

COMPARE OUR MODELS

ElliptiGO® offers the fun and fitness of stand up cycling in both our Stand Up Bike (SUB) models and our long-stride models. All of our bikes share ElliptiGO's signature benefits of a comfortable riding position, a hyper-efficient, full-body workout, and boundless fun. Learn about the unique characteristics of each bike below.



STAND UP BIKE FAMILY

With a familiar pedal stroke and stand up position, provides a more efficient workout than a traditional bike

SUB | **RSUB** | **MSUB**
\$1595 | **\$2145** | **\$2299**



LONG-STRIDE FAMILY

With a running-like elliptical motion, offers comfort, performance and indoor/outdoor versatility



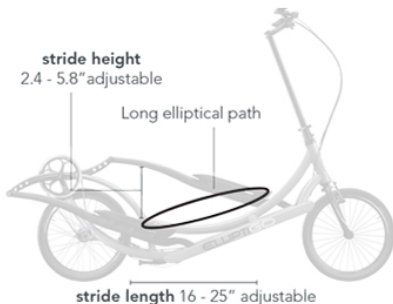

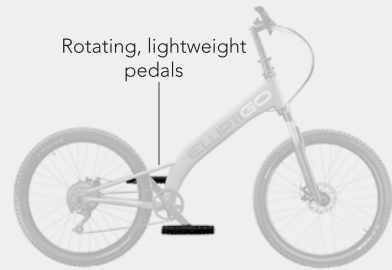

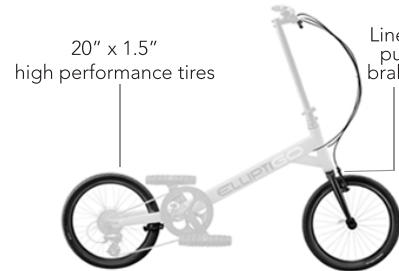


3C | **8C** | **11R**
N/A | **\$3993** | **\$5489**

WORKOUT COMPARISON ▼



BENEFITS	CYCLING	STAND UP CYCLING	ELLIPTICAL	LONG-STRIDE ELLIPTICAL CYCLING	RUNNING
LOW-IMPACT MOTION	●	●	●	●	
EASY ON JOINTS	①	①	①	●	
COMFORTABLE RIDING POSITION		●	●	●	●
TIME-EFFICIENT WORKOUT		●	①	●	●
FULL BODY WORKOUT	①	●	①	●	①
ENJOYABLE FOR LONG WORKOUTS	①	①		●	①
RUNNING-LIKE MOTION			①	●	●
CYCLING-LIKE MOTION	●	●			

BIKE ARCHITECTURE ▼

SUB	RSUB MSUB	3C 8C 11R
<p>PEDAL MOTION</p>  <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 a brand new way on the RSUB and MSUB. Works quadriceps more than our long-stride models.</p>	 <p>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.</p>
<p>FOOT PLATFORM</p>  <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>	 <p>Delivers optimal power transfer and targets different muscle groups. (For more performance, the 11R features carbon fiber drive arms.)</p>
<p>KEY COMPONENTS</p>  <p>20" x 1.5" high performance tires</p> <p>Linear pull brakes</p>	 <p>27.5" x 2.2" knobby tires (700 x 40c tires on RSUB)</p> <p>Mechanical Disc Brakes</p> <p>Air suspension fork, 100mm travel, variable damping (MSUB only)</p>	 <p>20" x 1.5" high performance tires</p> <p>Linear pull brakes</p>

RECOMMENDED RIDING SURFACE ▼

ROAD ⓘ	OFF-ROAD ⓘ	BOTH ⓘ
STAND UP BIKE SUB, RSUB, MSUB COMPACT-STRIDE ARC 8 LONG-STRIDE 3C, 8C, 11R	STAND UP BIKE MSUB	STAND UP BIKE MSUB

