



C-21 BIKE

Ideal for steady-state and interval training, the adidas C-21 exercise bike comes fully equipped to help build cardio endurance and target lower body muscles without causing impact strain on sensitive joints.

REDEFINE YOUR HOME CARDIO EXPERIENCE



CREATE ENERGY



C-21 BIKE

- › SELF-GENERATING POWER; NO WIRES OR PLUGS NEEDED
- › 9 kg FLYWHEEL CREATES A SMOOTH CYCLING MOTION
- › RED LED LIGHTS POWER UP WHEN YOU CREATE ENERGY
- › 24 LEVELS OF ELECTRONIC RESISTANCE
- › DENSELY PADDED COMFORT SADDLE
- › HAND PULSE SENSORS
- › WATER BOTTLE HOLDER
- › FLOOR LEVEL ADJUSTMENT
- › TRANSPORT WHEELS & GRIP BAR
- › HIGH GRIP PEDALS + ADJUSTABLE STRAPS
- › SOLID BUILD QUALITY:
150 kg MAX, USER WEIGHT





C-21 BIKE

C-21 BIKE: CONSOLE

- > INTEGRATED SPEAKERS WITH BLUETOOTH CONNECTIVITY
- > 4 TARGET MODES: TIME, DISTANCE, CALORIES & PULSE
- > TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE
- > CHEST STRAP INCLUDED TO MONITOR HEART RATE
- > FEEDBACK: SPEED, TIME, DISTANCE, CALORIES, PULSE, WATTS, RPM, RESISTANCE
- > 12 PRE-SET FITNESS PROGRAMMES
- > CLEAR LCD SCREEN



CREATE ENERGY

C-21 BIKE: SUSTAINABLE ENERGY



CREATE ENERGY



C-21 BIKE

Built around a self-generating motor, you are the one that creates energy and powers the C-21's impressive features. No need for a power adapter, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.





C-21 BIKE

- > IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV
- > TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE

C-21 BIKE: HOME FITNESS CLASSES



CREATE ENERGY

C-21 BIKE: PEDALS



CREATE ENERGY



C-21 BIKE

> HIGH GRIP PEDALS

> ADJUSTABLE STRAPS PROVIDE FURTHER COMFORT WHEN RIDING



C-21 BIKE: SADDLE



CREATE ENERGY



C-21 BIKE

> WIDE, DENSELY PADDED COMFORT SADDLE

> VERTICAL AND HORIZONTAL SEAT ADJUSTMENT

> SADDLE HEIGHT RANGES FROM 67cm - 92cm / 26.3" - 36.2" TO SUIT ALL RIDER HEIGHTS





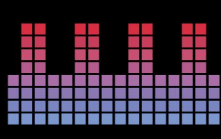
C-21 PROGRAMMES

ULTRA SERIES: PRE-SET PROGRAMMES

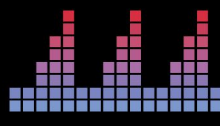
> 12 VARIED FITNESS PROGRAMMES

> 24 LEVELS OF ELECTRONIC RESISTANCE ALLOW YOU TO TAILOR YOUR RIDE

> 4 CUSTOM WORKOUTS OFFER A VARIETY OF CHALLENGES TO KEEP YOU MOTIVATED



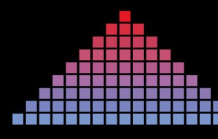
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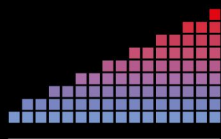
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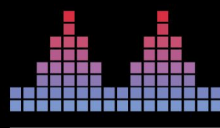
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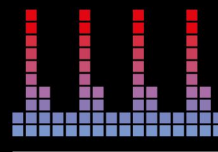
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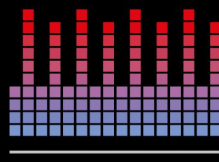
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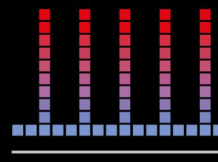
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CREATE ENERGY