

**PFEX91421**  
**F&B**

## **ProForm®**

### **Tour de France C14**

### **Upright Bike**

#### **Short Description:**

Train like a pro in the comfort of your own home with the ProForm Tour de France C14 upright exercise bike. This bike comes with a 30-day iFIT Family membership that allows you to stream thousands of live and on-demand workouts right to your bike's 14" HD touchscreen. With iFIT, your trainers will auto-adjust your resistance so you don't have to fumble with controls as you work up a sweat. Plus, the Tour de France C14 comes with a pair of 3-pound dumbbells, making it easy to train your upper body as well. You've got this!

#### **Features:**

##### **iFIT® Enabled, 30-Day Family Membership Included\* (\$39 Value)**

With a 30-day, full-access membership to iFIT®, you have access to an ever-expanding library of workouts led by elite personal trainers right on your elliptical. This fitness experience lets you follow these personal trainers through global destinations and in the studio while they lead you through high-powered workouts. All you have to do is jump on and hit 'Start' and the trainer will automatically control your machine's resistance.

\*iFIT experience shown. Internet and Wi-Fi required. iFIT membership activation requires credit/debit card and auto-renews at then-current rate, plus tax, unless canceled in advance.

##### **14" HD Touchscreen**

Stream immersive Global Workouts and Studio Classes on your own schedule, right to your equipment! This large touchscreen lets you follow your iFIT Trainers as they automatically adjust your resistance for a touch-free workout.

##### **ActivePulse™ Technology**

This industry-leading technology will help you revolutionize your at-home workout. When enabled, your Tour de France C14 will auto-adjust based on your heart rate — this way your workout is 100% personalized to your own body.

##### **Inertia-Enhanced Flywheel**

Experience a smooth, steady pedal stroke with the flywheel that's made to perform. A faster gear ratio and effective weight placement deliver a more natural striding experience.

##### **Interchangeable Racing Saddle**

This seat was designed to mimic a true road bike experience in your home. If the saddle is too uncomfortable, it can be easily switched out for a replacement seat of your choice.

##### **Vertical and Horizontal Seat Adjustment**

Find the most comfortable position for your exercise thanks to a totally adjustable seat. This feature is also great for households with multiple users.

### **QuickSpeed® Buttons for Resistance Adjustments**

Switch your resistance at the touch of a button. The QuickSpeed® buttons located on the console make it so you can quickly and seamlessly adjust how difficult your workout is.

### **24 Digital Resistance Levels**

Use the 24 digital resistance levels to build your strength and stamina. Each level is smooth, frictionless, and silent with our patented SMR™ Silent Magnetic Resistance.

### **(2) 3 Lb. Dumbbells Included**

The Tour de France C14 upright cycle comes ready to work your upper body. Use these dumbbells to follow along with iFIT Trainers as they lead you through cross-training exercises both on and off your bike.

### **Pedals with Toe Clips and Straps**

These ergonomic pedals allow you a number of foot positions and provide important stability as you exercise.

### **Front Mounted Transport Wheels**

Store your machine where you want with the built-in transport wheels. These front-mounted wheels make moving the Tour de France C14 out of the way and into any corner fast and easy.

### **250 Lb. Weight Capacity**

Built with most users in mind, the Tour de France C14 upright bike accommodates up to 250 pounds.

### **Warranty**

We want to help you protect your investment. The Tour de France C14 upright bike is protected with a 10-year frame warranty, a 2-year parts warranty, and a 1-year labor warranty.

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