

PRODUCT OVERVIEW

VIKON BIKE

Super smooth. Inspired by the road.

Designed to bring the feel of road cycling indoors, with power-based training, instructor-led classes and organised competition.

WIRELESS PHONE CHARGING / BLUETOOTH APP CONNECTIVITY

01 / ERG

A clear target for every ride.

Set a target power. ERG mode adjusts resistance as cadence changes, helping the rider follow a defined training load.

02 / FTP

A personal starting point.

FTP testing provides a reference for planning power-based sessions and comparing progress over time.



03 / GROUP CYCLING

**Self-powered bikes.
A wirelessly connected class.**

04 / COMPETITION

**A shared platform
for fair competition.**

VIKON Bike shown: standard model without an integrated TFT display. Product visuals are illustrative; final configuration should be confirmed when ordering.

ERG CONSTANT POWER

Set the watts. Let resistance adjust.

With a fixed resistance setting, changes in cadence usually change the power the rider produces. ERG mode instead uses a target power and adjusts resistance to help maintain that workload.

ONE TARGET POWER

150 W

The target stays the same.
The resistance changes.

60 RPM**Higher resistance**

Target power: 150 W

100 RPM**Lower resistance**

Target power: 150 W

Illustrative example, not a test result or a statement of the bike's operating range. ERG control works within the equipment's supported power and cadence limits and has a response time.

What makes this useful?

A power target gives a session a clear workload. It helps riders and coaches plan repeatable efforts without relying only on a resistance level or how hard a ride feels.

Closed-loop control

Torque and cadence information feed the control system, which adjusts resistance towards the target.

Electromagnetic resistance

Electronic resistance adjustment supports controlled changes in workload during a session.

POWER, HEART RATE & AEROBIC TRAINING

Control the workload. Monitor your effort.

A steady power target helps structure aerobic sessions. Combine it with heart-rate and perceived-effort monitoring to understand how your body is responding.

POWER / W**The external workload**

ERG adjusts resistance as cadence changes to help maintain the selected mechanical power output.

HEART RATE / bpm**Your body's response**

Heart rate reflects your response to the exercise. It can change even when the power target stays the same.

Why monitor aerobic intensity?

01 Train at the intended intensity.

A personal heart-rate range, perceived effort and the talk test help you judge whether a session matches its planned intensity.

02 Notice changes in effort.

If the same wattage starts to feel harder, review the session with your coach and adjust the target as appropriate. Read heart rate alongside how you feel.

03 Make sessions repeatable.

A defined power target and duration provide a consistent basis for steady endurance work. Heart-rate monitoring adds useful context to that workload.

STEADY POWER DOES NOT MEAN FIXED HEART RATE

Heart rate can rise during prolonged exercise, especially with heat or dehydration. ERG controls watts; it does not automatically hold a heart-rate target.

Research background: American Heart Association: Target Heart Rates · CDC: Measuring Activity Intensity. Cardiovascular drift: Wingo et al., 2005; heat and dehydration: González-Alonso et al., 1997. These sources explain exercise physiology and intensity monitoring; they are not studies of VIKON Bike.

FTP & TRAINING DATA

FTP: your cycling fitness.

FTP stands for Functional Threshold Power. Expressed in watts (W), it estimates the power a rider can sustain in a prolonged hard cycling effort. It is a practical indicator of cycling endurance fitness and a reference for setting individual training targets. [1]



01 Know your starting point

Choose the 20- or 60-minute FTP test to record a baseline. Use the same protocol for later comparisons.

02 Make the effort personal

Use FTP to guide training zones and session targets. The same wattage can feel very different to two riders.

03 Train, then reassess

Use ERG for the planned workload. Retest after a training period and adjust targets to reflect current ability.

Fore-and-aft saddle adjustment

Set the saddle position to suit the rider.

Read the data together.

POWER / W

Mechanical power output.

CADENCE / RPM

How quickly the rider pedals.

HEART RATE

The rider's response, where available.

Constant power does not mean constant heart rate or a guarantee of exercise safety. Test protocol, available data and any sensor requirements should be confirmed for the selected configuration.

FTP: PROGRESS & RANKINGS

Track progress. Compare results.

Consistent, well-planned training and recovery can help riders improve FTP over time. A higher result under comparable test conditions indicates greater sustainable cycling power. Progress varies between riders and is not always linear. [1]

01

Test

Record a baseline FTP using the chosen test protocol and checked equipment.

02

Train

Follow a suitable training plan, using personal power targets and allowing recovery.

03

Retest

Repeat the same protocol in comparable conditions to see how your result changes.

Use FTP for rankings.

