

UNIQUE
CARDIO PRODUCTS
FOR YOUR **FACILITY**



SCHWINN FITNESS



StairMaster®

REAL WORK. REAL RESULTS.

In today's world, the importance of exercise is undeniable, but time is in increasingly short supply. At StairMaster, we have always been focused on providing fitness options that require real effort from users, but reward that effort with real results. The legendary StairMaster StepMills and StairClimbers have set the bar for effort and results in fitness facilities for nearly 30 years. We are proud to be known as the workout your members love to hate.

At StairMaster today, we offer the same high level of quality and performance with a modern flair. Utilizing ergonomic enhancements such as improved handrail placement and articulating foot pedals, we provide the most comfortable user experience possible, allowing climbers to challenge their limits and reach their goals. StairMaster also provides the most current console technology with integrated TV tuners complete with iPod compatibility.

Many things have changed since we started in 1983, but some things remain the same: We are still dedicated to fitness, users still love to hate our products, and no facility is complete without StairMaster.



StairMaster® StepMill® 5



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RIDE RIGHT.™

In 1995, Schwinn introduced the first production bike designed specifically for indoor cycling, and we have been at the forefront of the indoor cycling phenomenon ever since. Our legacy as a bike company has positioned us as the leader in innovation and design for indoor cycling bikes. Features such as Smart Release hubs, oversized bottom brackets, and ISIS cranks were all pioneered by Schwinn and followed by the rest. Schwinn indoor cycling bikes have always been – and will always be – about real bike performance first. Our designs are focused on providing optimal user mechanics, true bike feel, and long-term durability.

Today we have raised the bar in indoor ride technology with the Schwinn Authentic Cycling series bikes and MPower consoles. Our new generation of equipment provides enhanced user fit and bike feel, a modern look, and the breakthrough ability to measure user work in watts and calories during class rides. This combination sets the stage for the best group cycling experience available.

By combining Schwinn bikes and consoles with our global team of Schwinn Master Trainers, we offer the complete indoor cycling solution. The Schwinn Education program is designed around the basic principles of coaching and authentic cycling. We can help any instructor provide an enhanced class experience for their riders and create a group exercise experience that keeps members coming back again and again.



Schwinn® MPower™ Console

Schwinn® A.C.™ Performance





StairMaster®

New StairMaster StepMill® 5

For nearly 30 years, the StairMaster StepMill machines have been helping people get the most out of their workout by providing a superior combination of cardio and strength training in one machine on the cardio floor. The StepMill 5 offers the core mechanics of our previous models wrapped in a stylish look and enhanced functionality to create a next-generation user experience.

- Revolving staircase with 8" (20.3 cm) high and 9" (22.9 cm) deep steps most closely duplicates the workout of real stair-climbing
- Staircase revolves at speeds varying from 26 to 162 steps per minute
- Ergo-bar hand grip provides alternative hand positions
- Broad oval handrails provide comfortable hand support
- Step-up assistant allows easy access to mount and dismount the machine
- Dual oversized water bottle holders near console allow easy access without interfering with workout space
- Polar® compatible Telemetry Heart Rate monitoring
- Console options and accessories include the TSE-1, TS-1, D-1 and NV916



| StepMill 5 | |
|---------------------|--|
| Drive System | Electronically-controlled alternator with chain drive precisely controls the step descent allowing a wide range of users to exercise smoothly within their comfort zones |
| Product Dimensions | 58" L x 34" W x 89" H (147 cm L x 86 cm W x 226 cm H) <i>Note: This product requires a minimum ceiling height of 10 feet</i> |
| Machine Weight | 344 lbs (156 kg) |
| Maximum User Weight | 350 lbs (159 kg) |
| Power Requirements | Supports 110 V and 220 V |



StairMaster StairClimber 5

Climbing is a challenge of endurance. And the high-intensity, short-duration workout of a StairMaster StairClimber is unbeatable. Featuring a wide range of programming options in a small footprint, the StairClimber is a powerful addition to your facility when used both as part of your circuit training programs or alone.

