

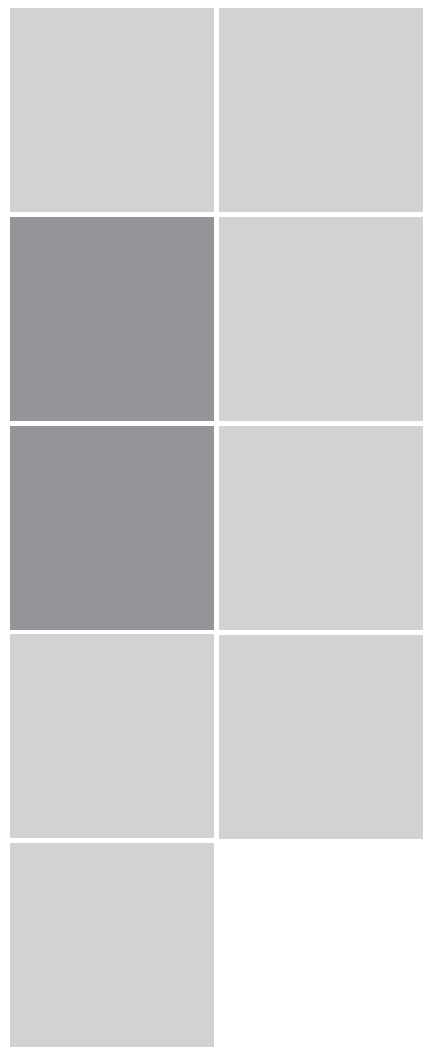
wattbike.com



**wattbike**

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## Born to Perform

From its very beginning the Wattbike has been at the cutting edge of cycling technology. Developed in Association with British Cycling, the Wattbike spent nearly 8 years in development under the watchful eye of former British Cycling Performance Director and Head of UK Sport Peter Keen. With a vital role to play in helping to develop champions, the Wattbike was designed and built to exacting standards.

With the ability to monitor the performance data required by the world's top athletes and coaches, the Wattbike brings professional quality to gyms and cycling studios around the globe. The accuracy, incredible feel incorporating Wattbike's RRF Real Ride Feel Technology and robust build quality have made the Wattbike the standard all other indoor bikes aspire to.

Despite only being launched in 2008, the Wattbike has already played an integral role in many Olympic and World Championship successes. Adopted by athletes from sports as diverse as Athletics, Ice Hockey, Formula One Motor Racing and Rugby, the Wattbike offers athletes a unique training experience not available on any other piece of fitness equipment. Now your members can train like a pro too!



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**  
Director of Sport at Loughborough University



# The Wattbike

## Performance Computer

The Wattbike Performance Computer is the brains of the bike. It displays over 40 cycling parameters in real time to give riders and coaches the most in depth, accurate feedback available on any indoor bike.

With inbuilt cycling and fitness tests and fully programmable training sessions, you can train with incredible precision and accuracy. The live pedalling display, The Polar View, provides a unique technique feedback experience.

## Ergonomic Handlebars

The handlebars are modelled on a classic Italian design 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.

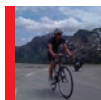
## Dual Resistance

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. The predictable nature of the braking system allows incredible accuracy so riders can achieve desired output simply and effectively.



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



[@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 wigglesportive thanks to a winter spent in the garage on [@wattbike](#) following the winter tri plan





### 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.

### Real Ride Feel

A large portion of the seven year 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. The unique design of the resistance fan is the integral element of the Wattbike Real Ride Feel ensuring a great ride every time.

### How it works

The Wattbike measures the force that the rider delivers to the drive chain 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 speed of the cranks the Wattbike calculates over 40 other performance parameters.

### 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.



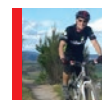
#### @PhilRoberton

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!!



