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## ElliptiGO® MSUB

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The Mountain Stand Up Bike takes stand up cyclists where they've never gone before: off-road. Riders of all levels can ride confidently with knobby, 27.5" tires, smooth, 100mm front suspension and high-performance disc brakes. This change of scenery comes with all the comfort, efficiency and fun you expect from ElliptiGO bikes. Whatever your mountain, climb it with the MSUB.

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THE MOST VERSATILE ELLIPTIGO BIKE EVER







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ElliptiGO MSUB  
colors available






## Take your fitness to the next level






### FANTASTIC RIDING EXPERIENCE

-  **Comfortable:** Natural stand-up riding position reduces stress on your neck and back and eliminates seat pain
-  **Fun to ride:** Gives the feeling of "running on air"
-  **Low-impact:** Very gentle on your joints
-  **Great visibility:** Higher riding position makes it easier for you to see and be seen

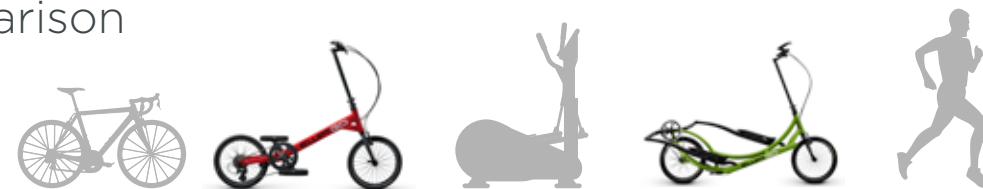
### GREAT WORKOUT

-  **Fat burner:** Burns 33% more calories than a traditional bicycle - providing a better workout in less time
-  **Full-body conditioning:** Engages your core and upper body in addition to your legs
-  **Weight-bearing exercise:** Increases your heart rate and is good for bone density

### TREMENDOUS VERSATILITY

-  **Indoor/outdoor solution:** Train year-round on the road, on the trail, or on our stationary trainer
-  **One-size-fits-most:** Fits a wide range of riders with quick, easy adjustments
-  **Multiple foot positions:** Lets you target different muscle groups while keeping your feet comfortable
-  **Portable:** Can fit inside most vehicles and on roof, trunk and hitch racks
-  **Fits your riding style:** Gearing makes it great for cruising, sprinting on the flats or climbing the steepest hills

## Workout Comparison



Benefits	Cycling	Stand Up Cycling	Elliptical	Elliptical Cycling	Running
Low-impact exercise	●	●	●	●	
Easy on joints	●	●	●	●	
Comfortable workout position		●	●	●	●
Full Body Workout	●	●	●	●	●
Time-efficient workout		●	●	●	●
Enjoyable for long workouts	●	●		●	●
Running-like motion			●	●	●
Cycling-like motion	●	●			





ElliptiGO **SUB**



ElliptiGO **RSUB**



ElliptiGO **MSUB**

## STAND UP BIKES

**Fitness and fun have arrived in our sleek Stand Up Bikes**

Enjoy the familiar bicycle pedal stroke without the neck, back and seat pain. Responsive, light and portable, this bike is ready to go wherever you GO.



ElliptiGO **3C**



ElliptiGO **8C**



ElliptiGO **11R**

## LONG-STRIDE ELLIPTICAL BIKES

**Ultimate comfort, tremendous versatility, extended cardio workouts, running-like motion**

For fun, comfort and performance – from short, intense sessions to long endurance rides – ElliptiGO long-stride bikes will meet your needs.

