FOR THE MOMENTS THAT MATTER
OUR MISSION

IMPROVE THE HEALTH AND PERFORMANCE PROGRESSION OF EVERY ATHLETE IN THE WORLD

OUR STORY

Wattbike was born more than 20 years ago with a single vision – to improve the health and performance of every athlete in the world by creating the ultimate training tool.

The first wattbike was created developed in partnership with British Cycling in 2000. That same year, team GB won six of the cycling gold medals at the Beijing Olympic Games; soon spread about how wattbikes were transforming fitness and performance measurement and they soon became a non-negotiable for elite clubs.

You’ll now find Wattbikes all over the world from the changing rooms of the AI皱纹 to global health and fitness clubs, medical facilities, universities, the military and on the home. Our innovation in technology and design has never stopped and has led to wattbike being the gold standard for indoor training, used by professionals and amateur athletes alike in the pursuit of improved performance.
PERFORMANCE IS PERSONAL
EVERYONE HAS A GOAL
AND TO REACH IT, THEY HAVE TO KNOW THEIR TRUTH
WHERE AM I STRONG?
WHERE COULD I BE BETTER?
HOW MUCH DO I WANT IT?
THIS IS WHAT MAKES A WATTBIKER
A FOCUS ON CONTINUOUS IMPROVEMENT
A MINDSET MADE FOR PROGRESS
PIONEERING PRODUCTS FOR EVERY MARKET

Born in cycling, the Wattbike is still the only indoor bike ever endorsed by British Cycling. But it’s not just for cyclists. Wattbike is the choice for the world’s greatest athletes. World and Olympic Champions from sports ranging from rugby to tennis and from swimming to boxing have all adopted Wattbike as their go-to training tool.

The accuracy, versatility, reliability and robust nature of Wattbikes mean they are the ideal indoor bike for elite sport and commercial businesses. You’ll find Wattbikes in settings such as Loughborough University, The British Military as well as High-Active in Supa.

RIDE TO WIN WITH THE ALL BLACKS
Learn how Wattbikes are used in the All Blacks camp, with BC Coach, Nic Gill.

Back in 2017, Strength and Conditioning Coach at the All Blacks, Nic Gill, reached out to Wattbike about training some Wattbikes with the team.

With our data driven and made to measure powermeters, along with the sheer robustness and accuracy of the Wattbikes, they quickly became the secret weapon of the training room. Fast forward 11 years and Wattbike has become an integral part of the All Blacks’ training programme.

From off-field conditioning to rehabilitation and everything in between, the Wattbikes are one of the most versatile pieces of equipment.

"THE WATTBIKE IS A HIGHLY ACCURATE, REALISTIC AND RELIABLE WAY TO GET INTENSITY INTO OUR INDOOR AND OFF FIELD CONDITIONING PROGRAMMES. THERE IS NO DOUBT THAT THE WATTBIKE IS A WORLD-CLASS HIGH-PERFORMANCE TRAINING TOOL."

Nic Gill, All Blacks SSG Coach
"WE ENGAGED WITH STAKEHOLDERS ACROSS BMX, MTB, ROAD AND TRACK CYCLING AND THERE WAS OVERWHELMING SUPPORT FOR THE PRODUCT SO WE SET OUT TO NOT ONLY PARTNER WITH WATTBIKE FOR OUR ELITE CYCLISTS BUT ALSO TO CREATE UNIQUE OFFERS THAT THE WIDER MEMBERSHIP AND CLUB AUDIENCES COULD ACCESS"  

AGOSTINO DIRAMONDO, AUSCYCLING

Wattbike can be found at most Virgin Active sites across the globe, where cyclists and gym-goers alike are taking full advantage of our innovative bikes to improve fitness, health, and performance.

"FROM EXPERIENCE WE’VE SEEN HOW INCLUDING WATTBIKES ON THE GYM FLOOR HAS ENHANCED CYCLISTS’ AND TRIATHLETES’ INTO THE CLUB, RAISED MEMBER RETENTION LEVELS AND CAN DRAW THOSE THAT STICK TO THE GROUP TRAINING CLASSES OUT INTO INDIVIDUAL TRAINING TOO"
HEALTH ASSESSMENT MADE EASY

Benchmarking and testing is an essential part of delivering effective member training experiences. Testing allows members to measure their fitness, provide motivation and personalise workouts for their fitness level. With validated, independently verified accuracy, repeatability and ease of use, Wattbikes have built-in testing protocols that allow for a variety of tests from peak power to endurance-based FTP testing.

