

# Expert Personal Trainers in Your Living Room

iFit® Coach Ready™\*

Engage in a whole new fitness experience as certified personal trainers take your exercise all around the world. With iFit® Coach, you'll be led through an expansive collection of GlobeTrek™ workouts and an ever-growing library of limit-pushing LiveCast™ workout classes, getting you moving and sweating on and off your machine. Connect your tablet to this iFit® Coach Ready™ exercise bike via Bluetooth and start working out with your own personal trainer. Subscription required.

\*Access iFit® Coach workouts on your Bluetooth® connected Android™ or iOS tablet. Tablet not included. Access iFit® Coach account from computer, tablet, or smartphone. Membership sold separately. iFIT experience shown. Internet and WIFI required. iFIT membership activation requires credit card and auto-renews for fee. Cancel at anytime.

- **World-Class Personal Trainers**
- **GlobeTrek™ Workouts and LiveCast™ Studio Classes**
- **Strengthening Personalized Nutrition**
- **Extensive Connected Tracking**



## Adjusts for Complete Comfort Adjustable, Oversized Seat with Lumbar Support

We've learned that the best fitness experience is all about the details. With the 440 ES, you aren't just working out, you're enjoying a comfortable ride.

Our oversized seat has added cushioning and easily adjusts so you find the perfect fit. Plus, the extra lumbar support on this recumbent bike really helps line up your posture so your back doesn't get achy as you ride.

- **Added Cushioning**
- **Lumbar Support Design**
- **Vertical and Horizontal Adjustability**



## Change the Intensity with a Single Touch

25 Digital Levels of Resistance

With 25 digital resistance levels, you can start out easy and progress to intense. Each level is smooth, frictionless, and silent with our patented SMR™ Silent Magnetic Resistance, which allows you to adjust your training intensity without interrupting your workout or anyone around you. For a fast and easy change, press one of the pre-programmed resistance buttons on the console.

- **One Touch™ Controls**
- **Smooth Resistance**
- **Super Quiet**



## Sized Right for the Home Footprint

We know getting and staying fit is a priority to you, but that the space in your home is very valuable. The 440 ES recumbent exercise bike was designed with this in mind. Get the workout you want in the room of your choice without having to worry about taking up too much space. When you need to move it around, it's easy with the integrated, front-mounted transport wheels.

- **22.25" Wide x 59" Deep x 52" Tall**
- **Takes up Small Amount of Space**
- **Easily Moved with Transport Wheels**