




ELLIPTIGO®





## Discover the fun, comfort and pure exhilaration of stand up cycling – it's like running on air.

ElliptiGO® Stand Up bikes let you experience a highly effective cardio workout that's easy on your body and gets you out of the gym. The upright position and low impact on your joints make for a comfortable ride that positively impacts your fitness.

The natural stand-up riding position eliminates the neck, back and seat pain associated with conventional cycling, which means you remain comfortable longer. It also raises your line of sight, making it easier for you to see and be seen. Riding a stand up bike is a weight-bearing exercise and cranks up your cardio

engine, burning 33% more calories than riding a traditional road bike. It's a better workout in less time!

Best of all, ElliptiGO bikes get you outside! No more staring at a TV or the basement wall while you work out. Whether you are a runner, cyclist, fitness enthusiast or simply someone looking to improve your health, you'll love riding an ElliptiGO bike.

**See why more than 26,000 people are riding ElliptiGO bikes. Try one today and experience the fun, comfort and performance for yourself.**

# Take your fitness to the next level

## FANTASTIC RIDING EXPERIENCE



**Comfortable:** Natural stand-up riding position reduces stress on your neck and back and eliminates seat pain



**Fun to ride:** Gives the feeling of "running on air"



**Low-impact:** Very gentle on your joints



**Great visibility:** Higher riding position makes it easier for you to see and be seen

## GREAT WORKOUT



**Fat burner:** Burns 33% more calories than a traditional bicycle - providing a better workout in less time



**Full-body conditioning:** Engages your core and upper body in addition to your legs



**Weight-bearing exercise:** Increases your heart rate and is good for bone density

## TREMENDOUS VERSATILITY



**Indoor/outdoor solution:** Train year-round on the road, on the trail, or on a stationary trainer



**One-size-fits-all:** Fits a wide range of riders with quick, easy adjustments



**Multiple foot positions:** Lets you target different muscle groups while keeping your feet comfortable



**Portable:** Can fit inside most vehicles and on roof, trunk and hitch racks



**Fits your riding style:** Gearing makes it great for cruising, sprinting on the flats or climbing the steepest hills

# Workout Comparison



Benefits	Cycling	Stand Up Cycling	Elliptical	Elliptical Cycling	Running
Low-impact exercise	●	●	●	●	
Easy on joints	●	●	●	●	
Comfortable workout position		●	●	●	●
Full Body Workout	●	●	●	●	●
Time-efficient workout		●	●	●	●
Enjoyable for long workouts	●	●		●	●
Running-like motion			●	●	●
Cycling-like motion	●	●			





ElliptiGO **SUB**



ElliptiGO **MSUB**



ElliptiGO **Arc 3**



ElliptiGO **Arc 8**



ElliptiGO **Arc 24**



ElliptiGO **3C**



ElliptiGO **8C**



ElliptiGO **11R**

## STAND UP BIKES

### Fitness and fun have arrived in our sleek Stand Up Bikes

Enjoy the familiar bicycle pedal stroke without the neck, back and seat pain. Responsive, light and portable, this bike is ready to go wherever you GO.

## COMPACT-STRIDE ELLIPTICAL BIKES

### Exhilarating, time-efficient and low impact

With their nimble ride and compact-stride, ElliptiGO Arc bikes provide a superior workout experience with none of the neck, back and seat pain associated with traditional bikes.

## LONG-STRIDE ELLIPTICAL BIKES

### Ultimate comfort, tremendous versatility, extended cardio workouts, running-like motion

For fun, comfort and performance – from short, intense sessions to long endurance rides – ElliptiGO long-stride bikes will meet your needs.

