

# CASCADE

HEALTH & FITNESS®

## CASCADE PRO POWER



### PRO POWER MODEL INCLUDES

- Bluetooth/ANT+ Power Console
- HR Monitor/Strap
- Dual Sided SPD Pedals
- 16 Levels Of Adjustable Resistance At Your Fingertips (Lever)

### WITH BLUETOOTH/ANT+ POWER CONSOLE

The Cascade Pro Power lets you train with power for top cycling performance. Using a smooth magnetic resistance system, with no friction parts for wear and tear, the Cascade Pro Power is extremely quiet and low maintenance. The Pro Power console has an easy to read backlit screen that displays watts, heart rate, calories, resistance, speed, cadence, distance, and time. Use to record workout data with ALA Fitness App on your iPhone and ANT+ technology sends out data for applications to read. Also includes wireless heart rate monitor.



### BLUETOOTH/ANT+ POWER CONSOLE

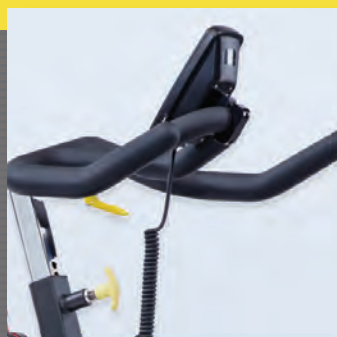
- Power – watts
- Heart Rate - current, average and maximum
- Calories – Kcal
- Level – resistance 1-16
- Speed – current, average and maximum
- Cadence – current, average and maximum RPM

## CASCADE PRO POWER - KEY PRODUCT FEATURES



### Smooth Magnetic Resistance System

Precision flywheel and smooth magnetic resistance system delivers a smooth quiet ride and great road feel. With no friction parts to wear and tear, Cascade group exercise bikes are extremely durable and require very little maintenance.



### No-Slip Multi-Position Handlebars

PVC coated handlebars adjust up/down and fore/aft for better fit.



### Comfortable 4 Way Adjustable Seat

Adjusts up/down and fore/aft for better fit.



### Cascade Pro Power – 16 Levels Of Resistance

Power at your fingertips. Cascade Pro Power resistance lever adjusts easily to give you 16 levels to vary the intensity of your workout – train with interval's from 30 watts to 1,000 plus watts for the most intense rider.

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Bluetooth/ANT+ Power Console displays speed, RPM, time, distance, HR, calories, level and watts

## PRO POWER FEATURES

Comfortable seat

Slide parts are industrial chrome

Horizontal micro fit adjustability seat and handlebars

Commercial oversized cranks

Dual sided SPD pedals

Hardware is stainless

Oversized leg levelers

Frame is pre-treated ED corrosion resistant and powder coated

Vertical adjustments secure pop pins seat and handlebars

PolyV automotive belt drive

Oversized bottom bracket

Resistance lever with 16 levels

Non-contact magnetic resistance

Multi-position handlebar with PVC over mold grips

Sweatshield creates a zero rust zone

Dual water bottle holders away from sweat zone

Precision balanced aluminum flywheel eliminates rust

Large transport wheels

Welded end caps assure a lifetime fit

### KEY BENEFITS

- Quiet smooth magnetic resistance delivers great road feel
- 16 levels of resistance to vary your workout
- Includes HR Monitor/Strap for heart rate training
- Commercial quality – extremely durable
- No friction parts – require very little maintenance

### WARRANTY

Frame	Lifetime
Parts	5 years
Wearables	2 years
Electronics	2 years
Labor	1 year

### SPECIFICATIONS

Length	42" (107 cm)
Height	42" (107 cm)
Width	23" (58 cm)
Weight	96 lbs (44 kg)
Max User Weight	350 lbs (159 kg)