One of the most frequently used tools is the Health Assessment submax test, which gives users their Cardiac Respiratory Fitness (CRF) score. This CRF score provides a predicted VO2max to highlight current health and fitness benchmarks. The score allows members to assess their fitness compared to their age and sex peer groups adding a layer of motivation. Once completed, members will be provided with personalised training zones and a recommended training plan for their fitness level.
EMPOWERING YOUR MEMBERS

Members get access to powerful and unique fitness and performance insights that no other gym equipment can give, from accurate power data, to pedal technique tracking and left vs. right power balance.

Wattbike’s unique Pedal Effectiveness Score (PES) and Polar View technology makes this powerful technology available to every gym member, allowing members to see how their performance and technique is improving over time.

The Polar View is a graphical representation of how you are using your muscles to apply force through each pedal revolution. It shows the magnitude of force on screen at each point of the pedal stroke, so you can see exactly how you are using your muscles.

NO OTHER GYM EQUIPMENT GIVES USERS THIS AMOUNT OF FEEDBACK, MAKING THE WATTBIKE THE ULTIMATE TRAINING AND FITNESS TESTING TOOL.
BRINGING VIRTUAL REALITY TO CLASSES: WATTBIKE X INTELLIGENT CYCLING

Small Group Training is the most profitable department for health and fitness facilities, producing a margin of 43.7% and a 50% rise in membership cancellations. Indoor cycling is also the most popular training form for men and women between ages 16-64.

Wattbike have partnered with Intelligent Cycling to bring a world-first, wireless ergo group training platform that allows bi-directional feedback between our Wattbike and the software. This means that the software controls the resistance of the Wattbike Atomi for each individual rider based on their profile information; transforming indoor cycling into a truly smart, connected experience. Powered by artificial intelligence, the virtual reality worlds of Intelligent Cycling bring gamification into the indoor-cycling arena, allowing your members to dive into head-first into worlds such as Space, Wleshraft, Dinosaurs, or the Ocean.

Intelligent Cycling is the perfect tool to engage with all your members, whether they are in the gym, at the studio, or at home. The brand new Live Player feature allows you to host engaging virtual classes from the comfort of your home or studio, and displays all essential workout details at the bottom of your live video feed.

“This means riders following along at home can see you, as well as an easy to understand map of the ride ahead. All you have to do is coach.”

CASE STUDY: THIRD SPACE, MAYFAIR

Third Space are one of London’s luxury health clubs, individual in style, bound by a common philosophy; to provide facilities across prestige places that members feel are their own. In order to offer the full circle of indoor cycling opportunities to its members, third space Mayfair houses two different Wattbike cycling zones.

The first is a next level performance wattbike zone for group cycling in an immersive studio setting using “Intelligent Cycling” software and a 4K digital screen to provide the most advanced performance cycling experience possible. The second zone at Third Space Mayfair includes the Wattbike Atomi, placed on the gym floor so that members can make use of these bikes when they want to do their own individual session.
**Key Specifications**

- **Weight:** 48kg
- **Bike Footprint:** Floor Space > 145 x 80cm
- **Max Rider Weight:** 120kg (265lb)
- **Max Height:** 205cm (6’8”)
- **Resistance Type:** Electromagnetic
- **Power Range:** 0 – 250W
- **Wireless Technologies:** Wi-FI, ANT+, FE-C, Bluetooth and FTMS
- **Product Dimensions:** BLE, ANT+, and (optional) Polar
- **Shifter:** Each 3 Buttons Hand-Mounted Fully Integrated Dual Shifter with Vibrating Motor
- **Display:** 7” Virtual
- **Gradient:** 0 – 25%
- **Power Requirements:** MAINS POWERED 110V / 230V

**Best for:**
- Virtual Training Experiences
- Workouts
- Climbs
- Endurance Rides

**Performance Feedback**
Every ride will improve your fitness in real time and give you the data you need to keep track of your progress. You can also improve your pedalling technique with feedback on your left to right leg balance, using the unique pedaling effectiveness score (PES), analysis tool on the Performance touchscreen.