HILL CLIMBING CAPABILITY ▼

FLAT AS A PANCAKE ⓘ	ROLLING HILLS ⓘ	INSANELY HILLY ⓘ
STAND UP BIKE SUB, RSUB, MSUB COMPACT-STRIDE ARC 8 LONG-STRIDE 3C, 8C, 11R	STAND UP BIKE SUB, RSUB, MSUB COMPACT-STRIDE ARC 8 LONG-STRIDE 8C, 11R	STAND UP BIKE MSUB COMPACT-STRIDE ARC 24 LONG-STRIDE 11R

ELLIPTIGO® BIKE SPECIFICATIONS

BIKE MODELS	STAND UP BIKE			COMPACT-STRIDE	LONG-STRIDE BIKES		
	SUB	RSUB	MSUB	ARC 8	3C	8C	11R
Performance							
Climbing Activity	Climb steep hills up to 20-30% grade	Climb steep hills up to 20-30% grade	Climb steep hills up to 20-30% grade	Climb steep hills up to 20-30% grade	Climb mild hills of up to 5% grade	Climb steep hills up to 20-30% grade	Climb steep hills up to 20-30% grade
Recommended Riding Terrain	Road	Road	Off road, road	Road	Road	Road	Road
Workout Resistance Selection	8 different levels of resistance. 309% total resistance range. 18% difference between levels	8 different levels of resistance. 309% total resistance range. 18% difference between levels	10 different levels of resistance. 382% total resistance range. 16% difference between levels	8 different levels of resistance. 309% total resistance range. 18% difference between levels	3 different levels of resistance. 177% total resistance range. 33% difference between levels	8 different levels of resistance. 306% total resistance range. 17% difference between levels	11 different levels of resistance. 409% total resistance range. 15% difference between levels
System Specifications							
Wheelbase	46.6" (118cm)	46.5" (118cm)	47.2" (120cm)	52.6" (134cm)	54" (137cm)	54" (137cm)	54" (137cm)
Total Length	66" (168cm)	74.4" (189cm)	74.8" (190cm)	72" (183 cm)	74" (188.0 cm)	74" (188.0 cm)	74" (188.0 cm)
Weight	28.8 lbs (13.0 kg)	31.4 lbs (14.2 kg)	34.6 lbs (15.7 kg)	36.8 lbs (16.7 kg)	41.8 lbs (19.0 kg)	43.7 lbs (19.8 kg)	39.4 lbs (17.9 kg)
Operating Height	48.5-54.5" (123-138cm)	43.3-49.6" (110-126cm)	45.3-51.6" (115-131cm)	50-56" (127-142 cm)	50-56" (127-142 cm)	50-59" (127-150 cm)	50-59" (127-150 cm)
Storing Height (with front wheel)	45.5" (116 cm) with steering extender	43.3" (110 cm) with steering extender	45.3" (115 cm) with steering extender	47.0" (119 cm) with steering extender	47.0" (119 cm) with steering extender	50.0" (127 cm) with steering extender	52.1" (132 cm) with steering unfolded
Storing Height (no front wheel)	24.5" (62 cm) without steering extender	28" (71 cm) without steering extender	30.3" (77 cm) without steering extender	24.5" (62 cm) without steering extender	24.5" (62 cm) without steering extender	24.5" (62 cm) without steering extender	26.4" (67 cm) steering folded
Crank Length	5.9" (150mm)	5.9" (150mm)	5.9" (150mm)	6.8" (175mm)	6.75 - 10.5" (171 - 267mm)	6.75 - 10.5" (171 - 267mm)	6.75 - 10.5" (171 - 267mm)
Total Gear Range	309%	309%	382%	309%	177%	306%	409%
Avg Gear Step	18%	18%	16%	18%	33%	17%	15%
Gear Ratio Range	1.8 - 5.4	1.4 - 4.4	.93 - 3.5	1.8 - 5.4	3.0 - 5.3	1.7 - 5.4	1.5 - 6.2
Gear Inch Range	34 - 105	39 - 121	26 - 99	34 - 105	58 - 103	34 - 103	29 - 120
Stride Length	11.8" (30 cm)	11.8" (30 cm)	11.8" (30 cm)	13.8" (35 cm)	16 - 25" (41-64 cm)	16 - 25" (41-64 cm)	16 - 25" (41-64 cm)
Stride Height	11.8" (30 cm)	11.8" (30 cm)	11.8" (30 cm)	9.4 - 11.8" (24-30 cm)	2.5 - 5.8"	2.5 - 5.8"	2.5 - 5.8"

