





Join the conversation with other Wattbike users by following [@wattbike](#)

[@sventhiele](#)

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

[@willcarling](#)

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

[@LeeDixon2](#)

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

[@DocRoddy:](#)

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

wattbike



Official Supplier of the UCI World Cycling Centre and its Satellite Centres

Designed for Everyone Ridden by Champions

Since its launch in 2008, the Wattbike has revolutionised indoor cycling. With scientific accuracy, great ride feel and fully adjustable setup, the Wattbike is the most advanced indoor training bike in the world.

Developed with 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. The unique resistance system offers you the most realistic feeling ride of any indoor bike.

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

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 power, speed, fitness and technique to ensure that you are getting the best out of your own physiology. Training using power, heart rate and cadence allows you to train at exactly the right intensity for maximum improvement, and pick up the first signs of over-training, under-recovery or illness.

By following a structured training programme, like those available for 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 dimensions of your own bike. You can add your own saddle and pedals so it really is like getting on your own bike. 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.

“

British Cycling played a vital role in the development of the Wattbike and we are delighted with the final outcome. We will continue to use the Wattbike for talent identification, rehabilitation and training with all our athletes over the coming years.”

Ian Drake

Chief Executive Officer
British Cycling





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[@ClaireSSTri](https://twitter.com/ClaireSSTri)
Feeling very happy with my [@wattbike](https://twitter.com/wattbike) numbers tonight :o)

[@iabeejay68](https://twitter.com/iabeejay68)
Having my own [@wattbike](https://twitter.com/wattbike) at home is already paying off. Just done a 30 min Threshold Test at an average of 322w improvement of 25w in 6 weeks

[@numnutt](https://twitter.com/numnutt)
1216W on the power test on the new [@wattbike](https://twitter.com/wattbike) at [@NHTwickenham](https://twitter.com/NHTwickenham) thanks to [@samthatcher1985](https://twitter.com/samthatcher1985)

[@samthatcher1985](https://twitter.com/samthatcher1985)
[@numnutt](https://twitter.com/numnutt) [@wattbike](https://twitter.com/wattbike)
[@NHTwickenham](https://twitter.com/NHTwickenham) best bit of kit I have seen for a long time! Very excited about these bad boys!!!

[@bikegeek555](https://twitter.com/bikegeek555)
[@wattbike](https://twitter.com/wattbike) is paying off: 249w ave for the hour (40.177k). Come on Marmotte, bring it on!

Training the **Wattbike** Way

The Wattbike is not just a training tool, it is part of a training philosophy. Using a combination of power, heart rate, cadence and live pedalling technique analysis, 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, you have 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.com, you can follow training programmes that will make you more powerful, faster and improve your technique. The accuracy of the Wattbike ensures that every training session is focussed, effective and high quality.



Train Less, **Ride Faster**

Finding time to train if you are a professional athlete is not a problem, but what about the rest of us? Trying to find a window in the day to get in a three or four hour ride can be impossible, but with the Wattbike you can achieve the same results in a fraction of the time.

Using a combination of power, heart rate and cadence you can make sure every revolution is delivered at a specific cadence and specific intensity for your training session. With no traffic lights, corners or cars to worry about, you can focus on your technique and enjoy a high quality session every time.



Power

Power is the rate of using energy. Power is measured in Watts and is an excellent way to monitor your training. The scientific accuracy of the Wattbike ensures you can establish training zones and track your progress with complete confidence.



Heart Rate

The Wattbike measures heart rate when paired with an ANT+ chest belt. Heart rate is an excellent way to track your progress and when combined with power provides you with the most accurate performance monitoring available on any indoor bike.



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.

Bike Features

Height - Max 130cm

Width - 66cm

Length - 125cm

Weight - 55kg

wattbike.com

Performance Computer

The Wattbike Performance Computer is the brains of the bike. It displays power, heart rate and cadence as well as many other cycling parameters in real time to give riders and coaches the most in-depth, accurate feedback available on any indoor bike. With in-built cycling and fitness tests and fully programmable training sessions, you can train with precision and accuracy. The live pedalling display, the Polar View, provides a unique technique feedback experience.

Ergonomic Handlebars

The handlebars are modelled on a standard road bike handlebar to replicate exactly the feel of riding a real bike. With both drops and hoods, you will feel like you are riding a real road bike. Removable arm pads are available for people who wish to create a Time Trial or Triathlon riding position.

Dual Resistance

The Wattbike uses a combination of both air and magnetic resistance to provide a smooth, realistic ride feel. The simple, predictable, adjustment allows full control over the resistance that can be altered whilst riding to achieve the desired output simply and effectively.

Fully Adjustable Fit

The Wattbike has a wide range of adjustment to ensure all riders can achieve the perfect riding position. The simple adjustment mechanism allows millimetre alterations ensuring no position is out of reach. There is an optional long seat post and long handle bar post for very tall riders.

