



REDEFINE YOUR HOME CARDIO EXPERIENCE



CREATE ENERGY

ULTRA SERIES





C-21x BIKE: INTRO

Built to deliver the optimum indoor cycling experience, the adidas C-21x is designed to simulate the feeling of an outdoor bike by maintaining momentum for a smooth cycling motion and consistent cadence.



ULTRA SERIES: C-21x



CREATE ENERGY



C-21x BIKE: CONSOLE

> CLEAR LCD SCREEN

> 4 TARGET MODES: TIME, DISTANCE, CALORIES & PULSE

> TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE

> CHEST STRAP INCLUDED TO MONITOR HEART RATE

> FEEDBACK: SPEED, TIME,
DISTANCE, CALORIES, PULSE, RPM





C-21x BIKE: SUSTAINABLE ENERGY

With the internal self-generating motor, you are the one that creates energy and powers the C-21x's impressive features.

No need for a power adaptor, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.



C-21x BIKE: SUSTAINABLE ENERGY



CREATE ENERGY



C-21x BIKE: HOME FITNESS

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE





C-21x BIKE: SADDLE

> STREAMLINED SPRINT SADDLE

> VERTICAL & HORIZONTAL ADJUSTMENT PROVIDES MAXIMUM RANGE OF MOVEMENT

> SADDLE HEIGHT RANGES FROM 77cm - 92cm / 30.3" - 36.2" TO SUIT ALL RIDER HEIGHTS





C-21x BIKE: PEDALS

> JENDEL SPIN PEDALS

> ADJUSTABLE STRAPS & CAGE PROVIDE GRIP NEEDED WHEN SWITCHING POSITION



	C-21 BIKE (Not Available for AUS)	C-21x BIKE
FLYWHEEL	9 kg / 19.8 lb	16 kg / 35.2 lb
RESISTANCE	24 ELECTRONIC LEVELS	8 MANUAL LEVELS
PROGRAMMES	12 PRE-SET + 4 CUSTOM	N/A
POWER	SELF-GENERATING	SELF-GENERATING
CONSOLE	LCD	LCD
DISPLAY ANGLE ADJUSTMENT	●	●
CONSOLE FEEDBACK	SPEED, TIME, DISTANCE, CALORIES, PULSE, WATTS, RPM, RESISTANCE	SPEED, TIME, DISTANCE, CALORIES, PULSE, RPM
SPEAKERS	BLUETOOTH	●
TABLET HOLDER	●	●
HAND PULSE SENSORS	●	●
HEART RATE CHEST STRAP	●	●
HANDLEBAR ADJUSTMENT	●	●
SADDLE	WIDE COMFORT	RACE SADDLE
SADDLE HEIGHT	67 - 92 cm / 26.3" - 36.2"	77 - 92 cm / 30.3" - 36.2"
SADDLE ADJUSTMENT	VERTICAL & HORIZONTAL	VERTICAL & HORIZONTAL
PEDALS	ADJUSTABLE STRAP	JENDEL SPIN PEDALS WITH ADJUSTABLE STRAP & CAGE
WATER BOTTLE HOLDER	●	●
BUILT-IN TRANSPORT WHEELS	●	●
FLOOR LEVEL ADJUSTMENT	●	●
MAXIMUM USER WEIGHT	150 kg / 330 lb	150 kg / 330 lb
SETUP DIMENSIONS	107 [l] x 57 [w] x 147 cm [h] / 42.1 [l] x 22.4 [w] x 57.8" [h]	133 [l] x 57 [w] x 136 cm [h] / 52.3 [l] x 22.4 [w] x 53.6" [h]



X-21FD CROSS TRAINER: INTRO

With a large flywheel and rear roller mechanism, the front-drive X-21FD Cross Trainer creates an ultra-smooth elliptical motion, allowing you to build muscular and cardio endurance without having to put impact strain through sensitive joints.



ULTRA SERIES: X-21FD



CREATE ENERGY



X-21FD CROSS TRAINER: CONSOLE

- > INTEGRATED SPEAKERS WITH BLUETOOTH CONNECTIVITY
- > 4 TARGET MODES: TIME, DISTANCE, CALORIES & PULSE
- > TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE
- > CHEST STRAP INCLUDED TO MONITOR HEART RATE
- > FEEDBACK: SPEED, TIME, DISTANCE, CALORIES, PULSE, WATTS, RPM, RESISTANCE
- > 12 PRE-SET FITNESS PROGRAMMES
- > CLEAR LCD SCREEN





X-21FD CROSS TRAINER: SUSTAINABLE ENERGY

With the internal self-generating motor, you are the one that creates energy and powers the X-21FD's impressive features.