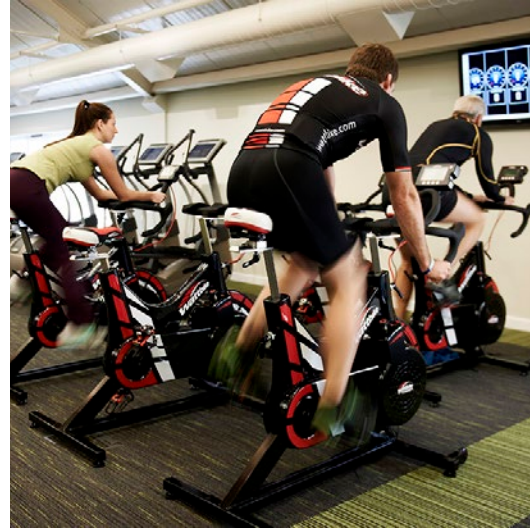
# The Ultimate Fitness Solution

Whether you are delivering bespoke 1-1 training, group cycling, sessions from the gym floor or even cross training, the Wattbike provides more opportunity to deliver high quality training sessions than any other indoor bike.

The Wattbike has been adopted by some of the leading fitness providers in the UK including David Lloyd, Everyone Active, Fitness First and Virgin Active, and has quickly become the go-to bike in the industry.



Virgin Active, Aldersgate



The Club Company



Fitness First



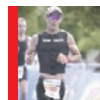
“

Health club users have become more sophisticated trainers in recent years. They push themselves harder, are more technically knowledgeable and demand the best available equipment. Wattbike's pedigree as a training device for elite athletes makes it a natural choice for use by our members and personal trainers. The Wattbike's graphical display of accurate real time data makes for precision training sessions and a great member experience. The Wattbike delivers a fantastic member retention tool to Virgin Active.

**Alan Holl**  
Head of Fitness, Virgin Active

**wattbike**

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



[@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



# Delivering Results

It doesn't matter if you are training athletes at the very top level of sport or someone making their first foray in to weight management and fitness improvement, establishing and achieving goals is the key to success.

The Wattbike provides simple methods to establish and track fitness levels, create bespoke, effective training plans and motivate your members and clients to achieve.

**Testing** – The Wattbike performance monitor has a selection of pre-programmed tests to measure peak power, aerobic capacity and can be manipulated to follow any testing protocol. The results from these tests will allow trainers to monitor performance and adjust training programmes so members are training at the correct intensity on every session.

We have developed a series of fitness tests ranging from a sub-maximal progress check that can be easily delivered by all fitness professionals right up to a maximal ramp test. These simple tests will allow fitness professionals to monitor clients progress accurately and simply to provide better programmes ultimately leading to improved results, fast.

**Training zones** – With our close partnership with British Cycling, we have adopted their methodology for calculating training zones. Armed with this specific and individualised information you can ensure your members achieve their goals efficiently whilst tracking their progress and measuring the changes.

**Programmes** – To support your Personal Trainers and Fitness Professionals, our Sport Scientists have developed a series of programmes so that you members can just pick up and pedal! With specific programmes developed for weight management, fitness improvement and cycling, your members can draw on our 13 years of expertise working with the finest sport scientists and cycling coaches.

“

We're always looking for ways to enhance our members' experience and support them in their health and fitness goals. The Wattbike is a high-quality, sophisticated training tool that suits their needs perfectly and is already proving very popular at our David Lloyd Studios and newest club in Worcester. We very much look forward to introducing more Wattbikes at other clubs in our estate throughout the course of this year.

**Paul Batty**,  
Head of Procurement, David Lloyd  
Leisure

Tests	
Power Peak 6"	30" Test
Submax Ramp	<b>Max Ramp</b>
3' Aerobic	10' Progress
20' Test	Pedalling Tech.

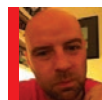
17/06/2013 13:12

0:00:45	82 rpm
Interval 1	Target 100
<b>101</b> Watt	
94 avg Watt	♥
133 peak Watt	1.23 Watt/kg
◀▶ For display options	

Int.	Summ.	Spl.	Rev.	Gen.	Test	Zones
Ramp Test Max						: Results
Max. Minute Power (MMP)						: 341 W
Max. Heart Rate (MHR)						: 188 bpm
Power/mass						: 4.16 W/kg
VO2max estimate						: 4.3 l/min, 52.6 ml/kg/min
METs						: 15.0



