



**LANDICE**

# HOME BIKES

## RELIABILITY & PERFORMANCE

THE NEW  
LANDICE  
STANDARD

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.

### RESIDENTIAL WARRANTY

Lifetime parts  
1-year labor





## THE NEW STANDARD

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.

To review additional bike options, please visit us at [www.landice.com](http://www.landice.com).

	R7	U7
<b>Frame Type</b>	Step-through recumbent with low step-over height	Upright
<b>Pedal Type</b>	Self-balanced pedals with adjustable straps	Self-balanced pedals with adjustable straps
<b>Seat Adjustment</b>	Forward/backwards with 15 settings	Up/down with 12 settings
<b>Flywheel Weight</b>	15 lbs.	15 lbs.
<b>Resistance System</b>	Eddy current magnetic braking system	Eddy current magnetic braking system
<b>Resistance Range</b>	1-20	1-20
<b>Handlebar</b>	Console grip bars, seat grips with contact heart-rate monitoring and resistance controls	Racing style handlebars with contact heart-rate and resistance controls
<b>Display</b>	9" color LCD console	9" color LCD console
<b>Heart Rate</b>	Contact heart rate for heart rate control/ wireless chest-strap (optional)	Contact heart rate for heart rate control/ wireless chest-strap (optional)
<b>Accessories</b>	Water bottle holder, reading rack, accessory pocket	Water bottle holder, reading rack, accessory pocket
<b>Electrical Requirement</b>	Self-powered	Self-powered
<b>Transport Wheels</b>	Yes	Yes
<b>Levelers</b>	Yes	Yes
<b>Assembled Weight</b>	205 lbs.	159 lbs.
<b>Dimensions</b>	65.74" L x 25.31" W x 52.20" H	44.56" L x 24.72" W x 58.11" H
<b>Max User Weight</b>	350 lbs.	350 lbs.

## LIFETIME WARRANTY

We are so confident in the workmanship and quality of our commercial-grade bikes that we offer a lifetime parts and a 1-year labor warranty when placed in a residential setting. High-wear items such as pedal straps carry a 90-day warranty against defects in material and workmanship.

## PROGRAMS

- 8 Built-in programs
- 4 Heart Rate programs
- 5 User programs

## WORKOUT FEEDBACK

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

