



Johnny G Spirit Bike

Codice: JB950

€ 1.890,00 ~~€ 2.890,00~~ - 35%



JOHNNY G SPIRIT BIKE
NOW AVAILABLE!

La Johnny G Spirit Bike è la indoor bike per eccellenza. Design perfetto con un passato unico e che guarda sempre al futuro.

Uno dei dettagli più accattivanti della Johnny G Spirit bike è la struttura del telaio in acciaio massiccio, splendidamente rifinita. La struttura garantisce la massima stabilità in ogni momento. Il sistema di trasmissione a doppia cinghia offre la sensazione e la capacità di risposta di una bici da strada. Il design del manubrio brevettato, con pulsanti di resistenza a portata di mano, garantisce il comfort indipendentemente dalla posizione di guida. Un vero e proprio gioiello adatto sia nelle palestre che per l'home fitness.

CARATTERISTICHE PRINCIPALI

Telaio

in acciaio con 3 strati di protezione anticorrosione (nickel, vernice a polveri, trasparente)

Trasmissione

Conti Synchroforce® HTD e Hutchinson® FleXonic® Poly V® belts

Safety stop

Freno di sicurezza a leva

Pedali

Dual sided with SPD and straps

Sella

Professionale, anatomica

Intergym Fitness Outlet

Via Emilia, 72/A 47924 RIMINI (RN)

Tel. 0541 326190-350755

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Regolazione sella e manubrio
verticale e orizzontale

Resistenza
40 livelli, controllati elettronicamente direttamente dal manubrio

Volano
Acciaio, peso 21 kg

Pedivelle
170 mm

Q-Factor
168 mm

Leveraggi
Con protezione in gomma

CONSOLE E FUNZIONI

Display LED
23 caratteri con 6 display, LED multicolor per pulsazioni e power zone

Info console
Tempo, distanza, Watt medio e picco, velocità media e picco, frequenza cardiaca media e picco, RPM medio e picco, lap, % tempo in heart rate zone, % tempo in power zone

Programmi
Heart rate zone, power zone, lap, Functional Threshold Power (FTP) test

Funzioni principali
Controllo delle funzioni dalla console e tasti regolazione resistenza sul manubrio (bar ends)

Connettività
Bluetooth® FTMS channels and ANT+™, Garmin® - compatibilità con Strava®, Kinomap®, Zwift®, Spivi®, and MyZone®.

Alimentazione
Sistema autonomo con generatore di corrente incorporato. I dati dell'esercizio vengono memorizzati per 10 minuti da quando si è smesso di pedalare

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DIMENSIONI E PESI

Dimensioni prodotto (L x W x H)
124.5 x 51 x 109.2 cm

Dimensioni imballo (L x W x H)
132,1 x 28,8 x 104 cm

Peso
68.5 kg - prodotto imballato 76,3 kg

Peso max utilizzatore
150 kg

La versione italiana dei testi di questo prodotto veramente speciale è in fase di preparazione così come il manuale di utilizzo che trovate nella versione originale in pdf nella scheda prodotto

Qui di seguito in inglese le risposte alle più frequenti domande giunte dopo le ultime presentazioni internazionali.

HOW IS THE CONSOLE POWERED?

The Johnny G Spirit bike creates its own power with a generator built into the bike. A unique circuit design stores enough power to retain the workout information for about 10 minutes and maintains connection to all user devices and leader boards when the user stops pedaling. Unlike many other bikes, absolutely NO batteries are used on this bike.

WHY IS THE CONSOLE SHAPED LIKE THAT - IT LOOKS LIKE IT SHOULD BE IN A PLANE?

The concept for the console has always been to give the rider the feeling of being in a cockpit looking at a Heads-Up Display (HUD).

All the information the rider requires is displayed at a glance. Level, RPM, Time, Distance, Watts, HR

IS THERE A MINIMUM AMOUNT OF TIME THE BIKE MUST BE RIDDEN FOR THE CONSOLE TO RETAIN MY DATA?

The console can retain all workout data and maintain connection to user devices and leader boards for 10 minutes if the rider pedals at least one minute.

HOW MANY LEVELS OF RESISTANCE DOES THE BIKE HAVE?

The bike has 20 levels of resistance. Use the + and – keys either on the forward control pad or handlebar ends to adjust the resistance.

IS THE RESISTANCE MEASURED WITH A STRAIN GAUGE?

No, there is no strain gauge. Most strain gauges used on indoor cycles are prone to drift, component failure and are often inaccurate. Frequent calibration is required to maintain accuracy.

The Johnny G Spirit bike's magnetic resistance is electronically controlled to provide a precise pre-programmed amount of watts. Our proprietary algorithm uses the high-resolution rpm data and precision resistance settings to ensure accurate and repeatable power readings.

The power meter readout is accurate, consistent and never needs calibration. The meter is calibrated to the bike in the factory on a dynamometer ensuring it meets or exceeds requirements of CE for power meter accuracy. Once factory calibrated the bike will never require field calibration.

WHAT PROGRAMS CAN THE BIKE CONSOLE RUN?

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The Johnny G Spirit bike is programmed with programs that are fully described in the console manual.
Those programs are:

Warm-Up mode
Manual
HR Zone Program
Power Zone Program

Warm-Up

This mode is the most basic function of the Johnny G Spirit Bike.

