



# JOHNNY G SPIRIT BIKE

SLEEK. PERSONAL. ALIVE.



## A WORD FROM JOHNNY G

### THE INVENTOR OF THE SPIN BIKE

I believe something as simple as a bicycle has the ability to transform our lives.

Even at the age of 16, when I challenged myself to ride from Johannesburg to Durban – a 500-mile odyssey through the mountains and villages of South Africa – I was exploring the ways riding can help someone reach their potential. But I never realized the long-term impact it would have on my life. Each morning before school I would train for two and-a-half hours in the dark – chasing buses, drafting cars, and pushing myself beyond what I thought was physically possible. It was during those cold and wet mornings that I would dream about the day I would face the greatest race of them all – the one against the clock – with no one in front of me, and everyone behind.



Who would ever have thought that the first bike I invented would be a stationary one! It would be a bike that would get people fit and healthy without ever actually moving them from one place to another. That bike positively changed my life and so many others forever. And it inspired my newest innovation.

I have always believed that cycling is about time, distance and tenacity. Those three elements provide a measuring stick against which we can test ourselves. But to fully realize our potential we need a tool – a tool that provides an opportunity to do more than we might otherwise believe possible. The Johnny G Spirit Bike is that tool.

Live. Change. Learn.

*Johnny G*

1980

Johnny moved to United States

1989

Created first indoor bike and programming

Opened his own studio in Santa Monica

1992

1995

IHRSA launch, 400 clubs signed up and the indoor cycling revolution began

1,000 facilities in 30 countries

1996

2003

100,000<sup>th</sup> instructor certified

Johnny G Spirit Bike launched at IHRSA

2018

# SLEEK.



You can buy bikes that are welded tubes and bikes that are covered in plastic, or you can own the highly functional, body sculpted work of art your clients demand. Johnny started with the concept of sculpting his bike out of a large piece of clay, not with a bin of tubes to be welded.

Over the last 25 years, Johnny has been engineering the next evolution of indoor bikes. He knew his next bike could not be another version of welded tubing with a bike chain; it had to be a beautiful, sleek machine with the uncompromising design of high performance sports cars and outdoor carbon racing bikes. Don't settle for welded tubes and bulky plastic cover; your studio and clients deserve to ride the sleekest bike ever built: The Johnny G Spirit Bike.





In designing the Johnny G Spirit Bike, Johnny set out to answer one fundamental question:

# “HOW CAN AN INDOOR BIKE FEEL LIKE IT WAS DESIGNED FOR EACH AND EVERY PERSON WHO RIDES IT?”



Johnny rejected the status quo of minor seating adjustments and blocky, rectangular consoles to allow each user to build their own unique riding environment. This started by creating a cockpit-style wrap around console with a 23 digit alpha-numeric display and message board. The console provides the critical feedback without being complicated or confusing.



Next, Johnny took the best of design elements from outdoor bike handlebars and synthesized them into an optimal, multi-functional grip system for his bike. With his perfect design in mind, Johnny pored over 1 to 2 mm adjustments until he had the perfect set of handlebars to achieve his vision. Johnny's patent pending design allows the user to experience the perfect workout in perfect comfort.



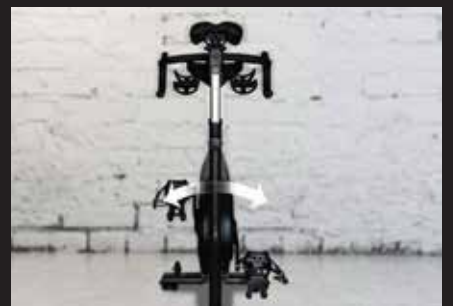
Finally, Johnny recognized the need to get away from the market standard resistance knob that makes the user guess the resistance each time they get on a bike. The Johnny G Spirit Bike has a push button magnetic resistance system that allows the user to replicate their last ride for a consistent and rewarding workout every time. There are multiple adjusters on the handlebars which allow you to choose between 20 gears based on outdoor bicycles so you can comfortably adjust your resistance whether you are climbing, time-trialing, or sitting up. Every time you or your clients get on the Johnny G Spirit bike, it will be a personal experience.

# PERSONAL.



# ALIVE.

An indoor bike can feel alive, but not when it's made of lifeless, welded tubes. Why does the Johnny G Spirit Bike feel Alive? It comes down to two basic principles, Frame Flex and Kinetic Energy, the same principles that give outdoor bikes their dynamic feel. Johnny dared to ask why indoor bikes don't have the same feel and flex as an outdoor bike which is why our frame is a monocoque steel frame, rather than a patchwork of welded tubes. This, along with the heavy base, allows the back of the frame to flex like the chain-stays on an outdoor bike, creating a response from the bike which makes it feel alive.



The second part of the equation is kinetic energy, the energy and motion at the pedal of your bike. When people want to know about the feel or "ride" of an indoor cycle, they usually ask about the flywheel weight and the type of belt that is used. While both of those are good questions, neither will determine the ultimate ride of the bike. Johnny focused on all of the components that go into creating the feeling of kinetic energy. He rode and tested component after component until he found the perfect combination that creates that "outdoor cycling" feeling. It is the monocoque frame design and the combination of each and every component throughout the drive train system that makes the Johnny G Spirit Bike feel alive.



