



KINETIC[®]

2020 TRAINERS AND ACCESSORIES

INTRODUCING

KINETIC R1



KINETIC INTERACTIVE TRAINERS*



Kinetic interactive trainers deliver efficient, app-controlled electronic resistance that changes trainer intensity automatically to match virtual courses or ERG workout targets and work with apps like Kinetic Fit, Zwift, TrainerRoad, Rouvy, Kinomap, The Sufferfest and FulGaz.



NEW KINETIC R1

Part# T-7000

The Kinetic R1 is the only interactive, direct-drive smart trainer that allows your bike to move naturally. More comfortable, more realistic, and a more complete workout. App-controlled resistance pairs to apps via ANT+™ and Bluetooth® on connected smart phones, tablets and laptops.



ROCK AND ROLL | CONTROL

Part# T-6500

The only interactive, app-controlled tire-drive trainer that allows your bike to move with you for a more realistic road feel AND a stronger core. Part of our newest generation of interactive, app-controlled trainers, featuring ANT+ and Bluetooth and a more accurate and responsive ride.



ROAD MACHINE | CONTROL

Part# T-6400

Combines our best-in-class frame with our latest interactive resistance tech for great compatibility with apps and devices. Now with ANT+ and Bluetooth, the Road Machine | Control features app-controlled electronic resistance using apps like Kinetic Fit, Zwift, TrainerRoad and more.

*Dual-band ANT+ and Bluetooth connectivity allows training data to broadcast directly to Garmin™ devices and to apps on connected smart phones, tablets and laptops.

KINETIC FLUID SMART TRAINERS*



With fluid resistance, apps don't control the trainer, *YOU* control the ride intensity in ERG workouts or over virtual terrain changes. Fluid power trainers send data to training apps via Bluetooth Smart™ or ANT+™, are portable, don't require power cords and feature our patented-fluid resistance unit.



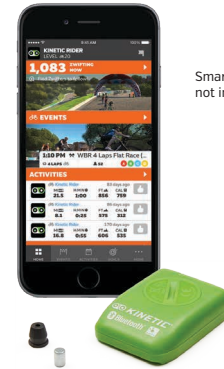
ROCK AND ROLL | SMART 2
Part# T-2810

Our free-moving fluid trainer meets affordable app-based power training. No other trainer delivers a more realistic experience and cycling-specific core workout. The pre-installed inRide 3 Power Sensor allows riders to connect with training apps via ANT+™ and Bluetooth.



ROAD MACHINE | SMART 2
Part# T-2710

Accurate, affordable and easy to use, the Kinetic Road Machine | Smart 2 broadcasts training data to apps via ANT+™ and Bluetooth on connected smart phones, tablets and laptops. Kinetic inRide 3 Power Sensor technology allows riders to connect with apps like Kinetic Fit, Zwift and TrainerRoad.



Smart phone
not included

KINETIC INRIDE 3 POWER SENSOR
Part# T-2005

Available as an upgrade for older Kinetic fluid trainers, the Kinetic inRide 3 Power Sensor allows riders to connect their trainer to the most popular training apps via ANT+™ and Bluetooth or to broadcast training data directly to Garmin™ devices.

All Kinetic Trainers feature a lifetime warranty on the frame and 2-year warranty on the electronics for original owners.

CONTROL POWER UNIT

Part# T-6300

The Control Power Unit has a massive flywheel to provide unmatched ride quality. Also sold separately to upgrade older Kinetic frames.



RIDE REALISM

Rock and Roll and Kinetic R1 frames feature exclusive side-to-side motion to activate core muscles and allow a more comfortable ride while training indoors. No rocker plate required!

MAXIMUM COMPATIBILITY

Kinetic trainers, works with virtually any bike, including bikes with thru-axes, internally-geared hubs, and wheels as small as 16 inches. All Kinetic frames feature a lifetime warranty.





MULTI-PLATFORM | MULTI-DEVICE

Whether you use an iOS or Android device or a Mac or Windows computer, you'll have a training solution for Kinetic Smart 2, Control and R1 trainers.



IMMERSIVE TRAINING

Second-screen viewing to a home entertainment system puts you in the action. The best training apps offer great options for Kinetic Smart 2, Control and R1 trainer users.



Kinetic Fit
kinetic.fit



Zwift
zwift.com



TrainerRoad
trainerroad.com



Rouvy
rouvy.com



Kinomap
kinomap.com



Fulgaz
fulgaz.com



The Sufferfest
sufferfest.com



CONNECT WITH THE BEST TRAINING APPS

Kinetic Smart 2, Control and R1 trainers can use Bluetooth 4.0 or ANT+ to connect to training apps on devices and computers or connect devices to directly to AppleTV® apps with Bluetooth and integrate home entertainment systems. Kinetic partners with the best training apps to bring the most seamless experience to your devices.