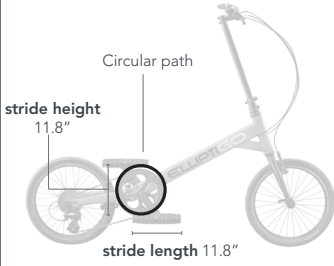
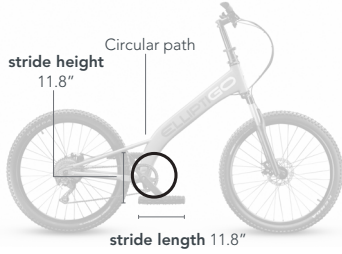
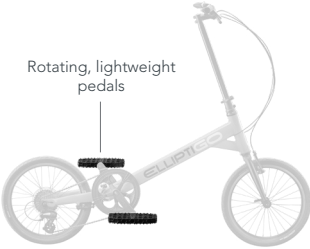

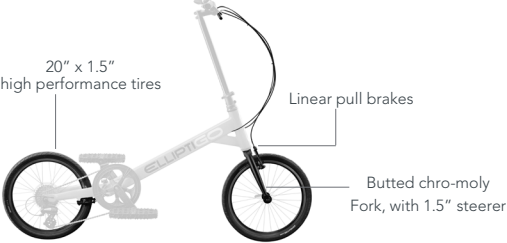





# Model Comparison Chart

Model Comparison	SUB	MSUB	Arc 3	Arc 8	Arc 24	3C	8C	11R
Low-impact exercise	●	●	●	●	●	●	●	●
Comfortable riding position	●	●	●	●	●	●	●	●
Great visibility for enhanced safety	●	●	●	●	●	●	●	●
Efficient & effective workout	●	●	●	●	●	●	●	●
Ideal for long-distance rides	●	●			●	●	●	●
Hill climbing capability	●	●		●	●		●	●
Ideal for bad knees or hips	●	●	●	●	●	●	●	●
Balanced muscle activation	●	●	●	●	●	●	●	●
Circular pedal stride	●	●						
Compact elliptical stride			●	●	●			
Long elliptical stride						●	●	●
Foldable steering column								●
Carbon-fiber drive arms	N/A	N/A	N/A	N/A	N/A			●
Ergon bar-end grips					●		●	●
Toe cages included					●			
Fender included					●	N/A	N/A	N/A
<b>Terrain</b>	Road	Road/Off-Road	Road	Road	Road	Road	Road	Road
Gears   Derailleur (D) or Internal (I)	8   D	10   D	3   I	8   D	24   D & I	3   I	8   I	11   I
Weight	28.8 lbs	34.6 lbs	37.6 lbs	36.8 lbs	39.7 lbs	41.8 lbs.	43.7 lbs.	39.4 lbs.
Colors available	■ ■ ■	■ ■ ■	■ ■	■ ■	■ ■	■ ■	■ ■ ■	■

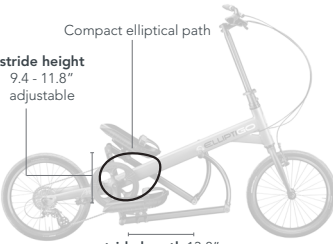
# Bike Architecture Comparison

	ELLIPTIGO SUB	ELLIPTIGO MSUB
PEDAL MOTION	 <p>Enjoy a familiar circular pedal stroke similar to a conventional bike, but with more comfortable positioning. Works quadriceps more than our long-stride models.</p>	 <p>Experience the circular pedal stroke you know in an brand new way on the MSUB. Works quadriceps more than our long-stride models.</p>
FOOT PLATFORM	 <p>Custom pedals offer a lightweight, responsive design, engineered to channel energy into motion while rising up to ride.</p>	 <p>Create power and motion with custom lightweight, responsive pedals designed for riding tall on the trail.</p>
KEY COMPONENTS	 <p>20" x 1.5" high performance tires</p> <p>Linear pull brakes</p> <p>Butted chromo-moly Fork, with 1.5" steerer</p>	 <p>27.5" x 2.2" knobby tires</p> <p>Air suspension Fork, 100mm travel, variable damping</p> <p>Mechanical Disc Brakes</p>

ElliptiGO Arc 3 | Arc 8 | Arc 24

ElliptiGO 3C | 8C | 11R

PEDAL MOTION



Compact elliptical path

stride height 9.4 - 11.8" adjustable

stride length 13.8"

Compact stride models blend the motions of an elliptical machine and a stepper into one. Works quadriceps more than our long-stride models.



stride height 2.4 - 5.8" adjustable

Long elliptical path

stride length 16 - 25" adjustable

Long-stride models deliver a running-like experience and balanced muscle activation. These models feature adjustable stride lengths, are the easiest on joints, and are adept for longer rides.