Organisers can use FTP results to rank participants in a cycling challenge or testing event. Choose the measure and agree the testing and scoring rules before riders take part.

FTP / W

Absolute power

Compare the FTP result in watts. A higher value means greater sustained absolute power under the chosen test protocol.

FTP / W/kg

Power relative to body mass

Divide FTP in watts by body mass in kilograms. This gives a different comparison, accounting for rider size. [2]

For meaningful comparisons, use the same test method, consistent bike settings and checked equipment. Record body mass consistently for W/kg rankings. FTP is one aspect of cycling fitness; it does not measure every ability or predict every race result.

Training background: [1] Dr Andrew Coggan / TrainingPeaks: What Is Functional Threshold Power?

[2] TrainingPeaks: Power Analysis 101. These references explain FTP and power-to-weight, not VIKON product capabilities.

GYMS & CYCLING STUDIOS

Group cycling.

Bring VIKON Bike into the gym studio for instructor-led cycling classes. Self-powered bikes and wireless connections give operators more flexibility when setting up the room.



Self-powered bikes

Every bike generates its own power. Each riding station can operate without a mains power connection.

Wireless connections

The class bikes connect wirelessly, without communication cables running between riding stations.

Instructor-led classes

Run scheduled cycling classes in the gym and bring power-based training into a shared group session.

OPTIONAL INSTRUCTOR CONTROL

Control the class from one bike.

With the optional instructor-control system, a coach can use one instructor bike to control all connected bikes in the class.

Instructor control is an optional configuration. Confirm the class-control system and installation requirements when planning the studio.

RACE MODE & ORGANISED EVENTS

A shared platform for fair competition.

VIKON Bike supports race mode, allowing organisers to build cycling events and group challenges around a common equipment platform.

A common starting point

Bring riders together on the same bike platform, with a clear format and consistent rules for everyone taking part.

A shared challenge

Competition gives a session a clear focus and lets riders put their training into practice alongside others.

More ways to use the bike

Build club events, group challenges, school competitions or FTP-based rankings, with clear rules suited to the participants.



Plan an event.

01 Choose the format

Match the challenge to the group.

02 Set the rules

Agree settings and the scoring method.

03 Run the event

Bring riders together to compete.

04 Review the results

Recognise effort and plan the next event.

Illustrative event-planning workflow, not a software interface. Available formats and functions depend on the competition system and configuration.

Fair comparison depends on matched, checked equipment, consistent setup and clear rules. ERG uses a prescribed training workload; race settings and scoring follow the chosen event format.

CONNECTIVITY & EVERYDAY CONVENIENCE

Charging & connectivity.

Wireless charging for your phone. Bluetooth connection to the cycling apps you choose.

Wireless phone charging

Keep a compatible smartphone charged while you train. Place it on the bike's wireless charging area, with no charging cable running to the phone.

Bluetooth connection

Pair VIKON Bike with a compatible phone, tablet or computer to use supported cycling apps. The app runs on your own device.

Ride with your favourite apps.

Connect with apps including Zwift, ROUVY, Kinomap and FitShow for virtual riding, workouts and activity tracking.



Zwift

Virtual rides
& races.



ROUVY

Real-world
cycling routes.



Kinomap

Scenic video
training.



FitShow

Workouts
& ride data.

Download. Pair. Ride.

Install your chosen app on a compatible device and follow its equipment-pairing instructions. Ask VIKON about the right setup for your preferred app.

Compatibility, available data and resistance control vary by app, device and software version. Wireless charging requires a compatible phone. App accounts or subscriptions may be required. Third-party names and logos identify the apps and remain the property of their respective owners; no endorsement is implied.

TRAINING APPLICATIONS

A place in everyday training.

From a gym floor to a cycling studio or home, VIKON Bike supports individual training, instructor-led classes and organised events.



Gym floors

Give members a defined cardio session and provide coaches with a useful starting point for power-based programming.

Cycling & performance training

Use FTP and power targets to structure training, including steady efforts and intervals, within an appropriate training plan.

Group cycling studios

Run instructor-led classes on self-powered, wirelessly connected bikes, with optional control of the class from one instructor bike.

Super smooth. Road-inspired feel.

Across several internal ride tests, riders described VIKON Bike as the smoothest, most road-like indoor bike they had tried.

Subjective rider feedback from internal testing, not an independently verified market-wide comparison.

Explore VIKON Bike

www.vikon.co.uk/en/bike/

October 2026. Sources: VIKON Constant Power Ergometer Full Manual EN; VIKON Constant Power Exercise Bike; VIKON competition, group cycling and internal ride-feedback briefs. Images: VIKON product visuals. Confirm current specifications, system requirements and supply configuration separately.