



*Motion Fitness is the only source that combines the best in Virtual Interactive Fitness Entertainment. Your one-stop solution for products, training, programming, design layouts and know-how.*

1-877-MOTION-4 (668-4664)

[www.motionfitness.com](http://www.motionfitness.com)

## Interactive Fitness & Gaming

### Expresso Fitness

Expresso Fitness makes indoor cardio training as fun as outdoor sports by applying virtual reality technology to fitness products.

Using the very latest in virtual reality technology, the Spark motivates you with a rich, interactive training experience and gives you the tools to keep improving. We use a rugged, market-proven stationary bike chassis to ensure your constant comfort and security.

- Virtual excursions: Tour large expanses of terrain crisscrossed with roads and bike paths.
- Tackle the foothills for a tough ride or warm up on a beginner course.
- Bring companions: Race against other members of your club or virtual competitors.
- Choose the power of your pacer, then use that setting to gauge your progress.
- Pick your experience: Choose any one of dozens of courses, rated basic to extreme. Watch television or pedal to a constant resistance in manual mode.
- Rock on: Bring your headphones and listen to the latest in Internet music.