No need for a power adaptor, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.



X-21FD CROSS TRAINER: SUSTAINABLE ENERGY



CREATE ENERGY



X-21FD CROSS TRAINER: HOME FITNESS

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE



X-21FD CROSS TRAINER: HOME FITNESS CLASSES



CREATE ENERGY



X-21FD CROSS TRAINER: FOOTPLATES

> FULLY ADJUSTABLE FOOTPLATES WITH NRG TECH CUSHIONING

> 46cm / 18" STRIDE LENGTH PROVIDES A COMFORTABLE ELLIPTICAL MOTION FOR ALL USER HEIGHTS



	X-21 CROSS TRAINER (Not available for AUS)	X-21FD CROSS TRAINER
FLYWHEEL	10 kg / 22 lb	12 kg / 26.4 lb
DRIVE POSITION	REAR DRIVE	FRONT DRIVE
RESISTANCE	24 ELECTRONIC LEVELS	24 ELECTRONIC LEVELS
QUICK RESISTANCE KEYS	●	●
PROGRAMMES	12 PRE-SET + 4 CUSTOM	12 PRE-SET + 4 CUSTOM
POWER	SELF-GENERATING	SELF-GENERATING
CONSOLE	LCD	LCD
CONSOLE FEEDBACK	SPEED, TIME, DISTANCE, CALORIES, PULSE, WATTS, RPM, RESISTANCE	SPEED, TIME, DISTANCE, CALORIES, PULSE, WATTS, RPM, RESISTANCE
SPEAKERS	BLUETOOTH	BLUETOOTH
TABLET HOLDER	●	●
HAND PULSE SENSORS	●	●
HEART RATE CHEST STRAP	●	●
STRIDE LENGTH	38 cm / 15"	46 cm / 18"
INCLINE	●	MANUAL - 5 LEVELS
FOOTPLATES	HIGH GRIP	NRG CUSHIONING
FOOTPLATE ADJUSTMENT	FIXED	3 OPTIONS
WATER BOTTLE HOLDER	●	●
BUILT-IN TRANSPORT WHEELS	●	●
FLOOR LEVEL ADJUSTMENT	●	●
MAXIMUM USER WEIGHT	150kg / 330lb	150kg / 330lb
SETUP DIMENSIONS	161 [l] x 63 [w] x 156 cm [h] / 63.3 [l] x 24.8 [w] x 61.4" [h]	180 [l] x 85 [w] x 185 cm [h] / 70.8 [l] x 33.4 [w] x 72.8" [h]



R-21 WATER ROWER: INTRO

Bringing a more authentic experience to your rowing, the adidas R-21 Water Rower features a water-based resistance system, which gives a more traditional feel and sound when rowing indoors.



ULTRA SERIES: R-21



CREATE ENERGY



R-21 WATER ROWER: CONSOLE

> CLEAR LCD SCREEN

> 3 TARGET MODES: TIME, DISTANCE & CALORIES

> TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE

> CHEST STRAP INCLUDED TO MONITOR HEART RATE

> FEEDBACK: SPEED, TIME, DISTANCE, CALORIES,
HEART RATE, STROKES PER MINUTE, TIME/500m





R-21 WATER ROWER: SUSTAINABLE ENERGY

Designed with a self-generating power unit, you are the one that creates energy and powers the R-21's console, while the water's natural resistance does all the rest.

No need for a power adaptor, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.



R-21 WATER ROWER: SUSTAINABLE ENERGY



CREATE ENERGY



R-21 WATER ROWER: HOME FITNESS

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE





R-21x ROWER: INTRO

Working from a strong, chain-driven mechanism, the fan-based R-21x Rower from adidas brings all the benefits of rowing into your home for one of the best all-round fitness experiences.



