the agony [#bunsOfsteel](#)

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Scientifically Accurate Technically Advanced

The on-board Performance Computer is the most advanced system on any indoor bike, monitoring all your cycling parameters 100 times per second to give you unrivalled feedback and access to incredible levels of data. The Wattbike monitors everything from the first pedal revolution and the Power reading is accurate to within 2%.

The Performance Computer screen can be manipulated to show you the key performance data you need while training including, Power, Speed, Cadence, Energy, Time, Distance and Heart Rate (using coded ANT or ANT+ Sport, or Polar Uncoded HR belt) as well as the pedalling technique - the Polar View.

The Polar View shows exactly how you are applying force as you pedal and gives you a live, dynamic image of power being applied throughout each individual pedal stroke. The Polar View allows you to improve pedalling technique and remove dead spots where force is applied unevenly. This can be recorded and reviewed to track your progress as your technique improves

The Wattbike is factory calibrated for life to scientific standards so that you never need to worry about the accuracy of data gathered in your training sessions. The degree of calibration and the high data sample rate enables the Wattbike to produce it's unique technique display: the Polar View.

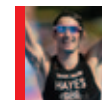


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[@andygwynn](#)

[@stueygywnn](#) nice. I've been tearing it up on the cervelo. Wattbike doing me good, feeling strong, took 10mins off a two hour ride.



[@Teamdillion](#)

Our Team are really benefiting using [@wattbike](#), this machine is so useful!

What shape are you?

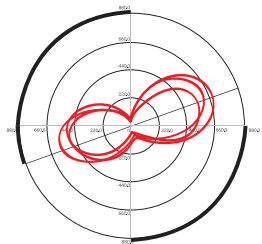
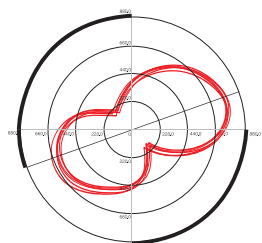
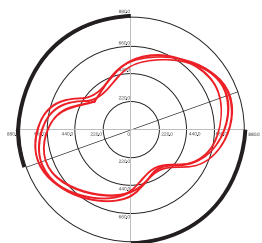


Figure 8
The cyclist is only using the muscles on the front of the thigh and is "stamping" on the pedals. This loses all momentum between the left and right leg and wastes energy.



Peanut
The cyclist retains some momentum and is starting to use the muscles on the back of the thigh and calf.



Elite Cyclist
The cyclist has an excellent technique with very little loss of momentum between left and right leg, a good even distribution of power throughout the pedal stroke and excellent balance between left and right leg.

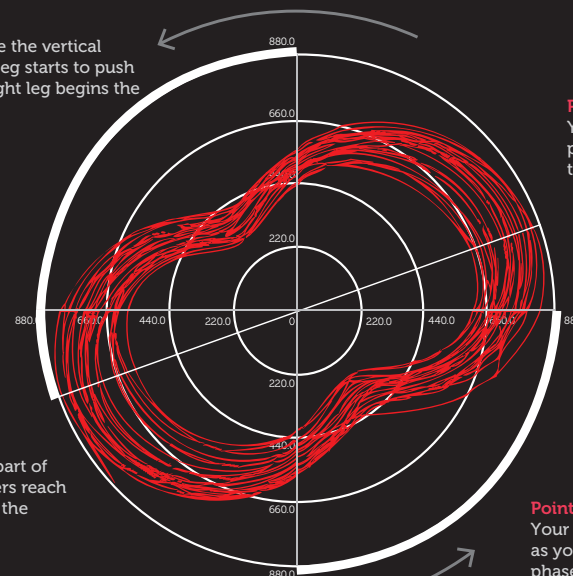
The Polar View

Faster, Smoother, Better

The Polar View is a unique innovation that will help you to become a better cyclist. For the first time, you will be able to see your pedalling technique on the on-board Performance Computer. You can make adjustments to your technique and see the results live as you pedal giving you unrivalled feedback and the greatest training experience ever. By improving your pedalling technique you will soon be riding faster and more efficiently, getting the most out of your physiology.