Riders can use this mode to prepare themselves for a class or when just pedaling to warm up for other activities. This mode is the first function that occurs when the console awakens from sleep mode. Riders can stay in this mode for as long as desired.

Manual

Manual Mode is another basic function of the Johnny G Spirit Bike.

Riders can use this mode for a complete workout or to prepare themselves for other activities. The only difference between this mode and the warm-up mode is that the rider will have a workout summary of their effort.

HR Zone Program

HR Zone Program estimates your Maximum HR (MHR) when riders' age is entered.

The program tracks the time spent within the 5 heart rate zones; less than 59% MHR to greater than 91% MHR.

The console includes an LED light that will provide a visual guide to the riders' effort.

The workout summary displays time spent in each of the HR Zones.

Console HR LED color changes based on user percent of max HR (%MHR).

Console HR LED is on right side of console.

HR LED color spectrum is as follows:

<59% = White
60 – 69% = Blue
70 – 79% = Green
80 – 89% = Yellow
>90% = Red

Power Zone Program

The Power Zone Program uses a rider's Functional Threshold Power or FTP in watts and tracks their performance across 5 training zones: less than 55% FTP to greater than 106% FTP.

The console includes an LED light that will provide a visual guide to the riders' effort.

The workout summary displays time spent in each of the FTP Zones. The console can perform an FTP test.

Console Power Zone LED color changes based on user percent of max FTP.

Console Power LED is on left side of console.

Power Zone LED color spectrum is as follows:

<55% FTP = White
56-75% FTP = Blue
76 – 90% FTP = Green
91– 105% FTP = Yellow
>106% FTP = Red

DO I HAVE TO USE ONE OF THE PROGRAMS?

No, you do not have to use any of the programs if you just want to ride. Once you start pedaling, the console will wake-up and you'll be in warm-up mode.

Pair your HR strap (if wearing one) at 30-seconds then press the PLAY Key.

You're now in the manual mode and can ride all you wish. The manual mode will give you a workout summary if you want one.

What is FTP?: Functional Threshold Power (FTP) is the maximal power output that can be sustained for the duration of one hour, the classic time trial. The Johnny G Spirit bike owner's manual contains a section on FTP education and training.

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Why is FTP Important?: Functional Threshold Power (FTP) is one of the key factors of your power cycling range. Physiologically, the lactate threshold (LT) is the intensity of exercise at which lactate begins to accumulate in the muscles, and the most important physiological determination for a person's performance. It is the physiological reason for the design of power meter-based training programs.

How is FTP Measured?: There are several ways to test riders FTP but the two most commonly done by riders is the 20-minute test and the other being much shorter at 5 minutes. Each of these has a high correlation to the 60-minute test but were developed for practical reasons of time and ability of most individuals. The Johnny G Spirit Bike can administer either the 5-minute or 20-minute tests.

WHERE CAN I GET INSTRUCTIONS FOR OPERATING THE CONSOLE?

Operation instructions for using the console are available in a couple of locations. Inside the Johnny G Spirit bike owner's manual beginning on page 33, or as a separate document on the Johnny G Method website at www.johnnymethod.com

DO I HAVE TO READ THE ENTIRE OWNER'S MANUAL TO LEARN HOW TO USE THE CONSOLE?

Although reading the manual will make you much smarter with navigating the console, there is an easier way. We created some console scripts that teach you how to use the main programs as if an instructor was standing next to you and talking you through the use.

WILL MY HEART RATE STRAP CONNECT?

The console for the Johnny G Spirit bike contains both the Garmin™ G-Fit chip module and Bluetooth® FTMS chip module. Both chips can connect your heart rate strap to the bikes console.

Connecting your heart rate strap should ideally be done during the warm-up phase which occurs at the very beginning after the console turns on. If the rider is wearing a HR strap, the console will ask if you want to pair HR 30-seconds of starting-up right up until pressing the Play key.

HOW DO I RESET THE CONSOLE?

To reset the console, simultaneously press the PLAY and Plus keys and hold for 3-seconds. The console will display CONSOLE RESET. The console will start over and all previous data will be lost.

CAN I DOWNLOAD THE WORKOUT DATA TO MY TRACKER?

Yes, you can. The Garmin G-Fit chip contains ANT+ and most all workout trackers operates on one or both of these protocols. The devices will automatically communicate and transfer your workout data.

WHY DOESN'T MY HEART RATE STRAP CONNECT TO THE BIKE?

It is best to have your HR strap on your body when starting up the Johnny G Spirit bike during the warm-up mode. Wet the contacts helps to ensure the strap activates. If the rider is wearing a HR strap, the console will ask if you want to pair HR during the within 30-seconds of starting-up right until pressing the Play key. If the HR pairing isn't coming up on the console you can try manually searching and connecting your HR strap. Press and hold the Play key until you see Pair HR Device. Press play and the console will search for HR devices. If your HR strap is still not found reset the console and try again, or test your HR strap with a different device.

DOES THE BIKE WORK WITH LEADERBOARDS? GARMIN?, MYZONE? PERFORMANCE IQ? ZWIFT? SPIVI?

The console for the Johnny G Spirit bike contains both the Garmin™ G-Fit chip module and Bluetooth® FTMS chip module. The combination of these two chips-sets prepared the bike to work with all the most popular systems.

Leggi articolo Johnny G Spirit

Rate in rete

Rate in rete (TAN 0% - TAEG 2,88%)

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