BIKE MODELS	STAND UP			COMPACT-STRIDE	LONG-STRIDE		
	SUB	RSUB	MSUB	ARC 8	3C	8C	11R
Components							
Front and Rear Brakes	Linear pull rim brakes	Mechanical Disk brakes	Mechanical Disk brakes	Linear pull rim brakes	Linear pull rim brakes	Linear pull rim brakes	Avid Single Digit 7 linear pull rim
Grips	Clamp on anti-rotation, with Ergonomic shelf	Clamp on anti-rotation, with Ergonomic shelf	Clamp on anti-rotation, with Ergonomic shelf	Clamp on anti-rotation, with Ergonomic shelf	Velo ergonomic grips	Ergon GP5 multi-position	Ergon GP5 multi-position
Cranks	Custom forged aluminum	Custom forged aluminum	Custom forged aluminum	Custom forged aluminum	Custom forged aluminum with VSL	Custom forged aluminum with VSL	Custom forged aluminum with VSL
Frame	6061-T6 Aluminum	6061-T6 Aluminum	6061-T6 Aluminum	6061-T6 Aluminum	7005-T6 Aluminum	7005-T6 Aluminum	7005-T6 Aluminum
Fork	20" butted chro-moly with 1.5" steerer	700C butted chro-moly with 1.5" steerer	Air suspension Fork, 100mm travel, variable damping	20" butted chro-moly with 1.5" steerer	20" butted chro-moly with 1.5" steerer	20" butted chro-moly with 1.5" steerer	20" butted chro-moly with 1.5" steerer
Brake Levers	Two finger levers	Two finger levers	Two finger levers	Two finger levers	Two finger levers	Two finger levers	Two finger levers
Propulsion System	Circular Drive	Circular Drive	Circular Drive	Compact Elliptidrive Technology	Patented Elliptidrive Technology	Patented Elliptidrive Technology	Patented Elliptidrive Technology
Drive Arms/Pedals	Composite nylon pedal	Composite nylon pedal	Composite nylon pedal	Chromoly steel drive arm / composite nylon foot platform	Aluminum drive arm / composite nylon foot platform	Aluminum drive arm / composite nylon foot platform	Monocoque carbon fiber drive arm / foot platform
Track System	N/A	N/A	N/A	Sealed Rocker System	Integral with modular inserts	Integral with modular inserts	Integral with modular inserts
Chainring	60-tooth, 130 BCD, 6061 - T6 aluminum	48-tooth, 130 BCD, 6061 - T6 aluminum	39-tooth, 130 BCD, 6061 - T6 aluminum	60-tooth, 130 BCD, 6061 - T6 aluminum	52-tooth, 130 BCD, 6061 - T6 aluminum	53-tooth, 130 BCD, 6061 - T6 aluminum	52-tooth, 130 BCD, 6061 - T6 aluminum
Cassette	8-speed 11-34 tooth range	8-speed 11-34 tooth range	10-speed 11-42 tooth range	8-speed 11-34 tooth range	N/A Uses Sprocket	N/A Uses Sprocket	N/A Uses Sprocket
Bottom Bracket	Oversized M48, isis spline, sealed bearings	Oversized M48, isis spline, sealed bearings	Oversized M48, isis spline, sealed bearings	Oversized M48, isis spline, sealed bearings	Isis drive, sealed bearings	Isis drive, sealed bearings	Isis drive, sealed bearings
Sprocket	N/A - Uses Cassette	N/A - Uses Cassette	N/A - Uses Cassette	N/A - Uses Cassette	13-tooth	16-tooth	18-tooth
Hub	Alloy freewheel hub	Alloy freewheel hub	Alloy freewheel hub	Alloy freewheel hub	Sturmey Archer 3-speed hub	Shimano 8-speed internally-geared hub	Shimano 11-speed internally-geared hub
Steering Column	Adjustable height index locking	Adjustable height index locking	Adjustable height index locking	Adjustable height index locking	Adjustable height index locking	Adjustable height index locking	Folding, roto-lock safety technology
Steering Extender	Chro-moly steel, anti-rotation indexing	Chro-moly steel, anti-rotation indexing	Chro-moly steel, anti-rotation indexing	Chro-moly steel, anti-rotation indexing	Chro-moly steel, anti-rotation indexing	Chro-moly steel, anti-rotation indexing	Forged Aluminum, anti-rotation indexing