Point 1
As the cranks leave the vertical position your left leg starts to push down while the right leg begins the recovery

Point 5
Your right leg is at its most powerful while your left leg is in the recovery phase





Point 2
This is the most powerful part of the left-leg drive. Most riders reach their peak power just after the cranks are horizontal

Point 4
Your right leg starts to push down as your left leg starts the recovery phase

Point 3
As the cranks approach the vertical position again the power begins to come off as there is a transition between drive phase and the recovery. It is important to minimise that power loss by maintaining pedal momentum

 **@marvinburton**
@CraigCarroll_PT its a training bike with a computer. It shows all kinds of data. Amazing tool. wattbike.com

 **@trevor9929**
@hotpatooties Buy a Wattbike, can use at home safer and about the best indoor trainer money can buy. Also can watch TV whilst training.

 **@OneLapWonder**
@wattbike training is going great seeing a big difference with my track performance. tonight some watt timetrials and some sprint intervals

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Wattbike Expert Software

The Wattbike Expert Software gives you incredible ability to analyse the data from your training or testing session. The software displays the data in real time and also stores all data so it can be reviewed after your session or emailed on to your coach anywhere in the world. The Wattbike Expert Software display can be tailored to suit your needs whilst still recording all 39 parameters 100 times per second. If the intelligent use of feedback from training data is what you are looking for, this is the tool for you. Download for FREE at wattbike.com/software

Wattbike Expert Software is compatible with Training Peaks which allows you to upload your data and keep an online diary of all your sessions.



Rebecca Romero
Olympic Champion
Ironman competitor



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[@Rebecca_Romero](https://twitter.com/Rebecca_Romero)
Thanks to the guys [@wattbike](https://twitter.com/wattbike) for the session at their lab this morning. Been looking at my pedalling technique and power application.



[@willmarkwick1](https://twitter.com/willmarkwick1)
[@wattbike](https://twitter.com/wattbike) It has been a fantastic tool for me this pre-season. Interval training mostly for returning injured players.

Height - Max 130cm
Width - 66cm
Length - 125cm
Weight - 55kg

Bike Features

Handlebars

The Wattbike comes fitted with a combination bar featuring drops, tri-bars and hoods.

Seat

A comfort seat is standard, but you can replace it with your own saddle, or purchase the Wattbike Racing Saddle if desired.

Dual Resistance

The Wattbike uses both air resistance and magnetic resistance allowing you to accurately replicate the gearing on your own bike.

Pedals

A combination pedal featuring SPD and Toe Clips come as standard but you can replace them with any standard pedal.



Wattbike Pro

The Wattbike Pro is a medium to high resistance bike designed for heavier, more powerful riders.

If you are using the Wattbike for Cross Training or for sports such as Football, Rugby, Rowing or anything that involves short bursts of high intensity you will need a Wattbike Pro.

Wattbike Trainer

The Wattbike Trainer is a low to medium resistance bike designed for lighter, less powerful riders and children.

Suitable for endurance athletes, people just starting exercise or injury rehabilitation.

The lower resistance of the Wattbike Trainer makes it an ideal choice for the whole family.

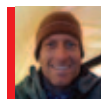
Wattbike Freeride

The Wattbike Freeride is the non-scientific version of the Wattbike Trainer. With air resistance and magnetic resistance identical to the Wattbike Trainer, the Wattbike Freeride is ideally suited for casual users, non-sporting cyclists for use in a club or at home. The Freeride model has no power sensor therefore the screen does not display Watts or the Polar Graph.



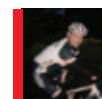
@Budgies

@H2BikeRun I highly rate the #wattbike It was one of my reasons for signing up with @H2BikeRun



@SimonMtnGuide

Interval training on @wattbike seems to be paying dividends at smashing PB's-sub 40mins Les Houches-Col des Montes-well happy with that...



@Staffylegs

@wattbike @ianjamespoulter have 10 at work put simply they are the best indoor cycling option for both technical fback & pedaling fluidity.

Endorsed by





“The Bugatti Veyron
of Indoor bikes.”

Robert Crampton
The Times