ULTRA SERIES: R-21x



CREATE ENERGY



R-21x ROWER: CONSOLE

> CLEAR LCD SCREEN

> 10 PRE-SET FITNESS PROGRAMMES

> 3 TARGET MODES: TIME, DISTANCE & CALORIES

> TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE

> CHEST STRAP INCLUDED TO MONITOR HEART RATE

> FEEDBACK: SPEED, TIME, DISTANCE, CALORIES,
HEART RATE, STROKES PER MINUTE, TIME/500m





R-21x ROWER: SUSTAINABLE ENERGY

With the internal self-generating motor, you are the one that creates energy and powers the R-21x's impressive features.

No need for a power adaptor, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.



R-21x ROWER: SUSTAINABLE ENERGY



CREATE ENERGY



R-21x ROWER: HOME FITNESS

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE



R-21x ROWER: HOME FITNESS CLASSES



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ROWER COMPARISON



	R-21 WATER ROWER	R-21x ROWER
BRAKE SYSTEM	WATER	AIR + MAGNETIC
RESISTANCE	7 WATER LEVELS	AIR + 16 ELECTRONIC LEVELS
QUICK RESISTANCE KEYS		
PROGRAMMES	N/A	10 PRE-SET
POWER	SELF-GENERATING	SELF-GENERATING
CONSOLE	LCD	LCD
DISPLAY ANGLE ADJUSTMENT		
CONSOLE FEEDBACK	SPEED, TIME, DISTANCE, CALORIES, HEART RATE, STROKES PER MIN, TIME/500m	SPEED, TIME, DISTANCE, CALORIES, HEART RATE, STROKES PER MIN, TIME/500m
TABLET HOLDER		
HEART RATE CHEST STRAP		
SEAT	CUSHIONED	CUSHIONED
FOOTPLATE ADJUSTMENT	HEIGHT & STRAP	HEIGHT & STRAP
BUILT-IN TRANSPORT WHEELS		
FLOOR LEVEL ADJUSTMENT		
MAXIMUM USER WEIGHT	150kg / 330lb	150kg / 330lb
SETUP DIMENSIONS	215 [l] x 58 [w] x 108 cm [h] / 84.6 [l] x 22.8 [w] x 42.5" [h]	236 [l] x 56 [w] x 123 cm [h] / 92.9 [l] x 22 [w] x 48.4" [h]



T-19x TREADMILL: INTRO

The adidas T-19x treadmill redefines the home running experience with a powerful motor, large touchscreen console featuring the latest entertainment apps, and NRG cushioning technology built into the treadmill deck.



