



# SCHWINN

## AD7 Airdyne® Bike

*Premium Air Resistance Technology*



### MACHINE FEATURES

- » Progressive Wind Resistance
- » Infinite Levels of Resistance
- » Single-Stage Belt Drive
- » Interval & Target Programs
- » Heart Rate Level Indicators
- » Multi-Display Console
- » Adjustable Seat
- » Perimeter Weight Fan
- » Multi-Position Hand Grips

### WHAT IS THE AD7?

#### Infinite Resistance

Progressive wind resistance for infinite levels of challenge.

#### Multi-Display Console

High-resolution multi-display console tracks calories, watts, time, distance, speed and heart rate.

#### Belt Drive

Efficient single-stage belt drive that keeps the bike running quietly.

#### Comfort

Fore/aft and height adjustable seat with multi-position hand grips offer a variety of user and workout options.

## WHY AD7?

### Perimeter Weighted Fan

Optimized fan for easy start up and a smooth ride.

### Single-Stage Belt Drive

Provides efficient power transfer, low maintenance, and infinite levels of challenge.

### Versatility

Multi-position hand grips and adjustable seat offers a variety of workout options.

### Program Choices

Interval programs, target programs and heart rate level indicators for fat burn, aerobic and anaerobic training.

## TECHNOLOGY

- » Infinite Levels of Resistance
- » Single-Stage Belt Drive
- » Interval & Target Programs
- » Heart Rate Level Indicators
- » Heart Rate Telemetric Enabled



Multi-Position Hand Grips

## MACHINE SPECS

### Dimensions

53" L x 26.5" W x 53" H

### Maximum User Weight

350 lbs.

### Assembled Product Weight

113 lbs.

### Warranty

10-Years Frame  
2-Years Parts  
6-Month Labor



Perimeter Weighted Fan



Adjustable Seat