**Performance Touchscreen**
The high-definition Performance touchscreen allows the cycling experience by delivering the most advanced performance feedback, showing your power, cadence, speed, climb, time, Polar View, and your pedaling Effectiveness Score.

**Unrivalled Connectivity**
Train your way and connect to a range of apps. The AtomX seamlessly connects Bluetooth, ANT+ and FTMS connections. Tap on Bluetooth at the top of the screen to find out more and connect to your favorite training apps such as Zwift, The CyclingBike, TrainerRoad and Peloton.

**Trainning Modes**
- Choose from built-in workouts or specify your own intervals, or specify your desired Watts in Erg Mode and the Atom will adjust the resistance to achieve your desired output. Smart Mode mimics the gradient of familiar mountains from around the world so you can tackle bucket-list climbs anywhere, anytime.

**Smart Resistance Technology**
The wattbike AtomX’s smart resistance technology is incredible unique. The resistance can be controlled automatically by using Erg mode, where you enter your desired target watts and the AtomX adjusts the resistance based on your leg speed and individual training zones. Allowing you to focus fully on each workout and your technique.

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The Wattbike ProTrainer allows you to have full control of the resistance applied to your muscles during your workouts, so you can directly transfer and replicate the power exerted in your own tests, on the bike.

Put simply, if you’re training at high intensity, the Wattbike ProTrainer is best for intense and explosive power workouts because you can make smooth and instant resistance changes. It’s not just a power machine - if you’re recovering from injury and need gentle power loads, the ProTrainer allows you to have precise control over the resistance applied.

**KEY SPECIFICATIONS**

- **BIKE WEIGHT:** 35lbs
- **BIKE FOOTPRINT:** 24” W X 80” H
- **MAX RIDER WEIGHT:** 330lbs (150kg)
- **MIN. PEAK RIDER HEIGHT:** 5’0” (152cm)
- **MAX. PEAK RIDER HEIGHT:** 6’6” (200cm)
- **RESISTANCE TYPE:** Dual: Air + Magnetic
- **POWER RANGE:** 0-2,000W (trainers) 0-1,000W (open)
- **WIRELESS TECHNOLOGIES:** Bluetooth, ANT (Heart Rate Only), ANT+, POLAR (Heart Rate Only)
- **COMPATIBLE AIR DEVICES:** Wireless ANT+ POLAR
- **SEAT:** NA
- **STEM:** NA
- **GRADIENT:** NA
- **POWER REQUIREMENTS:** 0-100W

**Polar View**

We created pedaling analytics over 10 years ago to help the “middle-man” understand how they apply force through their pedals. By combining our patented analysis tool, we can continuously develop and train more efficiently.

**Real Ride Feel Technology**

Our unique technology replicates the sensation of riding on the road, delivering the most authentic ride feel available. Our advanced inertia provides a consistent experience, ensuring your workout experience predictable and safe workouts everyday.

**Built on Innovation & Success**

It’s the secret weapon of some of the world’s most successful athletes and sport teams. Very robust and incredibly versatile, the Wattbike ProTrainer is tested on the most powerful athletes, from the New Zealand All Blacks to British Cycling and the Military, our original Wattbike has set the standard for indoor training.

**Do you want it?**

In 2006, the Wattbike ProTrainer was launched at the Track World Championships and endorsed by British Cycling. Since then, the Wattbike has been the first choice tool for elite sport athletes and teams.

**Data in Your DNA**

Featuring a Bluetooth compatible monitor which relays instant data and pedaling technique feedback, you’ll acquire accurate results to track your performance improvements. In combination with the free Wattbike app, you have access to over 100 workouts, performance tests, training plans to reach your goals.

**Accurate Data**

Your clients and members can rely on Wattbike data to achieve their goals. Independently verified to deliver +/- 2% accuracy across the full power range. Trained by elite athletes and teams including the All Blacks.

**Resistance Systems**

The ProTrainer uses an innovative combination of air and magnetic resistance to deliver smooth, incremental adjustments with a maximum of 200W for the Wattbike Pro. We have enough resistance for even the toughest workouts.
BE READY. BE SURE.

WITH THE WATTBIKE HUB

The Wattbike Hub allows you to personalize sessions to your fitness level, tracks every revolution so you can improve your training efficiency and keeps you on track to achieve your goals.

