ElliptiGO® **11R**

For the ultimate in elliptical cycling performance, choose the ElliptiGO 11R. With carbon-fiber drive arms and 11 gears, the 11R is the lightest, smoothest and most versatile long-stride elliptical bike in the world. Whether you are tackling an epic endurance ride or hammering through a speed session, the 11R delivers the power and performance you need to succeed.

MAKE NO MISTAKE – THE 11R IS ONE COMFORTABLE RIDE, BUT IT WAS BUILT TO COMPETE. GIVE IT YOUR ALL.

ElliptiGO **11R** color 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

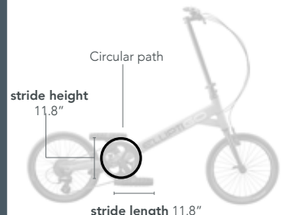
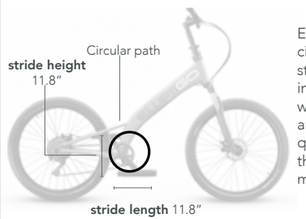
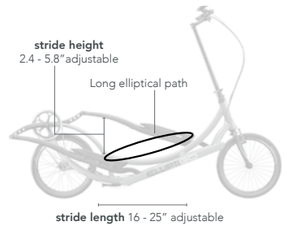
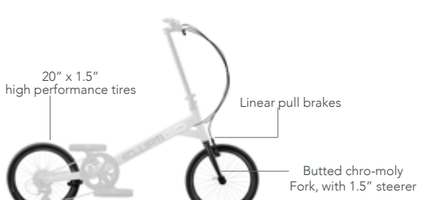
Ultimate comfort, tremendous versatility, extended cardio workouts, running-like motion

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**	ElliptiGO **3C** | **8C** | **11R**
PEDAL MOTION	 Enjoy a familiar circular pedal stroke similar to a conventional bike, but with more comfortable positioning. Works quadriceps more than our long-stride models.	 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.	 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.
FOOT PLATFORM	Custom pedals offer a lightweight, responsive design, engineered to channel energy into motion while rising up to ride.	Create power and motion with custom lightweight, responsive pedals designed for riding tall on the trail.	Provides stability and comfort and delivers optimal power transfer; multiple foot positions allow targeting different muscle groups.
KEY COMPONENTS