

# PlugOut Cycle

PlugOut™

## Indoor Cycle Bike (Individual or Group)

The PlugOut Cycle is an extremely versatile piece of equipment that provides one heck of a workout. It works well for group classes, warming up in a training studio, or even as an educational tool when incorporated into a high school curriculum. It is easy to move when you want to use your space for something else and it is our most affordable option.

### SPECS & FEATURES

Weight: 100 lbs

Fly Wheel Weight: 40 lbs

Frame: Steel

Dimensions: 30" L x 25.2"W

Power Cord: 12 gauge

Power Cord Length: Adjustable

Handle Bars: Adjustable Height

Seat: Adjustable Height/Distance

Tension: Manual (Knob)

Pedals: Self-leveling, non-slip

Tow Straps: Fully Adjustable

Electricity Output Range: 0W-250W

Moving: Built-in Wheels

Warranty: 1 Year

Includes: Power Cord, manual



### PlugOut Technology

Our equipment is ready to work right out of the box. You don't need to make any additional purchases or alter your building in any way for your equipment to work. The electricity is returned to the building's electrical system by plugging the standard three prong power cord that is included with the unit directly into a standard outlet.