

CASCADE

HEALTH & FITNESS®



PRO POWER MODEL INCLUDES

- SMARTECH Wired Console
- HR Monitor/Strap
- Dual Sided SPD Pedals
- 16 Levels Of Adjustable Resistance At Your Fingertips (Lever)

WITH SMARTECH CONSOLE

The Cascade Pro Power with SMARTECH Console lets you train with power for top cycling performance – measuring your watts, heart rate, level of resistance, speed, cadence, calories, time and distance – to meet and improve your personal cycling goals. Using a smooth magnetic resistance system, with no friction parts for wear and tear, the Cascade Pro Power is extremely quiet and low maintenance.



SMARTECH 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
- Distance – trip distance or distance countdown
- Time – count up or countdown timer
- Clock Feedback – 12/24 h

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 intervals from 30 watts to 1,000 plus watts for the most intense rider.