

LES MILLS

VIRTUAL BIKE

STAGES
CYCLING

LES MILLS™ COURSES NOW ACCESSIBLE IN YOUR CARDIO SPACE

A revolutionary combination of LES MILLS™, high-end STAGES SC3 bike and the most advanced immersive technology.

The individual experience of group classes:

- 3 LES MILLS programs available
- 8 editions / programs
- New edition every quarter
- Multilingual

RPM™



LES MILLS SPRINT™



THE TRIP™



15 inch HD touch screen

Training data
in real time:
cadence, power
and heart rate (Myzone
compatible)

SprintShift™: quick
change of resistance

Headphone Connection
via Bluetooth™

Unmatched pedaling comfort

High reliability:
designed for intensive use

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