

JOHNNY G SPIRIT BIKE

Johnny G
by **SPIRIT**

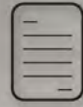




The Inventor of Indoor Cycling - Johnny G

Johnny G is a fitness visionary who has committed his life to helping people maximize their own potential - empowering them to cultivate lives of passion, health and happiness while strengthening both their mind and body. His newest creations, the Johnny G Spirit Bike and Ride of Truth program, represent not only the ultimate evolution of his love for biking, technology and design - they also celebrate the connection of mind and body that's made possible through sport.

It takes one moment to change your attitude, and in that moment you can change your life.



Instructor Master
Text to Indoor Cycling



Ride of Truth
Instructor Training



Conditioning Program
Audio Series



Immersive Training
Retreats

RIDE OF TRUTH

RIDE OF TRUTH

by **SPIRIT**

“The Ride of Truth™ is the purest form of challenge, liberation and reality on a bicycle. You and the machine are stacked against your mind, body and time. All rides are not created equal, nor are the miles that are logged, yet there is a place for everyone to face, pace and embrace themselves.”

Johnny G Spirit Bike

The Johnny G Spirit Bike is the perfect innovation - with the past molded and forged into the future. The electronically-controlled magnetic resistance creates an opportunity to duplicate, replicate and differentiate your training sessions. Performance metrics are accessible at all times on the high-visibility LED display. The cockpit-style console has been strategically crafted to transport you into an elevated state of performance through the integration of mind and body.

Specifications

Brake Technology	Electronically-controlled magnetic resistance
Resistance Level	20
Crank Arm (length)	170mm/6.7 in
Flywheel weight	21 KG / 46 LBS
Set-up Dimension	1250 x 500 x 1100 mm
MAX.User Weight	158 KG / 350 LBS
Certificate	CE(EN957) & UL & CSA & FCC
Telemetric HR Receiver	Garmin HR receiver with BLE and ANT+



The bike frame is integrally formed



Electronically-controlled magnetic resistance



Multi-point touch sensitive electronic shifting



LEVEL, RPM, TIME, DISTANCE, WATTS, HEART RATE



High-security braking system



Unique design handlebar

Hybrid-feel, cog-drive timing belt

BEYOND LIMITATION



Johnny G
by **SPIRIT**

local dealers info

johnnygspritbike.com