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F&B

## ProForm® Carbon C7S Exercise Bike

### Short Description:

Cycle through global destinations as you follow personal trainers with iFIT on the Carbon CS7 exercise bike. With the Smart HD touchscreen and included three-pound dumbbells, you'll be able to take your workout to the next level both on and off your bike. For a better fit and more comfortable workout, the ergonomic seat also adjusts both vertically and horizontally.

### Features:

#### **iFIT Bluetooth® Smart Enabled, 30-Day Membership Included\***

Cycle anywhere in the world and track your workouts with iFIT. Using the touchscreen on the Carbon CS7 exercise bike, you can stream workouts with personal trainers that guide you through global and studio workouts, controlling your machine's resistance along the way to give you the training you need.

§Machine connects to tablet via Bluetooth® and does not contain Bluetooth audio speaker.

\*iFIT experience shown. Internet and Wi-Fi required. iFIT membership activation requires credit/debit card and auto-renews for fee. Cancel at anytime.

#### **7" Smart HD Touchscreen**

Follow personal trainers through beautiful destinations right on the display with the 7-inch touchscreen. With the swipe of a finger, you can also access all of your workout stats so you can keep an eye on your progress.

#### **Two 3 Lb. Dumbbells Included**

Work your entire body with the two included 3-pound dumbbells. When training with iFIT, some trainers will have you use these dumbbells for an added boost of muscle tone.

#### **22 Digital Resistance Levels**

With 22 digital resistance levels, you can start out easy and increase the intensity. Each level is smooth, frictionless, and silent with our patented SMR™ Silent Magnetic Resistance, which allows you to adjust your resistance without interrupting your workout or anyone around you.

#### **Inertia-Enhanced Flywheel**

Experience a smooth, steady pedal stroke with the flywheel made to perform. A faster gear ratio and effective weight placement deliver a more natural striding experience.

#### **High-Quality Welded Steel Frame with Enhanced Corrosion Resistance**

Expertly made with a welded steel frame, this exercise bike is built to last. With an additional enhancement of corrosion resistance, your training will last for years to come.

### **Pedals with Toe Clips and Straps**

Designed to keep your feet in place, these pedals are built with adjustable toe clips and straps to increase stability.

### **Adjustable, Ergonomic Seat**

With the Tour de France CSC, you aren't just working out, you're enjoying a comfortable ride. Our ergonomic seat easily adjusts horizontally and vertically so you find the perfect fit.

### **Dual 2" Speakers**

Experts have learned that we increase or decrease our pace to match the tempo of our tunes, which is why we put two speakers in the console. Plus, music has also been proven to lower perceived exertion. Simply plug in your device using the audio auxiliary port and turn up the music during your workout.

### **Water Bottle Holder**

Hydration is a key part of any training regimen. You can stay hydrated throughout your workout by keeping your water bottle close. This convenient water bottle holder is built into the bike frame for easy access.

### **Front-Mounted Transport Wheels**

Moving this bike out of the way is fast and easy with the front-mounted transport wheels.

### **Large, Adjustable Leveling Feet**

Keep your bike stable on an uneven surface with these large, adjustable leveling feet.

### **250 lb. Weight Capacity**

This exercise bike accommodates up to 250 pounds.

### **Warranty**

We want to help you protect your investment. That's why we try to go above and beyond with our product warranties. The Carbon CS7 is protected with a 10-year frame warranty and a 1-year parts and labor warranty.