ULTRA SERIES: T-19x



CREATE ENERGY



T-19x TREADMILL: CONSOLE

> 10.1" TOUCHSCREEN DISPLAY

> ENTERTAINMENT APPS       

> ADJUSTABLE TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE

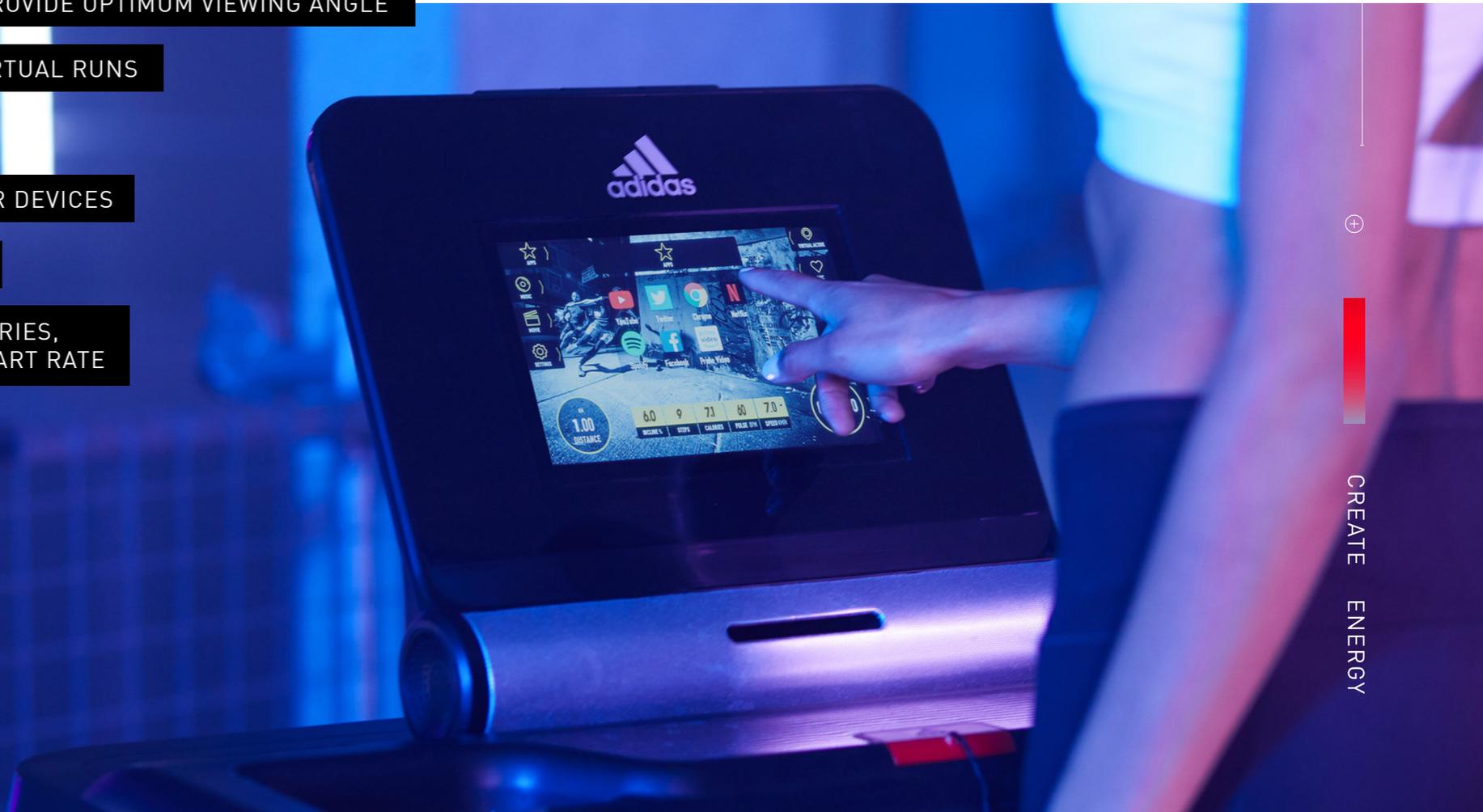
> 27 PRE-SET FITNESS PROGRAMMES + 3 VIRTUAL RUNS

> 3 TARGET MODES + 3 HRC PROGRAMMES

> INTEGRATED SPEAKERS CONNECT TO YOUR DEVICES

> USB CHARGER BUILT INTO THE CONSOLE

> FEEDBACK: SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE, HEART RATE, TARGET HEART RATE