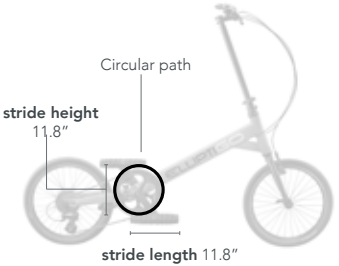
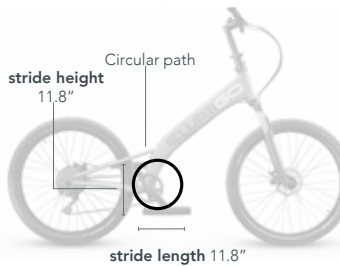
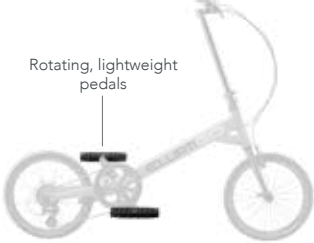
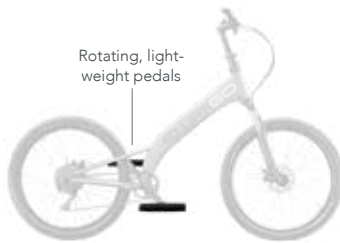
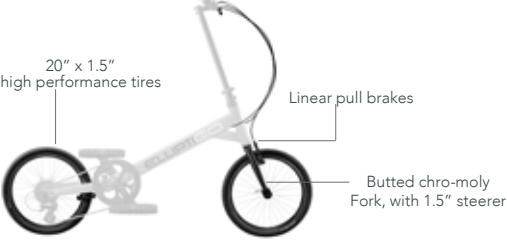
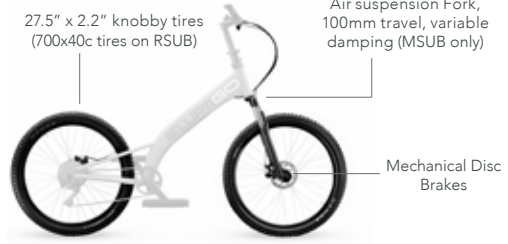


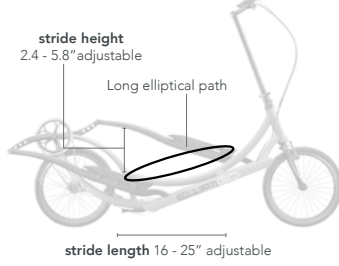

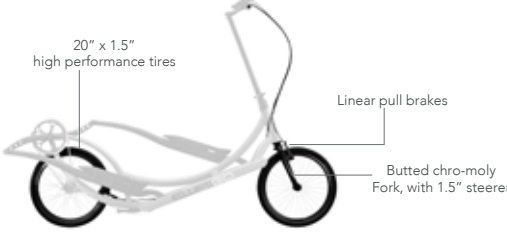


## Model Comparison Chart

Model Comparison	SUB	RSUB	MSUB	3C	8C	11R
Low-impact exercise	●	●	●	●	●	●
Comfortable riding position	●	●	●	●	●	●
Great visibility for enhanced safety	●	●	●	●	●	●
Efficient & effective workout	●	●	●	●	●	●
Ideal for long-distance rides	◐	◐	◐	◐	●	●
Hill climbing capability	◐	●	●		●	●
Ideal for bad knees or hips	◐	◐	◐	●	●	●
Balanced muscle activation	◐	◐	◐	●	●	●
Circular pedal stride	●	●	●			
Long elliptical stride				●	●	●
Foldable steering column						●
Carbon-fiber drive arms	N/A	N/A	N/A			●
Ergon bar-end grips					●	●
Terrain	Road	Road	Road/Off-Road	Road	Road	Road
Gears   Derailleur (D) or Internal (I)	8   D	8   D	10   D	3   I	8   I	11   I
Weight	28.8 lbs	31.4 lbs	34.6 lbs	41.8 lbs.	43.7 lbs.	39.4 lbs.
Colors available	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ ■ ■	■

# Bike Architecture Comparison

	ElliptiGO SUB	ElliptiGO RSUB   MSUB
PEDAL MOTION	 <p>Enjoy a familiar circular pedal stroke similar to a conventional bike, but with more comfortable positioning. Works quadriceps more than our long-stride models.</p>	 <p>Experience the circular pedal stroke you know in an brand new way on the RSUB and MSUB. Works quadriceps more than our long-stride models.</p>
FOOT PLATFORM	 <p>Custom pedals offer a lightweight, responsive design, engineered to channel energy into motion while rising up to ride.</p>	 <p>Create power and motion with custom lightweight, responsive pedals designed for riding tall on the trail.</p>
KEY COMPONENTS	 <p>20" x 1.5" high performance tires Linear pull brakes Butted chro-moly Fork, with 1.5" steerer</p>	 <p>27.5" x 2.2" knobby tires (700x40c tires on RSUB) Air suspension Fork, 100mm travel, variable damping (MSUB only) Mechanical Disc Brakes</p>

	ElliptiGO 3C   8C   11R
PEDAL MOTION	 <p>Long-stride models deliver a running-like experience and balanced muscle activation. These models feature adjustable stride lengths, are the easiest on joints, and are adept for longer rides.</p>
FOOT PLATFORM	 <p>Provides stability and comfort and delivers optimal power transfer; multiple foot positions allow targeting different muscle groups.</p>
KEY COMPONENTS	 <p>20" x 1.5" high performance tires Linear pull brakes Butted chro-moly Fork, with 1.5" steerer</p>