- Handrails are ergonomically designed, which means users experience a natural movement that minimizes impact
- Quieter step design improves fluidity of stepping motion and provides added cushion for joints
- One-piece soft pedals offer the ultimate in stepping comfort
- Independent pedal geometry with four-bar linkage keeps pedals level ensuring a safe, biomechanically correct movement
- Water bottle holder and accessory tray
- Polar® compatible Telemetry Heart Rate monitoring
- Console options and accessories include the TSE-1, TS-1, D-1 and NV916



| StairClimber 5 | |
|---------------------|---|
| Drive System | Electronically-controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones |
| Step Range | 1" to 14" (2.5 cm to 36 cm) |
| Step Rate | 26 to 174 steps/minute |
| Product Dimensions | 44" L x 32" W x 69" H (112 cm L x 81 cm W x 175 cm H) |
| Machine Weight | 155 lbs (70 kg) |
| Maximum User Weight | 300 lbs (136 kg) |
| Power Requirements | Cordless — Battery charger included |



StairMaster Console Options

At the heart of the StepMill 5 and StairClimber 5 cardio machines are three new choices of displays to suit your facilities needs. All console options are compatible with our StepMill 5 and StairClimber 5 products.

TSE-1 Console

- 10" touch screen console with integrated TV tuner
- Attractive and intuitive LCD display
- Integrated TV tuner allows television viewing during workout
- Landmark Challenge engages users as they watch their progress up well-known landmarks from around the world
- Integrated iPod connectivity with video playback, audio controls and charging capabilities
- Optional 15" LCD TV (NV916) mounts above console

TS-1 Console

- Provides all the same functionality of the TSE-1 display, without the integrated TV tuner

D-1 Console

- Standard console display and programs that are familiar to your members plus the addition of the Landmark Challenge
- Integrated iPod connectivity with video playback, audio controls and charging capabilities
- Optional 15" LCD TV (NV916) mounts above console



StairMaster Accessory Option

NV916 15" LCD Television

- Compatible with any StairMaster console option
- LCD display designed specifically to handle the facility environment
- Integrated function key pad for direct access to channel selection
- Optional TV remote features 10-key pad on/off, volume, channel select and replaceable headphone jack
- Optional telescoping TV stand can be adjusted from 58" to 91" (147 cm to 231 cm)





Schwinn Authentic Cycling

The Schwinn Authentic Cycling Series is based on one simple principle: we believe that riding a bike indoors should feel as much like riding an outdoor bike as possible. We love the way bikes feel, we love the way they sound, and we love the great workout they can provide.

Virtual Contact Resistance Technology

Our innovative system utilizes magnets and an aluminum disk to generate resistance – nothing is in contact with the wheel, which provides several benefits:

- No friction, no wear, no change in performance over time, no pads to maintain or replace
- Resistance changes in predictable, manageable amounts – a small turn will never take you from easy to hard – and the adjustment is consistent from bike to bike



Virtual Contact™ Resistance

Schwinn Performance Handlebars

New Schwinn performance bars offer several user benefits:

- ErgoLoop handlebars to accommodate additional hand positions
- Aero bar position
- 12 degree incline of bars toward the user for more comfortable lean
- Dual handlebar-mounted water bottle holders



Schwinn® Performance Bars

Schwinn Triple Link Pedals

Triple Link Pedals accommodate the Look and SPD style shoes/cleats to simulate your outdoor riding experience. They easily convert to accept traditional athletic shoes with the snap-in, locking toe clips.



Schwinn® Triple Link Pedals

Schwinn Quick Fit System

Most bikes provide an unnecessary number of seat height and fore-aft position options, making correct set-up complicated. The A.C. series bikes are designed to enable a simple, correct set-up for every rider.

Schwinn's Quick Fit will put nearly every rider in a comfortable, correct position:

1. Adjust the seat and handlebar fore/aft adjustments to the neutral (0) position
2. Adjust the seat height even with the hip bone when standing next to the bike
3. Adjust the handlebar height even with (or slightly higher than) the seat height
4. Ride!





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SCHWINN A.C.™ PERFORMANCE

- Schwinn Authentic Cycling Technology with Virtual Contact Resistance, Performance Handlebars and Schwinn Bike Fit System
- Triple Link Pedal upgrade compatible
- Dual density saddle for ideal blend of comfort and performance
- Light weight aluminum frame construction manufactured by Giant
- Stainless Steel slider and posts
- Dimensions: 48" H x 43" L x 20" W
(122cm H x 109cm L x 51cm W)
- Weight: 106 lbs (48 kg)
- Color: Pearl White



SCHWINN A.C.™ SPORT

- Schwinn Authentic Cycling Technology with Virtual Contact Resistance, Performance Handlebars and Schwinn Bike Fit System
- Triple Link Pedal upgrade compatible
- Dual density saddle for ideal blend of comfort and performance
- Zinc-plated Steel frame construction
- Stainless Steel slider and posts
- Dimensions: 48" H x 43" L x 20" W
(122cm H x 109cm L x 51cm W)
- Weight: 126 lbs (57 kg)
- Color: Deep Silver