BIKE MODELS	STAND UP			COMPACT-STRIDE	LONG-STRIDE		
	SUB	RSUB	MSUB	ARC 8	3C	8C	11R
Components							
Headset	1.5" threadless	1.5" threadless	1.5" threadless	1.5" threadless	1.5" threadless	1.5" threadless	1.5" threadless
Kickstand	Single leg, forged aluminum kickstand	Single leg, forged aluminum kickstand	Single leg, forged aluminum kickstand	Single leg, forged aluminum kickstand	Dual leg, forged aluminum kickstand	Dual leg, forged aluminum kickstand	Dual leg, forged aluminum kickstand
Tires	Kenda Kwest, 20" x 1.5" 60TPI, 100-psi	Kenda Kwest, 700 x 40C 60TPI, 85-psi	Kenda Honey Badger, 27.5" x 2.2" 60TPI, 50-psi	Kenda Kwest, 20" x 1.5" 60TPI, 100-psi	Kenda Kwest, 20" x 1.5" 60TPI, 100-psi	Kenda Kwest, 20" x 1.5" 60TPI, 100-psi	Schwalbe Marathon Racer, 20"x1.5", 85-psi
Handlebar	Alu. MTB riser bar, 50 mm x 670mm	Alu. MTB Flat bar, 31.8mm dia x 720mm wide	Alu. MTB Flat bar, 31.8mm dia x 720mm wide	Alu. MTB riser bar, 50 mm x 670mm	Alu. MTB riser bar, 50 mm x 670mm	Alu. MTB riser bar, 50 mm x 670mm	Alu. MTB riser bar, 50 mm x 670mm
Stem	Forged aluminum, 80mm x 7 deg.	Forged aluminum, 31.8mm dia bar, 80mm x 7 deg	Forged aluminum, 31.8mm dia bar, 80mm x 7 deg	Forged aluminum, 80mm x 7 deg.	Forged aluminum, 120mm x 7 deg.	Forged aluminum, 120mm x 7 deg.	Forged aluminum, 120mm x 7 deg.
Shifter	8-speed trigger	8-speed trigger	10-speed trigger	8-speed trigger	Sturmey Archer S30 trigger shifter	Shimano Alfine SL-S500 trigger shifter	Shimano Alfine SL-S700 trigger shifter
Front Wheel	20" aluminum aero profile rim, 28-spoke	700C aluminum, 32-spoke	27.5" aluminum, tubeless ready, 32-spoke	20" aluminum aero profile rim, 28-spoke	20" aluminum aero profile rim, 28-spoke	20" aluminum aero profile rim, 28-spoke	20" aluminum aero profile rim, 28-spoke
Rear Wheel	20" aluminum aero profile rim, 32-spoke	700C aluminum, 32-spoke	27.5" aluminum, tubeless ready, 32-spoke	20" aluminum aero profile rim, 32-spoke	20" aluminum aero profile rim, 32-spoke	20" aluminum aero profile rim, 32-spoke	20" aluminum aero profile rim, 32-spoke