



## ElliptiGO® SUB

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Fitness and fun have arrived in our sleek Stand Up Bike, the SUB. 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. Get fit and have fun, whether you're crushing intervals, commuting to work or cruising around the neighborhood.

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STYLISH, AFFORDABLE AND FUN: A CYCLING GAME CHANGER.







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ElliptiGO SUB  
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

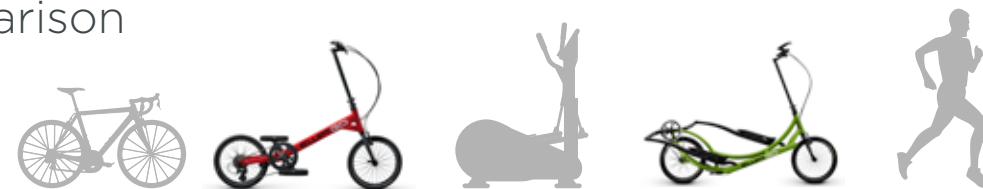
### GREAT WORKOUT

-  **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**

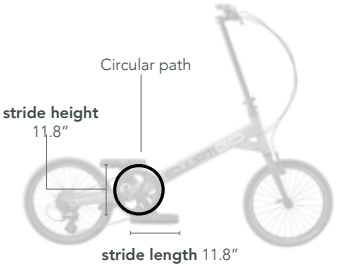
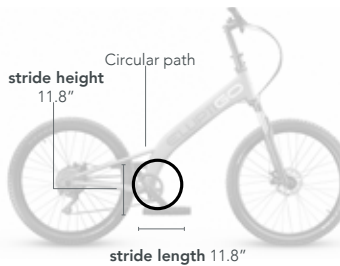
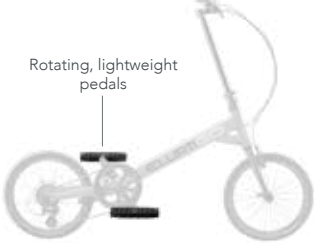
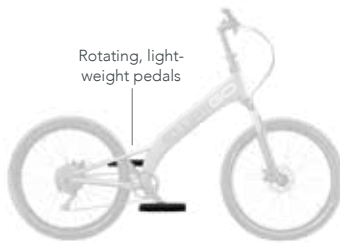
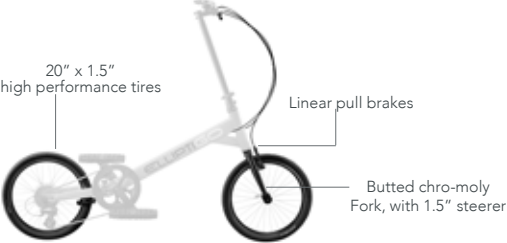

For fun, comfort and performance – from short, intense sessions to long endurance rides – ElliptiGO long-stride bikes will meet your needs.

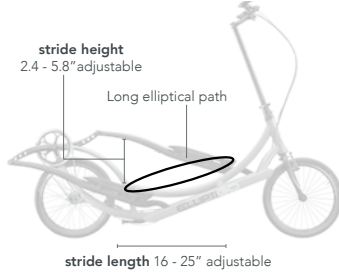

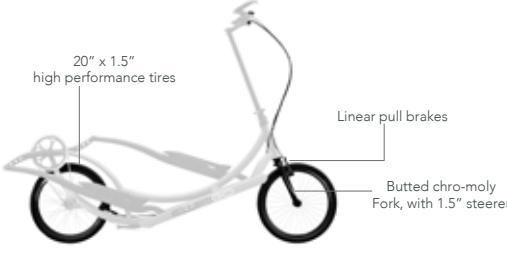


## Model Comparison Chart

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 chromo-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 chromo-moly Fork, with 1.5" steerer</p>