

HOME BIKES

RELIABILITY & PERFORMANCE

No matter what your riding preference may be, our step-through R7 recumbent and U7 upright bikes provide the style and durability found in all Landice equipment and sets the new standard for bikes. Aesthetically designed and self-powered, these machines will complement your home and enhance your workout.





Complete with comfort, conveniences and innovation, the R7 and U7 series represent the new standard in reliability and performance from a name you can trust – Landice.

R7

U7

Frame Type	Step-through recumbent with low step-over height	Upright
Pedal Type	Self-balanced pedals with adjustable straps	Self-balanced pedals with adjustable straps
Seat Adjustment	Forward/backwards with 15 settings	Up/down with 12 settings
Flywheel Weight	15 lbs.	15 lbs.
Resistance System	Eddy current magnetic braking system	Eddy current magnetic braking system
Resistance Range	1–20	1–20
Handlebar	Console grip bars, seat grips with contact heart-rate monitoring and resistance controls	Racing style handlebars with contact heart-rate and resistance controls
Display	Landice Achieve: 9" color LCD with capacitive touch buttons	Landice Achieve: 9" color LCD with capacitive touch buttons
Heart Rate	Interactive heart rate control with contact heart rate	Interactive heart rate control with contact heart rate
Accessories	Water bottle holder, accessory pocket	Water bottle holder, accessory pocket
Electrical Requirement	Self-powered	Self-powered
Transport Wheels	Yes	Yes
Levelers	Yes	Yes
Assembled Weight	205 lbs.	159 lbs.
Dimensions	65.74" L x 25.31" W x 52.20" H	44.56" L x 24.72" W x 58.11" H
Max User Weight	350 lbs.	350 lbs.
Bluetooth	Yes (see website for details)	Yes (see website for details)

R7 - RECUMBENT BIKE



U7 - UPRIGHT BIKE



PROGRAMS

- 8 Built-in programs
- 6 User-defined programs
- 3 Goal programs
- 2 Interactive HRC Built-in programs
- 4 Interactive HRC User programs
- 2 HIIT programs

WORKOUT FEEDBACK

Speed, Distance, Laps, Calories, Cal/Hour, RPM, Resistance, Watts, Time, METS, Heart Rate, Target Heart Rate, Time in Heart-Rate Zone

LIMITED LIFETIME WARRANTY

We are so confident in the workmanship and quality of our commercial-grade bikes that we offer a limited lifetime parts, 5-year console, and a 1-year labor warranty when placed in a residential setting.

To review additional bikes details, please visit us at www.landice.com.