**@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



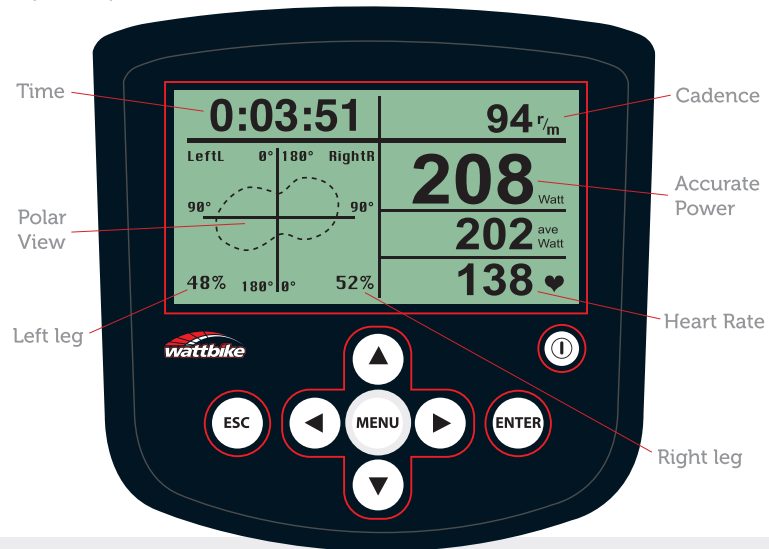
# Scientifically Accurate Technically Advanced

The 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 whilst in use, 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 Wattbike is factory calibrated for life to scientific standards so that you never need to worry about the accuracy of data gathered in 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.

The Polar View shows exactly how riders are applying force as they pedal and gives a live, dynamic image of force 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 progress as technique improves.



**wattbike**

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



[@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.

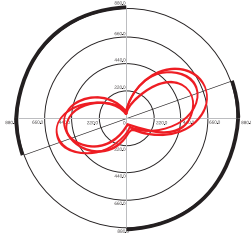


[@Teamdillion](#)

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

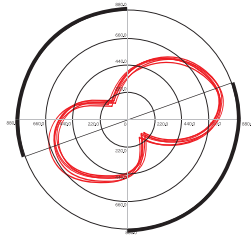


## What shape are you?



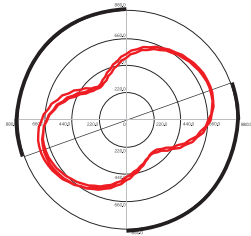
**Figure 8**

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 your members to become better cyclists. For the first time, riders will be able to see their pedalling technique live on the on-board Performance Computer. Every pedal revolution is shown in real time in minute detail.

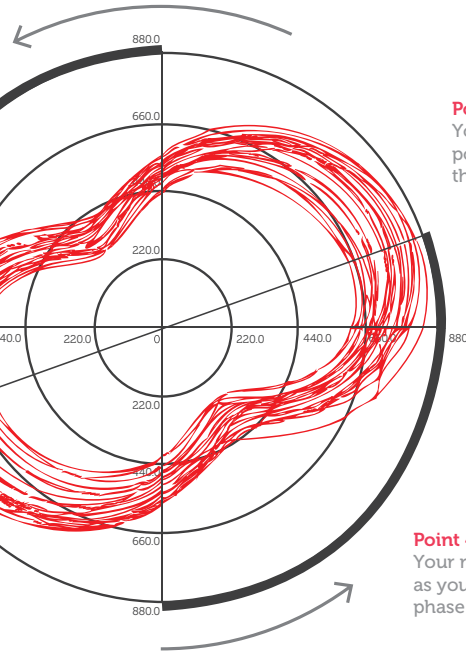
Riders can make adjustments to their technique and see the results live as they pedal giving unrivalled feedback and the greatest training experience ever. By improving pedalling technique your members will soon be riding faster and more efficiently, getting the most out of their physiology.

**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**

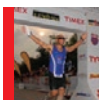
Your right leg is at its most powerful while your left leg is in the recovery phase

**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



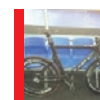
**@marvinburton**

**@CraigCarrollLPT** 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**

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



# Power Cycling

For too long indoor cycling has delivered a one size fits no-one approach and we at Wattbike think it is high time this changed. Power Cycling has revolutionised indoor cycling since its launch in 2009 providing every member of a class a bespoke, motivating, relevant workout.

