



Maidenhead Rowing Club

wattbike

Maidenhead Rowing Club's Watt Bike Pro



This is a Watt Bike Pro. The Wattbike was created with British Cycling to provide an affordable indoor bike for training and testing that is suitable for everyone from school children to Olympic Gold Medallists.

Within seconds you can be accurately measuring your power output, your pedalling technique and heart rate.

Developed with and endorsed by British Cycling, the Wattbike uses ground-breaking technology to give riders, coaches, sports scientists and physiotherapists the most accurate, in-depth training feedback available today. The unique resistance system offers you the most realistic feeling ride of any indoor bike.

Used by elite athletes from all over the world in sports as diverse as Cycling, Triathlon, Rugby, Athletics, Formula One, Football, Rowing and Skiing, the Wattbike is the ultimate training tool.

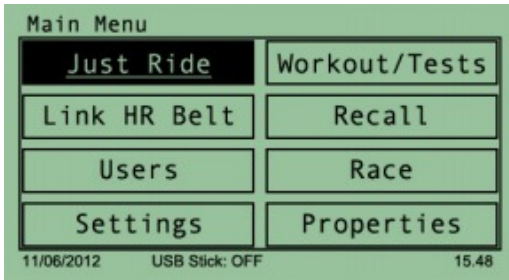
We bought the bike for our members to have as intense fitness experience as a concept 2 ergo without the load on the back. It is perfect for anyone who has an injury especially to the back and wants to maintain his or her level of fitness.

Information to Members on the Wattbike:

- Please get to know the bike don't be afraid to give it a go.
- Please clean the bike after use.
- If the Bike isn't working let the CAPTAIN know immediately.
- Any feed back would be very much appreciated.

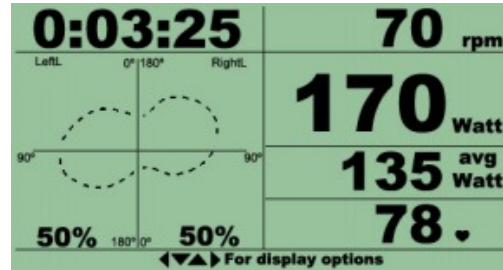
Please take time to look at the website WWW.WATTBIKE.COM

Main menu

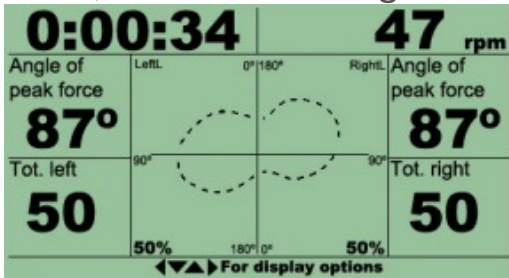


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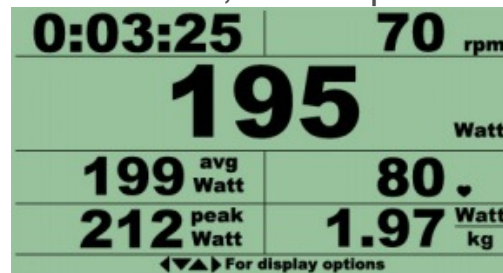
Average Power, Polar, Current Power



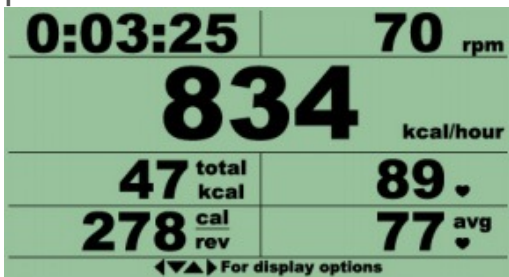
Polar, Peak Force Angle & L/R %



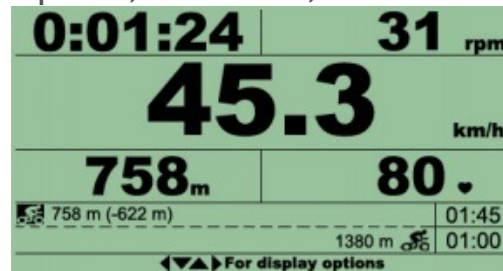
Current Power, Average Power, Peak Power, Power per kilo



Kcal per hour, Total kcal & Kcal per revolution



Speed, Distance, Pace sub-view



Pace per km, Distance, Average Pace per km



Speed, Distance, Average Speed, Average RPM



Tests

