

# WHY IT WORKS?



The CYBEX 750 bikes are the most unique in the industry. With 3 distinctly different modes of operation, 21 preset programs to choose from and 21 levels per program, the CYBEX bikes provide unmatched versatility. Select Bike mode to train for the Tour de France or select the one of the programs to improve your fitness level for that weekend ride with your friends!

## CONSTANT POWER

The 750 series offers 9 preset constant power programs that allow users to pedal at their desired speed while a consistent workload is maintained by the bike. Whether your goal is weight loss or to improve your cardiovascular endurance, the CYBEX 750 series bikes can help users reach their goal. Personal trainers and advanced users may select the Manual Constant Power program in the Advanced Programs menu and set their own personal watts level and try to maintain it.

## BIKE MODE

Can be experienced by pressing either QUICK START or MANUAL. It simulates the feeling of riding a bicycle outdoors. The user selects the level, or "gear", and the bike will apply resistance equal to what it feels like to ride that gear outdoors on the pavement. As users increase the level, the bike will change "gear" accordingly and apply more resistance, and just like riding a bike outdoors, if you want to go faster you have to pedal faster! This program allows users to ride indoors while still training their muscles for outdoor riding.

## ISOKINETIC MODE

An advanced mode of operation available from CYBEX that can be found in the Advanced Programs menu. In this mode users set a specific RPM (Revolutions Per Minute) at which they will pedal. If the user tries to pedal faster than their set RPM the bike will apply more resistance to keep the user pedaling at their set RPM. Inversely, if the user pedals slower the bike will apply less resistance. It is, simply put, accommodating resistance. The program is excellent for building strength and muscular endurance as Isokinetic's accommodating resistance allows the user to maintain their RPM throughout the program as they experience fatigue. Unlike Constant Power mode where the user must push harder against the forces that the bike is generating, the resistance will accommodate the users pedaling speed so they can finish their workout. This mode of training is excellent for cyclists and fitness enthusiasts alike looking to train their muscles to ride at a higher tempo, making it easier to climb, or to respond to acceleration while riding in groups.



# CYBEXceptional



## 750C Bike

<b>Model Number</b>	<b>750C</b>
<b>Foot Print</b>	L: 48" (122 cm) W: 23" (58 cm) H: 61" (155 cm)
<b>Weight</b>	141 lb. (64 kg)



## 750R Bike

<b>Model Number</b>	<b>750R</b>
<b>Foot Print</b>	L: 63.5" (161 cm) W: 25" (64 cm) H: 49.5" (126 cm)
<b>Weight</b>	178 lb. (81 kg)