VIKON

PRODUCT COLLECTION / 2026

Powered by you.

PERFORMANCE CARDIO

Self-powered running.
Power-based cycling.

TREADMILL / BIKE / BIKE PRO

Product visualisation

VIKON.CO.UK

Training with a clear purpose.

Performance Cardio is our approach to developing physical fitness through structured running, cycling, incline and resistance training.

A clear task, control over the workload and useful feedback help people understand the effort they are making. VIKON brings these ideas into equipment for fitness facilities, coached sessions and individual training.

VIKON Treadmill / illustrative training setting

Endurance

Build sessions around a sustainable effort and a planned duration.

Intervals

Alternate work and recovery with an appropriate workload for each rider or runner.

Pacing

Use consistent targets and feedback to understand how effort changes over a session.

Treadmill 03

Cycling 08

For facilities 23

Self-powered. Flat-belt running.

A flat slat-belt deck, without a mains connection.

Product visualisation

A familiar running profile

Unlike a curved non-motorised treadmill, VIKON uses a flat running profile. It is designed for a smooth, comfortable stride that brings the feel of outdoor running indoors.

The energy comes from you

Your movement generates the energy needed for the treadmill's electrical functions, including the display and motorised incline. There is no external mains supply to connect.

Run. Push. Climb.

Use the same machine for everyday running, controlled pushing effort and steep-gradient training.

Illustrative running setting

01 Run

Walk, run steadily or organise intervals on a flat slat-belt surface. Build the session around pace and duration.

Up to 22 km/h (13.7 mph)

02 Push

Set a watt target in ERG mode. Resistance adjusts with pushing speed to help maintain the selected workload within the operating range.

1–60 kg push resistance

03 Climb

Add a different challenge using motorised incline, powered by the energy you generate. Select a gradient appropriate to the session.

Up to 35% gradient

No plug.
More freedom to plan.

Illustrative setting

Power for every electrical function

During normal use, self-generated energy supplies the display, motorised incline and the treadmill's other electrical functions. You do not need to route a mains cable to each machine.

Plan the position around the training space, with suitable flooring, access and operating clearances. Routine care and safety inspections still apply.

THEORETICAL ELECTRICITY SAVING

3,000 kWh

Approximately, per machine per year

VIKON's theoretical estimate, not independently tested or certified by a third-party testing organisation. Actual savings depend on the comparison treadmill, operating hours and usage patterns. This is not a guaranteed annual saving.

Product detail visualisation

VIKON TREADMILL / MATERIALS

Natural wood.
A distinctive presence.

Natural wood is used extensively in the treadmill's construction and exterior. Its grain and texture bring warmth to the training space. Wood is a renewable resource.

Flat slat-belt running surface

Wood and textured side-step detail

Product details shown for illustration. Finish and grain vary.

The details.

Product visualisation / shown near level

Running surface	Flat slat-belt deck
Power supply	Self-generated; no external mains supply
Electrical functions	Display and motorised incline powered by the user
Speed range	1–22 km/h (0.6–13.7 mph)
Maximum incline	35% gradient
Push resistance	1–60 kg
Equipment dimensions	1840 × 905 × 1735 mm (L × W × H)
Packing dimensions	2120 × 1010 × 695 mm
Maximum user weight	150 kg

Equipment dimensions are not the complete operating space. Confirm delivery access, floor suitability, user clearances and the supplied configuration before installation.

Super smooth. Inspired by the road.

Bring the feel of road cycling indoors. VIKON combines a smooth ride with self-generated power, professional ERG control and a personal training reference through FTP.

Standard VIKON Bike shown / product visualisation

A natural riding feel

A road-inspired ride for steady endurance work, intervals and instructor-led sessions.

Power from the rider

Both bikes generate the energy for their onboard functions, with no external mains connection.

A clear training target

Work in watts, test your FTP and plan repeatable efforts for your own ability.

What our riders told us

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

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

Set the watts.
Let resistance adjust.

With a fixed resistance setting, a change in cadence usually changes the power you produce. ERG 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

100 RPM

Lower resistance

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

A defined workload for every interval

Watt targets help riders and coaches plan repeatable efforts without relying only on a resistance level or how hard a ride feels. Set deliberate work and recovery targets for a session, then compare like-for-like efforts over time.

Individual targets. Shared session timing.

Riders can follow the same interval structure while working at power levels appropriate to their own ability.

Control the workload.

Choose a power target in watts. The bike uses torque and cadence information to adjust electromagnetic resistance towards that target.

Set the target

Choose the watt target for the planned effort.

Measure the ride

Torque and cadence feed the control system.

Adjust resistance

The closed loop responds as cadence changes.

Built-in ergometer

Measures your mechanical power output in watts. Use a defined target and duration to structure steady work or intervals.

Electromagnetic resistance

Electronic adjustment supports controlled changes in workload. Resistance rises at a lower cadence and falls at a higher cadence when working towards the same watt target.

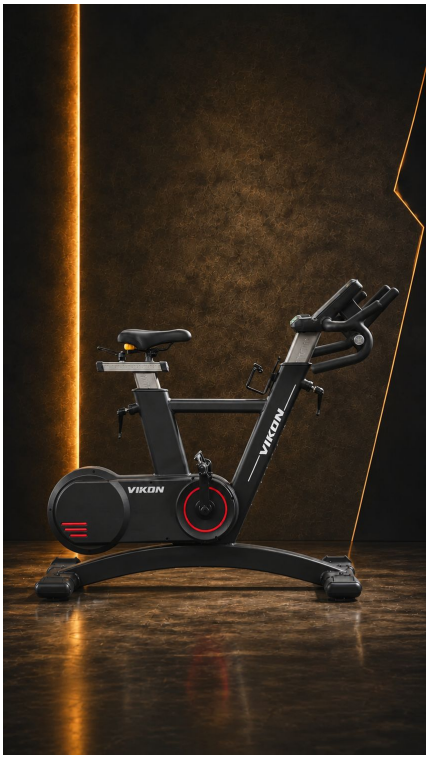
No heart-rate input is required for ERG.