KINETIC TRAXLES, BOTTLE CAGES AND ACCESSORIES

Kinetic provides a full lineup of bike-trainer accessories and bike-mounting solutions. We recommend a Riser Ring and a Trainer Mat with any trainer purchase and if your bike requires a rear thru axle, you'll need a Kinetic Traxle to ride on a tire-drive Kinetic trainer. Bottle cages are great indoors and out.



KINETIC TRAXLE THRU-AXLE ADAPTER

Part# T-2100, T-2101, T-2102, T-2120

A replacement thru-axle with tapered heads that perfectly fit trainer cone cups. Traxles adapt any 12mm thru-axle system to firmly lock your bike into a trainer.* Also works with most other trainer brands.



*Not required for Kinetic R1 direct-drive trainers



KINETIC TWENTY20 BOTTLE CAGE

Part# T-3100G, T-3100B, T-3100R, T-3100W

The ergonomic way to take a drink. Kinetic Twenty20 bottle cages mount centered or offset 20° left or right. Kinetic Twenty20 Bottle Cages are made of durable polycarbonate composite and weigh just 38 grams.

 Bluetooth®



NEW KINETIC INRIDE 3*

Part# T-2005

Converts Kinetic fluid trainers into Bluetooth®/ANT+™ power trainers.

 Bluetooth®



HEART RATE STRAP*

Part# T-2001

Dual-band, works with ANT+™ and Bluetooth®



TURNTABLE RISER RING

Part# T-750CS

Recommended for use with Rock and Roll and Kinetic R1 trainers.



RISER RING

Part# T-750C

4 wheel heights. Fits road and mountain bike tire widths.

 Bluetooth®



NEW CADENCE SENSOR*

Part# T-2006

Magnetless sensor works with ANT+™ and Bluetooth® devices.



TRAINER MAT

Part# T-741

36" x 78" footprint. Protects floors from sweat and vibration.



TRAINER TIRE

Part# T-739

700 x 25c. Quiet, reduces roller slipping. Use on any trainer.



TRAINER BAG

Part# T-1000

Fits Road Machine-style frames and Kinetic Z•Rollers.

*Dual-band ANT+ and Bluetooth connectivity allows training data to broadcast directly to Garmin™ devices and to apps on connected smart phones, tablets and laptops.

Trainer Features	Kinetic R1	Rock and Roll Control	Road Machine Control	Rock and Roll Smart 2	Road Machine Smart 2
Devices supported	iOS, Android & Mac/ Windows	iOS, Android & Mac/ Windows	iOS, Android & Mac/ Windows	iOS, Android & Mac/ Windows	iOS, Android & Mac/ Windows
Connectivity	Bluetooth FTMS, ANT+, ANT+ FE-C, USB*	Bluetooth FTMS, ANT+, ANT+ FE-C, USB*	Bluetooth FTMS, ANT+, ANT+ FE-C, USB*	Bluetooth FTMS, ANT+, ANT+ FE-C	Bluetooth FTMS, ANT+, ANT+ FE-C
App compatible	Yes, sends and receives data to/from apps	Yes, sends and receives data to/from apps	Yes, sends and receives data to/from apps	Yes, sends data to apps	Yes, sends data to apps
Requires electricity	Yes	Yes	Yes	No, battery powered	No, battery powered
Power accuracy	+/- 3%	+/- 5%	+/- 5%	+/- 5%	+/- 5%
Maximum power	2000 watts @ 30 mph	1800 watts @ 30 mph	1800 watts @ 30 mph	1000 watts @ 35 mph	1000 watts @ 35 mph
Resistance type	Electronic, app-controlled	Electronic, app-controlled	Electronic, app-controlled	Fluid	Fluid
Interactive [app controls resistance]	Yes	Yes	Yes	No	No
Non-interactive [rider controls resistance]	No	No	No	Yes	Yes
Supports ERG mode [apps can set and maintain target interval resistance]	Yes	Yes	Yes	No	No
Supports SIM mode [apps change resistance automatically with terrain]	Yes	Yes	Yes	No	No
Rocking movement	Yes	Yes	No	Yes	No
Bike Compatibility	130 to 135 mm quick release skewer, 142 to 148 mm thru axle	16-20"**, 26", 27.5" 29" 650c, 700c	16-20"**, 26", 27.5" 29" 650c, 700c	16-20"**, 26", 27.5" 29" 650c, 700c	16-20"**, 26", 27.5" 29" 650c, 700c
Warranty	Lifetime frame, 2 years electronics	Lifetime frame, 2 years electronics	Lifetime frame, 2 years electronics	Lifetime frame, 2 years electronics	Lifetime frame, 2 years electronics

*USB functionality pending app support. Currently unavailable. **Requires small wheel adapter