Programming every participants data in to the software before the start of a class, every rider can be training in their own specific training zones whilst still experiencing the motivating, fun benefits of whole group training.

Instructors can provide individualised feedback via the data display on technique, resistance and cadence like never before. At the touch of a button the instructor can call up individual riders live data or view the entire class at once on a big screen.

Power Cycling will breathe new life in to your fitness class programme and recruit new members. The class also appeals to the ever growing cycling and triathlon market. With over 13 million cyclists and triathletes in the UK, this is a fantastic opportunity to reach a whole new audience.



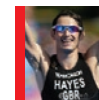
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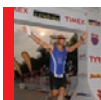
## ANT+ Wireless Connectivity



The Wattbike Performance computer connects wirelessly via ANT+ to a receiver linked to your laptop enabling simple setup of a Power Cycling class.

No wires means no fuss allowing you to use your Wattbike studio space for multiple activities. Simply move the Wattbikes in to position, turn them on to connect and your class is ready to go anywhere!

Riders can also bring wireless devices such as Garmin bike computers to record their own power and heart rate data in real time allowing every participant to take their workout home and upload to Garmin Connect, Strava or Training Peaks.



**@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



# Unlocking the Power

We have developed two REPS accredited staff training programmes in partnership with Skills Active to ensure your staff have the most up to date knowledge to guarantee every gym member, personal training client and class participant a high quality session.

## Wattbike Onsite Workshop

The Wattbike Onsite Workshop is delivered at your facility by one of our master trainers and carries 4 REPS CPD points. This introductory session will provide fitness professionals with knowledge and skills to deliver high quality training sessions using on the Wattbike.

### Topics covered include:

- Using the Wattbike Performance Computer (WPC) and scroll through the different screen options including linking heart rate monitors to the WPC
- Understanding the importance of pedalling technique
- Understanding how resistance and cadence works on a Wattbike
- Conducting a warm up and submaximal test on the Wattbike
- How to take care of your Wattbike (physically and technically)
- How to have fun on a Wattbike



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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!



## Power Cycling

Power Cycling is an innovative approach to group cycling and to accompany this revolutionary class we have developed an equally ground breaking instructor training course worth 12 REPS CPD points and is delivered either at your gym or studio or at our bespoke facility in the heart of England.

Taking an individual centred approach to a group training session can be a challenge...until now. Power Cycling allows every participant in your class to experience a bespoke training session in a motivating and stimulating group environment.

### Topics Covered include:

- How the Wattbike works
- Using the Performance Computer
- Cycling position set up
- Using the Power Cycling Software
- Pedalling technique
- Principles of a Power Cycling Class
- Training with Power, Cadence and Heart Rate



**@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!



# Wattbike Freeride

The Wattbike Freeride has been engineered to provide a cost effective alternative for clubs, schools, and cycling studios looking for a high quality indoor bike without the scientific feedback found in the Wattbike Pro and Trainer.

The Wattbike Freeride offers the same Real Ride Feel technology, robust build quality and fully adjustable setup found in the Wattbike Pro and Wattbike Trainer.

By programming in the gear/resistance setting being used, the Wattbike Freeride monitor will calculate your speed.

The battery powered computer displays cadence, speed, time and Heart Rate so riders can still follow specific programmes and experience a great workout.



**wattbike**

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



[@Rebecca\\_Romero](#)

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



[@willmarkwick1](#)

It has been a fantastic tool for me this pre-season. Interval training mostly for returning injured players.



## Bike Features

### Handlebars

The Wattbike comes fitted with a combination bar featuring drops and hoods. There are also optional time trial pads.

### 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.



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

## WHICH WATTBIKE?

### 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 has been engineered to provide an alternative option for clubs, schools, and cycling studios looking for a high quality indoor bike without the scientific feedback found in the Wattbike Pro and Trainer.

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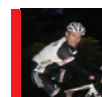
@Budgies

@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...



@Stafflegs

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



“

The Bugatti Veyron of Indoor bikes.

Robert Crampton  
The Times

**wattbike**

