

Your Fitness Companion



SOLE B54 Upright Bike – Smooth Performance, Smart Connectivity, Unmatched Comfort

The SOLE B54 Upright Bike delivers a powerful, low-impact cardio workout with the perfect blend of performance, comfort, and connectivity, ideal for home users seeking club-quality results. Designed for smooth, whisper-quiet operation, the B54 features a durable belt drive system, paired with a 22 lb (10 kg) flywheel and 24 levels of magnetic resistance, giving you full control over workout intensity.

A clear and functional 6.5" white backlit LCD display keeps you on track with real-time metrics including speed, distance, calories, and heart rate. With 1 user, 6 pre-set and 13 programmable options, the B54 allows for structured training across a range of fitness goals, from fat burn to interval work.

Integrated hand pulse sensors and Bluetooth connectivity elevate the workout experience by enabling real-time heart rate tracking through direct contact or seamless pairing with chest straps and a range of third-party monitors. The B54 is equipped with Bluetooth audio connectivity, a built-in cooling fan, and an integrated smartphone ledge, delivering added comfort and convenience for focused, uninterrupted training sessions.

Rider comfort is key with an oversized, padded seat that adjusts vertically through 10 positions, with additional fore/aft customization for an ergonomic fit. The oversized, articulating pedals feature a self-balancing design, 2-degree inward slope, and adjustable straps to ensure proper alignment and foot support throughout every session.

Built with SOLE's renowned durability, the B54 is backed by a lifetime warranty on the frame, giving you confidence in your equipment and your progress.

B54 UPRIGHT BIKE

- 6.5" white backlit LCD display with reading rack and Bluetooth 3.0 speakers
- 22 lb (10 kg) flywheel plus 24 levels of auto tension resistance for adjustable training intensity
- Hand pulse sensors, Bluetooth HR monitor compatible (chest belt sold separately)
- 28 built-in workouts including 1 user, 6 pre-set, and 13 programmable options
- Self-balancing articulating pedals with adjustable straps
- Adjustable padded seat (up/down/fore/aft)
- Lifetime warranty on frame

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UPRIGHT BIKE

B54

Item #
16208363540

1 Contact Heart Rate Sensors

2 6.5" White LCD Display

3 Cooling Fan

4 Resistance Level

Multi-Position Grips 5

Bluetooth 3.0 Speaker 6

Program Keys 7

Reading Rack 8



B54 EQUIPMENT SPECIFICATIONS

Console	6.5" white backlit LCD screen, multi-grip handlebars, reading rack
Display Feedback	Time, distance, calories, pulse, speed / RPM, level, laps, heart rate, program
Programs	20 programs: manual, fat burn, cardio, hill, HIIT, P1-13, user, heart rate control
Power	Plug-in
Heart Rate	Dual contact heart rate grips, Bluetooth chest belt compatible (chest belt not included)
Resistance Levels	24 levels magnetic, single way
Flywheel	22 lb (10 kg)
Seat	Oversized, padded seat
Seat Adjustment	Up/down - 10 positions, fore/aft
Pedals	Oversized, articulating pedals, self balancing with adjustable straps
Remote Devices	Bluetooth 3.0 speaker
Dimensions	41" L x 24" W x 55" H, 82 lb (105 L x 61 W x 139H cm, 37 kg)
Packaging	41" L x 13" W x 26" H, 90 lb (104 L x 33 W x 66 H cm, 41 kg)
Max User Weight	285 lb (130kg)

WARRANTY INFORMATION

Residential Warranty: Frame: Lifetime, Parts: 2 Years, Labour: 1 Year

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