T-19x TREADMILL: HOME FITNESS

> CHROME AND YOUTUBE APPS ALLOW YOU TO FOLLOW YOUR FAVOURITE ONLINE WORKOUTS

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE



T-19x TREADMILL: HOME FITNESS CLASSES



CREATE ENERGY

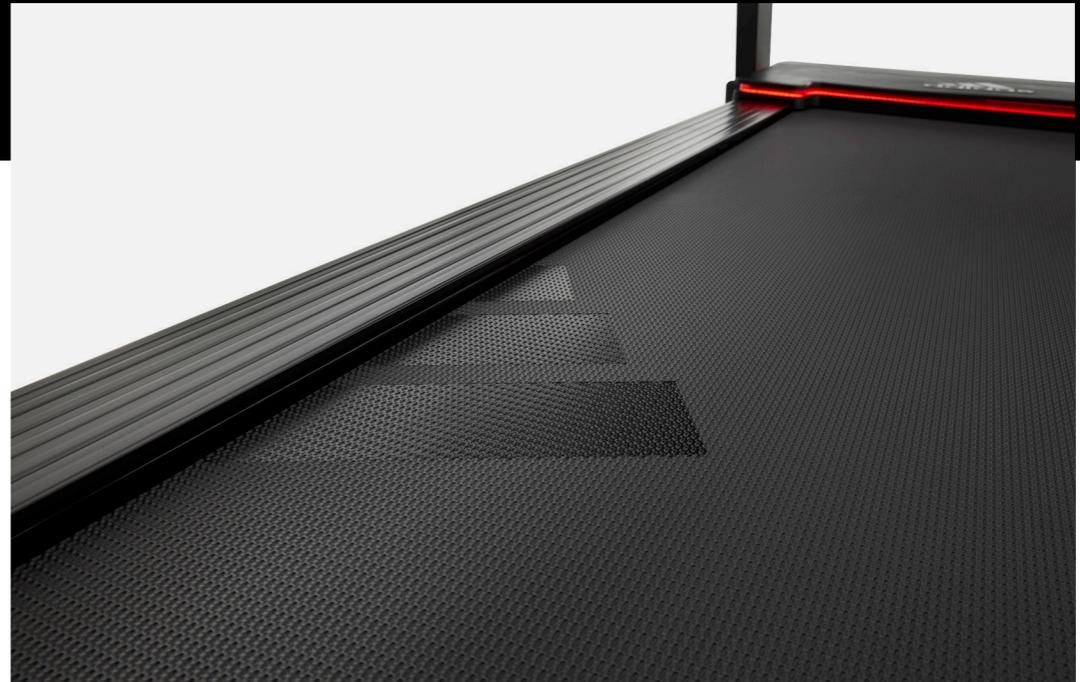


T-19x TREADMILL: RUNNING DECK

> NRG CUSHIONING TECHNOLOGY SOFTENS IMPACT

> ORTHOPAEDIC RUNNING BELT CUSHIONS THE SURFACE TO HELP SENSITIVE JOINTS

> SPACIOUS RUNNING AREA SUITABLE FOR ALL HEIGHTS: 152 x 51 cm / 60" x 20"



T-19x TREADMILL: RUNNING DECK



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T-19x VIDEO CONTENT

SCAN THE QR CODE BELOW:



OR CLICK TO VIEW ON YOUTUBE:

[T-19x VIDEO >](#)



	T-19i TREADMILL (Not available for AUS)	T-19 TREADMILL (Not available for AUS)	T-19x TREADMILL
MOTOR	2.25 hp	3.5 hp	4.0 hp
SPEED RANGE	1 - 18 km/h / 0.6 - 11.2 mph	0.5 - 20 km/h / 0.3 - 12.4 mph	0.5 - 20 km/h / 0.3 - 12.4 mph
CUSHIONING	NRG CUSHIONING TECHNOLOGY	NRG CUSHIONING TECHNOLOGY	NRG CUSHIONING TECHNOLOGY
ORTHOPAEDIC BELT	●	●	●
RUNNING AREA	140 cm [l] x 46 cm [w] / 55.1" [l] x 18.1" [w]	140 cm [l] x 51 cm [w] / 55.1" [l] x 20" [w]	152 cm [l] x 51 cm [w] / 60" [l] x 20" [w]
INCLINE	15 ELECTRONIC LEVELS	15 ELECTRONIC LEVELS	15 ELECTRONIC LEVELS
PROGRAMMES	24 PRE-SET, 3 CUSTOM & 3 TARGET	24 PRE-SET, 3 CUSTOM, 3 TARGET & 3 HRC	27 PRE-SET, 10 CUSTOM, 3 TARGET, 3 HRC & 3 VIRTUAL RUNS
CONSOLE	6 DISPLAY LED SCREEN	8" LCD SCREEN	10.1" TOUCHSCREEN DISPLAY
CONSOLE FEEDBACK	SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE	SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE, HEART RATE, TARGET HEART RATE	SPEED, TIME, DISTANCE, CALORIES, PULSE, INCLINE, HEART RATE, TARGET HEART RATE
INTERNET CONNECTION	●	●	●
ENTERTAINMENT APPS	N/A	N/A	      
HAND PULSE SENSORS	●	●	●
WIRELESS PULSE RECEIVER	●	●	●
ADJUSTABLE COOLING FAN	●	●	●
SPEAKERS	●	●	●
USB CHARGER	●	●	●
TABLET HOLDER	●	●	●
WATER BOTTLE HOLDER	●	●	●
SOFT DROP FOLDING	●	●	●
BUILT-IN TRANSPORT WHEELS	●	●	●
FLOOR LEVEL ADJUSTMENT	●	●	●
MAXIMUM USER WEIGHT	120 kg / 264 lb	150 kg / 330 lb	150 kg / 330 lb
SETUP DIMENSIONS	180 [l] x 81 [w] x 147 cm [h] / 70.7 [l] x 31.9 [w] x 57.8" [h]	185 [l] x 87 [w] x 154 cm [h] / 72.8 [l] x 34.1 [w] x 60.5" [h]	197 [l] x 88 [w] x 155 cm [h] / 77.5 [l] x 34.6 [w] x 61" [h]



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