With over 150 workouts, training plans, fitness tests and challenges, the free Wattbike Hub has everything you need to stay motivated.

The free Wattbike Hub training app is available on smartphone, tablet and desktop, and also on the Performance Touchscreen (Wattbike Nuclear & AtomX).

On the Wattbike Pro/Twiner, the app links seamlessly to the Performance Monitor and provides additional workout feedback including your pedaling technique score. The data from each session is stored in the Wattbike cloud so if, members, athletes can access and analyse any session, at any time.
You can unlock even more features with the Hub+, a premium subscription which allows you to build your own workouts, share them with clients and friends and export them into third party apps.

**BUILD**
Create and build your own custom workouts quickly and ride them immediately. Pick and add segment blocks, then edit each individual. Add in your duration. Then add your preferred %TP, cadence and duration.

**SHARE**
Share custom workouts with friends or practice straight from the app via WhatsApp, SMS, AirDrop or post your workout live on social media. Train wherever, whenever.

**EXPORT**
Train in the app of your choice. With Workout Export, you can export and ride your custom workouts in third party apps, like Zwift, as well as bike computers to take your training outdoors.

**“THE HUB+ IS GREAT FOR MARGINAL GAINS - IT'S PACKED WITH A VARIETY OF SESSIONS, AND THE WORKOUT BUILDING IS GREAT WHEN I NEED TO BUILD MY OWN SESSION OR SHARE A SESSION WITH CLIENTS I COACH.”**

ANTHONY WALSH, ROADMAN CYCLING PODCAST HOST
GET IN THE ZONE

We like to do things differently. Because who wants to be like everyone else? Individualise your space and turn it into the most compelling indoor cycling experience available with a bespoke Wattbike zone. Whether on the gym floor or in a separate cycling studio, our in-house design team can create compelling and immersive graphics to fit any space.

REDEFINE YOUR INDOOR CYCLING OFFER WITH WATTBIKE TODAY.

MARKETING SUPPORT

We want to help you promote your Wattbike facility. We have a range of promotional materials such as posters, banners and digital social images, amongst many other marketing materials to help introduce Wattbike to your members, teach them how to improve their performance and inspire them to achieve more.

Whether you are installing a Wattbike Zone, providing training plans for your members, or simply want to shout about your Wattbikes, our dedicated in-house team have the assets to support you.

Through imagery, videos and printed materials, you can transform the way your instructors and members interact with the Wattbike, and completely redefine the way they see indoor cycling.

EXPLORE IN AUGMENTED REALITY

Visualise your Wattbike and find the perfect place to position it in your commercial space or home environment using your Apple device, with Wattbike’s Product Explorer App.
TRAINING & EDUCATION

Our education network has a combined experience of over 100+ years spanning all aspects of health, fitness, and performance. From cardiac and injury rehabilitation, applied sports science to strength and conditioning, our experienced educators and coaches work in a collaborative environment to provide you with the theoretical knowledge and understanding to take your practice to the next level.

We offer both accredited courses and bespoke sessions tailored to our customers’ needs. All of our sessions present exclusive, valuable insights, providing you with the knowledge of how to adapt and optimise the Wattbike for a diverse range of applications.

Our courses now present purpose-made modules on how to directly use Wattbikes to build and accelerate your business ambitions. Our accredited online courses allow you to access the knowledge you need when you need it. Follow our guided instructional, online courses to earn your stripes and call yourself a Wattbiker.

VISIT THE Wattbike EDUCATION PLATFORM

Members’ education courses allow you to immerse yourself in the Wattbike DNA, and cover everything from bike setup through to fitness testing and small group training.

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wattbikes are built to last and require very little maintenance, but we make sure that we have service and repair technicians available in every region in which they are sold. all of our technicians are pre-screened, vetted and carefully guided and certified through a world-renowned educational programme giving you the confidence and assurance that your wattbike is in the hands of experts.

our technicians have extensive knowledge and experience in servicing, diagnosing and restoring wattbikes back to their best. operators can access this service and receive education where necessary to help accelerate repair and reduce downtime periods of wattbikes. we offer a range of delivery and installation services depending on your requirements. our in-house team work alongside our approved delivery partners to ensure your bike gets where it needs to be.

become a wattbiker