SPD™ Compatible Pedal

The Wattbike is supplied with standard pedals with a toe clip allowing riders in training shoes to use the bike effectively. On the reverse, there is an SPD pedal providing riders with compatible cleats a clipless option.

How it Works

The Wattbike measures the force that the rider delivers 100 times per second. It is this force that propels your bicycle forwards and is the key metric in calculating rider power. From this force, and the position and the speed of the cranks the Wattbike calculates over 40 other performance parameters.

Real Ride Feel

A large portion of the development was spent recreating the feel of riding a real bike. The Wattbike uses a chain and sprocket, exactly like a real bike, to generate the most realistic feel of any indoor bike. Unlike other indoor bikes, the Wattbike is fitted with a freewheel so it really does feel like riding a real bike.



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 people just starting exercise or injury rehabilitation.

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



wattbike



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@copperfieldsken

Recovery from the crash was helped by good coaching & good kit - thanks [@timblackcatcc](#) & [@wattbike](#) and also [@HotChillee](#) for your support

@itsjustyou

[@wattbike](#) [@Ironrav](#) They have a far better feel than a turbo trainer resistance wise, and the info it kicks out is fantastic!

@M1PerformanceCo

4x4.2w/kg [@wattbike](#) repeats on route to G1 [@HotChillee](#) Cape Rouleur on back of 8.5k kJ week **#CR2014**

@AS_SC

End of 1st 4wk prep training phase & new 20min TT PB 287w. [@wattbike](#) and strength wgt training paying off, especially in last 3 min! Digdeep



I use my Wattbike to do sessions that I simply can't do on a turbo, the track or on the road. I can be really precise making sure I am working at the right intensity. I can maintain power at a constant high cadence which allows me to perform some really specific sessions.

I can totally empty the tank on the Wattbike, it's the best way to train but it's also the most painful... I look at it and I think I don't want to get on and hurt myself more, but it's those sessions that really pay off."

Joanna Rowsell MBE

Olympic Champion
5 time World Champion
Commonwealth Champion
Wattbike Ambassador





“

The Wattbike is a fantastic training tool for British Cycling's elite athletes. We use the bike for trackside warm up, testing and general conditioning. The athletes love the feel of the bike and the coaches use the detailed feedback to monitor the athletes progress precisely. The Wattbike was a key element in our preparation for London 2012 and will continue to support our quest for success in the future.”

Paul Manning MBE
Mens Endurance Coach
British Cycling



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[@Rebecca_Romero](#)

Thanks to the guys [@wattbike](#) for the session at their lab this morning. Been looking at my pedalling technique and power application.

[@PhilRobertson](#)

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

[@Staffylegs](#)

[@wattbike](#) [@ianjamespoulter](#) have 10 at work put simply they are the best indoor cycling option for both technical fback & pedalling fluidity.

[@helengoth](#)

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

Scientifically Accurate Technically Advanced

The Performance Computer is the most advanced system on any indoor bike. It monitors the force you apply 100 times per second and over 40 other parameters and is accurate to within 2%.

The Performance Computer can be tailored to display you the key performance data you need while training including, power, heart rate, cadence, speed, energy, time and distance as well as pedalling technique.

The Wattbike is factory calibrated and is accurate 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 its unique technique display: the Polar View.

The Polar View shows 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.



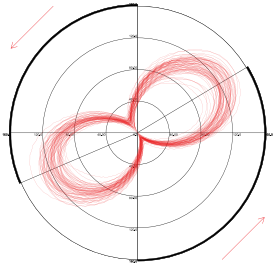
As a coach you try to put the best plan possible together and that means using the best equipment. My athletes love to hate the Wattbike whereas I just love it! It's a superb piece of kit for low-impact cardiovascular work and great for recovery sessions."

Toni Minichiello

Coach to Olympic Champion Jessica Ennis-Hill, CBE

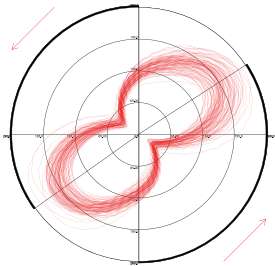


What shape are you?



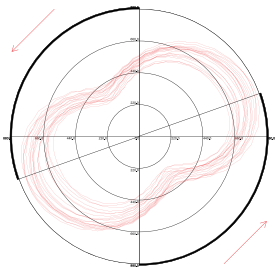
Beginner (Figure 8)

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.