FOOT PLATFORM



Pivoting platform


Pivots with the angle of your foot to provide versatility in different riding styles.



Fixed foot platform

Provides stability and comfort and delivers optimal power transfer; multiple foot positions allow targeting different muscle groups.

KEY COMPONENTS



20" x 1.5" high performance tires

Linear pull brakes

Butted chro-moly Fork, with 1.5" steerer



20" x 1.5" high performance tires

Linear pull brakes

Butted chro-moly Fork, with 1.5" steerer



## ELLIPTIGO® SUB

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Fitness and fun have arrived in our sleek Stand Up Bike, the SUB. Enjoy the familiar bicycle pedal stroke without the neck, back and seat pain. Responsive, light and portable, this bike is ready to go wherever you GO. Get fit and have fun, whether you're crushing intervals, commuting to work or cruising around the neighborhood.

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STYLISH, AFFORDABLE AND FUN: A CYCLING GAME CHANGER.



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ELLIPTIGO SUB  
colors available





## ELLIPTIGO® MSUB

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The Mountain Stand Up Bike takes stand up cyclists where they've never gone before: off-road. Riders of all levels can ride confidently with knobby, 27.5" tires, smooth, 100mm front suspension and high-performance disc brakes. This change of scenery comes with all the comfort, efficiency and fun you expect from ElliptiGO bikes. Whatever your mountain, climb it with the MSUB.

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THE MOST VERSATILE ELLIPTIGO BIKE EVER



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ELLIPTIGO MSUB  
colors available







## ELLIPTIGO® Arc 3

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The ElliptiGO Arc 3 is a revolution in stand-up cycling. The compact-stride Arc 3 delivers an invigorating workout that builds your heart, lungs, core and legs in a way no traditional bike can, and without the pain associated with road bikes. With its aluminum frame and three gears in a smooth-shifting internal hub, the Arc 3 is also the easiest elliptical bike to maintain. For short- to medium-length rides on flat or gently rolling terrain, the Arc 3 rocks!

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THE MOST AFFORDABLE COMPACT-STRIDE BIKE



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ElliptiGO Arc  
colors available





## ElliptiGO® Arc 8

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With its combination of quality and performance at a great price, the ElliptiGO Arc 8 quickly became the fastest-selling compact-stride bike in the world. On the Arc 8, you can cruise, sprint or climb moderate hills – and the compact elliptical stride motion gives you an efficient high-cardio, low-impact workout. The Arc 8 features an eight-speed cassette and familiar external derailleur, similar to traditional multi-speed bicycles. Its two quick-release wheels and removable steering column make the Arc 8 super-transportable – it will easily fit in or on just about any vehicle! Take your fitness and fun outdoors with the Arc 8!

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TAKE YOUR CROSS-TRAINING TO THE NEXT LEVEL!



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ElliptiGO Arc  
colors available





## ELLIPTIGO® Arc 24

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The ElliptiGO Arc 24, our high-performance compact-stride model, takes stand up cycling to a whole new level. Its 24 gears deliver silky-smooth shifting along the widest range of gears of any elliptical bike – a full 574% range! That gives you optimum precision for dialing in the perfect resistance level and cadence for any ride and terrain. In addition to all the other standard features, the Arc 24 comes fully loaded with Ergon grip bar ends, toe cages and a fender to improve your riding comfort and performance. If you demand the ultimate performance in a compact-stride bike, the Arc 24 delivers!

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HIGHEST PERFORMANCE COMPACT-STRIDE BIKE!