SCHWINN IC PRO™

- Classic Schwinn performance and styling
- Triple Link Pedal upgrade compatible
- Dual frame-mounted water bottle holders
- Zinc-plated steel frame construction – corrosion resistance, proven durability
- Dimensions: 39" H x 50" L x 22.5" W
(99cm H x 127cm L x 57cm W)
- Weight: 130 lbs (59 kg)
- Color: Standard Silver



Schwinn MPower™ Console Measurement = Motivation

Would you run on a treadmill that did not provide you with measurements such as time, speed, distance, and calories burned? Once you experience the Schwinn MPower console, you will wonder how you ever rode group cycle bikes without these measurements, and you will never want to ride without them again. The Schwinn MPower console is compatible with both models of A.C. bikes.

Coach's Quadrant –

Displays wattage, speed, heart rate and calories in a unique 2 x 2 matrix that turns measurement into motivation! For the first time ever, instructors and students can easily compare these important numbers diagonally, vertically and horizontally to instantly measure improvement, increase performance and stay motivated.

Stage Reset –

'Stage' measures can be reset any time during a ride, making it easier than ever for instructors to set multiple in-class segments, and for students to follow along.

User Metrics Provided –

- Cadence (RPM)
- Time
- Telemetry Heart Rate
- Kcal
- Watts
- Speed
- Distance

Speed and distance are calculated directly from watts – unlike other bike computers that equate speed and distance to RPMs, the Schwinn MPower console uses watts to determine speed and distance. Higher speed and longer distance is achieved by working harder – thus real effort is rewarded!



Data Capture – A first for indoor cycling computers, console provides two ways for users to memorialize their workout data and take it with them:

USB Memory Stick – plug USB device into port and capture workout data in basic file format compatible with spreadsheet programs or third party training programs (including TrainingPeaks.com).

ANT+ Wireless Devices – sync any ANT+ wireless-enabled device at the beginning of workout and capture workout data.

LCD screen with button-activated backlight measures 1.7" W x 3.7" H (4.5cm W x 9.4cm H)

Consistent Measurement of Work – The Schwinn MPower console and watt measurement technology are designed to provide consistent measurements, from workout to workout.

Requires (2) C batteries



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Schwinn Education

UPGRADE YOUR INDOOR CYCLING CLASSES

At Schwinn, we use the phrase "Ride Right", because we are all about the ride. The Schwinn A.C. series of indoor bikes are the most advanced available, but they are simply a tool. The real magic of indoor cycling – the thing that turns regular class participants into front row fanatics – is the workout experience. This is where Schwinn Education is head and shoulders above the rest. Developed by the fitness industry's top educator, Jay Blahnik, Schwinn education is the cornerstone for cycling success. Our global team of 45+ Schwinn Cycling master trainers around the world bring it straight to you.

Our program is based on three key elements that set it apart from all others:

1. All aspects of Schwinn Education are rooted in the principles, approach and science of real outdoor cycling.
2. The Schwinn Cycling method is simple and user-friendly for both instructors and students and effective for a wide range of exercisers.

3. Instructors learn how to be more than exercise leaders; they learn to be great coaches and motivators who engage, empower and interact with their students to create memorable rides!

The Schwinn A.C. series bikes have been designed in tandem with Schwinn Education. Combined they create a seamless, optimal ride experience. With the arrival of the MPower console, a new Schwinn Education program is now available designed specifically to bring measurement to the forefront of the workout and create an entirely new, addictive ride experience. Once you train or teach using the MPower consoles, you'll wonder how you ever did it without them. To learn more about hosting a training at your facility, or to register for a workshop near you:

www.SchwinnEducation.com

1-888-678-2476 x1906





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Schwinn Indoor Cycling Bike Comparison

| | A.C. [™] PERFORMANCE | A.C. [™] SPORT | IC PRO [™] |
|---|-------------------------------|-------------------------|---------------------|
| Frame | Aluminum | Zinc-plated Steel | Zinc-plated Steel |
| Virtual Contact [™] Resistance Technology | ✓ | ✓ | |
| Schwinn [®] MPower [™] Console Option | ✓ | ✓ | |
| Smart Release [™] | ✓ | ✓ | |
| SPD / Toe Clip Pedals | Standard | Standard | Optional |
| Bottle Holders & Fore-Aft Adjustment On Handlebars | ✓ | ✓ | |

Contact Us

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