Intermediate (Peanut)

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



Elite (Sausage)

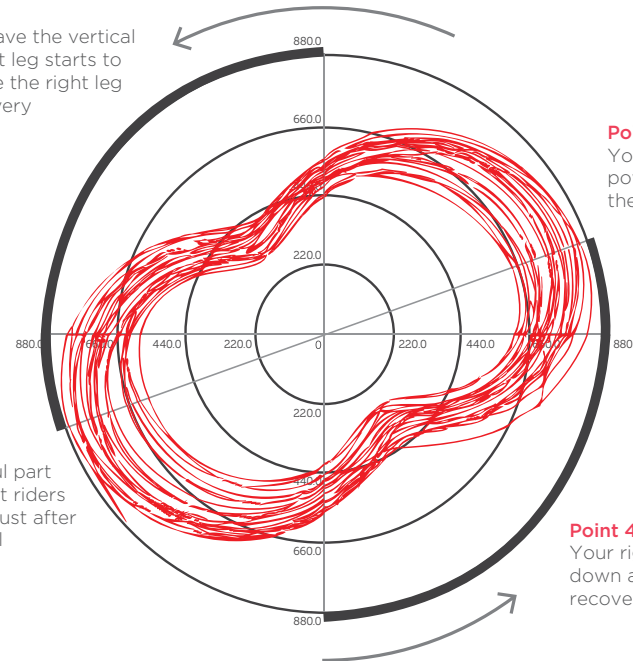
The cyclist has an excellent technique with very little loss of momentum between left and right leg, a good even distribution of power throughout the pedal stroke and excellent balance between left and right leg.

The Polar View Faster, Smoother, Better

The Polar View is an innovation that will help you to become a better cyclist by making the invisible, visible. For the first time, you are able to see and adjust your pedalling technique in real time via the Wattbike Performance Computer. 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 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 5

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

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





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[@bwebeck](https://twitter.com/bwebeck)

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

[@marvinburton](https://twitter.com/marvinburton)

[@CraigCarroll_PT](https://twitter.com/CraigCarroll_PT) it's a training bike with a computer. It shows all kinds of data. Amazing tool! wattbike.com

[@ryanscott999](https://twitter.com/ryanscott999)

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

[@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.

Training Support

With all the data and technology, training on a Wattbike may seem a little daunting. Wattbike sport scientists have created a training library that covers topics including setting up your bike, getting in the perfect riding position, testing, training with power, understanding training zones and pedalling technique.

There is a wide selection of training programmes covering complete beginners, winter training, various sportive programmes and some specific event training plans too.

We have two centres in the UK where you can book a session with one of our expert staff either on your own or as a group. Here you can learn more about training, testing, pedalling technique and a whole lot more to enable you to get the most out of your Wattbike.



Olympic Champion **Joanna Rowsell** at the Wattbike Sports Science lab



The venue was superb and the timing of the training day was enough to fit the comprehensive agenda in whilst leaving plenty of time to travel. There was plenty of opportunity to ask questions throughout and it was a relaxed and informal day. Thanks again for a great day.”

Nigel Foster

Wattbike Introductory Workshop attendee



Visit wattbike.com to download a number of training guides

ANT+ Wireless Connectivity

ANT+ is a wireless protocol used by many different cycling and fitness devices. Using specific dongles, you can unlock countless apps, programmes and devices and take your Wattbike training to a whole new level.

The Wattbike Performance Computer connects wirelessly via ANT+ to a dongle attached to your smartphone, tablet, laptop or bike computer*. All of your data including power and the balance between left and right leg is transferred to your chosen device.

Setup is simple and in just a few seconds you can be recording your data, following a bespoke training session or riding in a virtual race.

Once you have finished your session, you can upload your data to Garmin Connect, Strava, TrainingPeaks and a whole host of other online training diaries.

You can link several Wattbikes to one computer and take part in Power Cycling classes or even set up race nights.



Garmin Fit

Garmin Fit uses an ANT+ dongle that attaches to your iPhone. You can record all your data including power and left/right balance and save it straight to your Garmin Connect account. So, if you're already a Garmin user, you can view all your rides in one place.



Kinomap Trainer

This is an iOS app for iPhone and iPad which, when connected with an appropriate dongle, allows you to follow fully geolocated videos uploaded by riders from around the world. You can choose famous climbs, races or even upload your own videos. This is a great tool for keeping you focussed on long sessions or to help you prepare for your next races.



TrainerRoad

Your laptop becomes your coach with TrainerRoad. There are literally hundreds of sessions and entire training plans you can follow. Linking your laptop via an ANT+ dongle to your Performance Computer, you can track your progress during your session and you can even create and share your own.

The Wattbike Performance Computer will connect to any device and work with any app or programme where you see these symbols:



* For a full list of compatible devices please visit wattbike.com



“

The Wattbike feels just like riding a real bike and is the most efficient and effective way for any cyclist to improve their fitness.”

Joanna Rowsell

Olympic Champion
5 time World Champion
Wattbike Ambassador

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