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ELLIPTIGO Arc  
colors available





## ELLIPTIGO® 3C

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The ElliptiGO 3C is our entry-level, long-stride model. With three gears to choose from, the 3C is perfect for anyone who wants to get a great cardio workout on flat terrain or gently rolling hills. You can enjoy a comfortable cruising experience or push the pace to reach speeds up to 25 mph. Like all of our long-stride bikes, the 3C's adjustable stride length and handlebar height enable you to get into the perfect position to experience a natural, running-like feeling.

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GET OUTSIDE AND HAVE FUN EXERCISING ON THE ELLIPTIGO 3C!



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ELLIPTIGO 3C  
colors available







## ELLIPTIGO® 8C

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The ElliptiGO 8C is the most popular elliptical bike in the world for one reason – it's the perfect combination of price and performance. With a long stride length, running-like motion and wide gear range, the 8C is the elliptical bike of choice for everyone from professional athletes to fitness enthusiasts to recreational riders. Whether you are looking to hammer a short interval workout, ride a century or cruise the neighborhood for fun, the 8C will deliver the experience you're seeking.

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FOR COMFORT, PERFORMANCE AND PRICE, THE ELLIPTIGO 8C  
DELIVERS THE BEST BANG FOR YOUR BUCK.



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ELLIPTIGO 8C  
colors available





## ELLIPTIGO® 11R

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For the ultimate in elliptical cycling performance, choose the ElliptiGO 11R.

With carbon-fiber drive arms and 11 gears, the 11R is the lightest, smoothest and most versatile long-stride elliptical bike in the world.

Whether you are tackling an epic endurance ride or hammering through a speed session, the 11R delivers the power and performance you need to succeed.

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MAKE NO MISTAKE – THE 11R IS ONE COMFORTABLE RIDE,  
BUT IT WAS BUILT TO COMPETE. GIVE IT YOUR ALL.



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ELLIPTIGO 11R  
color available

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# Why people love ElliptiGO

"As we cruised along, it did not take much time for my heart rate to increase and I realized why so many runners use this machine for "active recovery." I really enjoyed the experience."

Runner's World

"You are guaranteed to have fun on board."

Outside

"A refreshing change from my usual gym workout."

Fitness

"Get the calorie-burning benefits of hoofing it without using a 'dreadmill!'"

Shape

"It's easy to handle, easy to get started, and a great workout for your whole body."

Good Morning America

"I always say age is just a number, but I do have to modify my training now, and that's where my ElliptiGO bike has been a great asset to me. I don't wait until I get injured to get on it. I use it for the extra mileage and integrate it into my training. The results speak for themselves."

Meb Keflezighi | Olympian, Winner of Boston and New York Marathons

"After my hip replacement, I didn't know what I was going to do for exercise, but I knew I'd never run again. With my ElliptiGO bike, I can get outside for a fun, pain-free workout. It has literally changed my life. I can't imagine being without it."

Jane LeGore | Injured Former Athlete

"In my daily work with athletes, I have found the ElliptiGO bike to be an ideal part of my 'tool kit.' It provides core activation, minimal musculoskeletal stress and can elevate heart rate to training levels, all while being fun to use. It is a quality asset for any athlete."

Ralph Reiff | Athletic Trainer

"I love my ElliptiGO bike because it's fun; I can get a great workout in a short amount of time; and I'm outside!"

Caryn Hall | Fitness Enthusiast

"I've always been a proponent for including cross-training in any running regimen, and the ElliptiGO bike is the best cross-training device I've ever seen, bar none."

Dean Karnazes | Elite Ultramarathoner, Endurance Athlete, Public Speaker and Author

Low impact on your body  
High impact on your life.









## Have everything you need?

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We have the essential gear to keep your ElliptiGO bike running smoothly and safely, no matter what the road throws at you. From lights and computers to water bottles and racks to hats and shirts, we have everything you need to stay safe, be stylish, and get the most out of your stand-up cycling experience.

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VISIT OUR ACCESSORIES PAGE ON [ELLIPTIGO.COM](https://www.elliptigo.com)





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