# LET'S GET TECHNICAL.

Life isn't all dreams and inspiration. At the end of the day, specs matter. Johnny knows that better than anyone and has engineered a bike that appeals to both hardcore athletes and those who enjoy comparing flywheels and belts just as much (or maybe a little more) than actually riding the bike.



## STAYING CONNECTED

Part of making a bike feel personal is giving the user freedom to track all of their health data on the app of their choice. To that end, the Johnny G Spirit Bike comes loaded with the hardware to communicate with most major devices in the fitness industry. It has the intelligence built in to communicate through Bluetooth FTMS (Fitness Machine Service Protocol) and ANT+. This allows the bike to communicate with popular apps as well as various leaderboards that are found in gyms and studios.

## HOW WE CALCULATE WATTS

Every Johnny G Spirit bike is calibrated on a computer-controlled dynamometer during manufacturing, providing exact magnet positioning to ensure the resistance level setting and torque at the pedal is exactly the same on every bike. All Johnny G Spirit bikes use a high-resolution speed sensor providing a large data stream of speed information that is converted to velocity so exact speed can be known through the entire 360° of the pedal position allowing for a high level of power meter accuracy. A closed loop positioning shifter with a dynamometer generated watt table in the software ensure accurate watt display and consistency from bike to bike and never goes out of calibration.

Like the Johnny G Spirit Bike, many ergometers for use in medical applications that require an accurate measure of work use methods that are not direct measurements. They use a system of precise positioning of magnets in proximity to the flywheel and high resolution speed measurements and use sophisticated algorithms to derive watts. It is mandatory when applying for medical certification that the power readings of an ergometer meet stringent accuracy standards and this method reaches that level.

Our competitors use a strain gauge measurement for power on their exercise bike, which is actually carried over from the outdoor bicycle industry. The weakness with strain gauges is that they require batteries and drift over time, requiring recalibration. The Johnny G Spirit Bike utilizes the medical industry technology and does not need to have batteries replaced or to be recalibrated. The below graph compares the Johnny G Spirit bike to the Garmin® Vector 3 pedals: accuracy of the power meter.



Graph from DC Rainmaker Analytics Tool





## PRODUCT FEATURES

RESISTANCE CONTROL	electronically controlled magnetic resistance with multi-touch point adjustments
RESISTANCE LEVELS	20 levels
DRIVETRAIN	Conti Synchroforce® HTD and Hutchinson® FleXonic® Poly V® belts
FLYWHEEL	21 kg / 46 lbs
CRANK ARMS	170 mm / 6.7 in
Q-FACTOR	168 mm / 6.6 in
PEDALS	dual sided with SPD and straps
FRAME CONSTRUCTION	solid steel with 3 layers of protection (plated, powder-coated, and clear coat)
DIMENSIONS	1250 x 500 x 1100 mm / 49 x 20 x 43 in
PRODUCT WEIGHT	68 kg / 151 lbs
MAX. USER WEIGHT	159 kg / 350 lbs
CERTIFICATES & PATENTS	CE(EN957), UL, CSA, and FCC. Patent pending.

## CONSOLE FEATURES

DISPLAY	23 characters with 6 data metrics at a glance, multi-color heart rate and power zone indicator LEDs
PROGRAMS	heart rate zone, power zone, lap, Functional Threshold Power (FTP) tests: 5-min and 20-min
WORKOUT SUMMARY	time, distance, watt avg, watt peak, speed avg, speed peak, heart rate avg, heart rate peak, RPM avg, RPM peak, lap, % time in heart rate zone, % time in power zone
FUNCTION KEYS	forward control pad with resistance and play button to start workout from warm-up, includes additional resistance buttons at handlebar ends
POWER	generator drive system with power save function to store workout data for 8 minutes after pedalling stops
CONNECTIVITY	Bluetooth® FTMS channels and ANT+™, compatible with Myzone™, Garmin® and leaderboards

# TAKE YOUR TRAINING TO THE NEXT LEVEL.

Welcome to the Johnny G instructional videos series. These videos introduce you to insights and training methods Johnny G himself has taught and used in his over 40 years of cycling. These four videos led by Master Instructor Sean Yeager Diamond begin by taking you through technical orientation and understanding of the Johnny G Spirit Bike. Next, the All Terrain video covers cycling techniques, heart rate training, watts, climbing, and rpm. Then the Hill Climb video shows you how the varying levels of resistance and multiple hand positions can be used to simulate any real road climb you can imagine. Finally, the video series ends with the Ride of Truth. The Ride of Truth is the culmination of everything we've discussed in our previous videos and will be your ultimate challenge. You'll be exposed to the philosophy of "Time Trialing" and what it can do for your training or class atmosphere. Go beyond the everyday, beyond the indoor riding you've known for years, and use this 30-minute video as a roadmap for a new challenge!

The other series of videos that can be accessed are the Master Trainer Rides. This series follows 6 of Johnny G's Master Trainers. These trainers are located around the globe and have different styles and lessons, but all have been taught by Johnny G and believe in his methods and philosophy. The Johnny G Instructional Videos and Master Rides are all free, simply go to [www.JohnnyGSpiritBike.com/Resource-Center](http://www.JohnnyGSpiritBike.com/Resource-Center) to access each of these videos.



INSTRUCTIONAL VIDEO  
SERIES



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