ERG controls mechanical power. VIKON Bike does not adjust resistance to hold a heart-rate target; constant power does not mean constant heart rate.

Know your starting point.

FTP stands for Functional Threshold Power.

Expressed in watts, FTP 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.



The same watts can mean a different effort.

A target of 150 W can be easy for one rider and demanding for another. FTP gives the rider or coach a personal reference for planning power-based work.

Both models include
20- and 60-minute FTP tests.

01

Test

Choose a test protocol. Record the result, equipment and riding setup as your baseline.

02

Train

Use FTP to guide personal power targets and training zones. Follow a suitable plan and allow recovery.

03

Retest

Repeat the same protocol in comparable conditions. Review the result and update your targets.

Training background: Dr Andrew Coggan / TrainingPeaks, What Is Functional Threshold Power?

Track progress. Compare results.

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

Choose what you want to compare

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

Relative to body mass

FTP in watts ÷ body mass in kg = W/kg

This accounts for rider size and gives a different comparison. Record body mass in a consistent way.

For meaningful rankings, use the same test method, matched and checked equipment, consistent settings and clear scoring rules. FTP is one aspect of cycling fitness; it does not predict every race result.

Background: Coggan / TrainingPeaks, What Is Functional Threshold Power?; TrainingPeaks, Power Analysis 101. These explain training concepts, not VIKON product capabilities.

Understand your effort.

Power describes the workload. Your response tells you how the session feels.

Heart rate, if measured separately with a compatible device, and perceived effort can help you understand your response. They are monitoring tools, not inputs to the resistance control.

01 **Train at the intended intensity**

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

02 **Notice changes in effort**

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

03 **Make sessions repeatable**

A defined watt target and duration provide a consistent basis for steady endurance work. Monitoring your response adds 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 hold a heart-rate target or guarantee exercise safety.

Background: AHA, Target Heart Rates; CDC, Measuring Activity Intensity; Wingo et al. (2005); González-Alonso et al. (1997). These explain exercise physiology, not VIKON product performance.

Group cycling, without the cables.

Bring power-based training into instructor-led gym classes. Self-powered bikes and wireless connections give operators more freedom when planning the room.

Self-powered stations

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

Wireless connections

Connect the class bikes wirelessly, without communication cables running between riding stations.

Instructor-led sessions

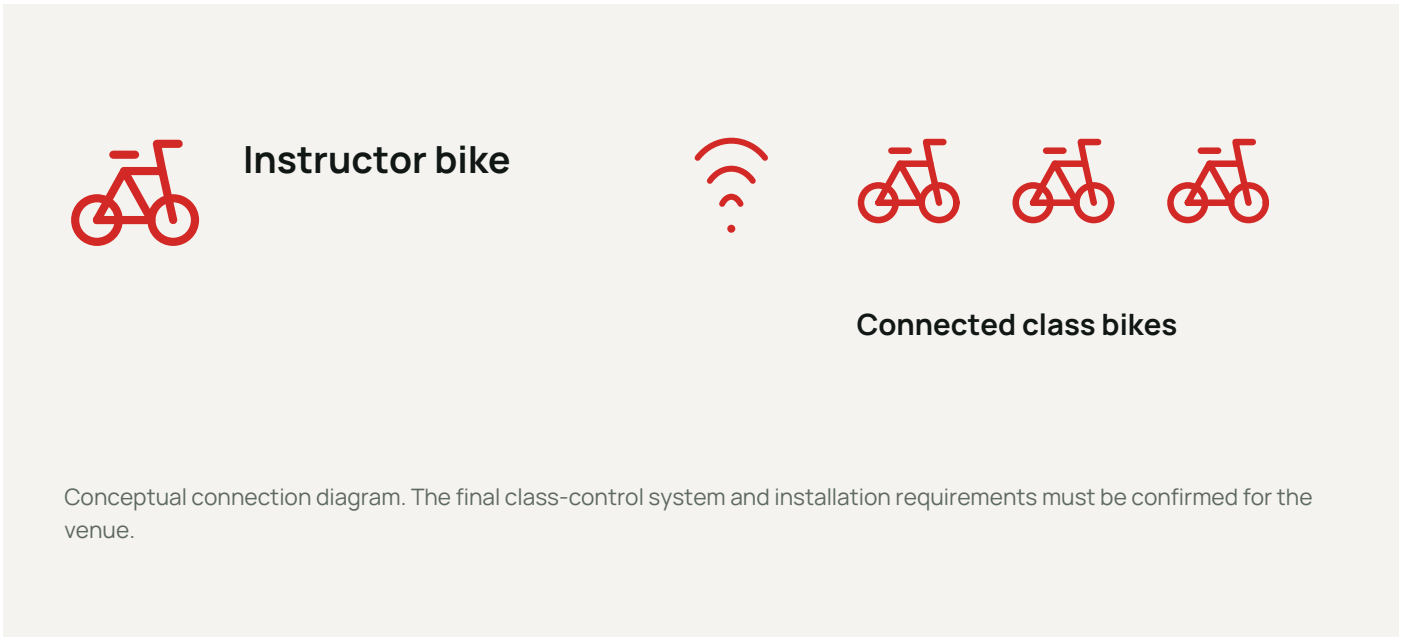
Run scheduled classes and share the work and recovery timing while riders use individual power targets.

A group session. An individual workload.

Use FTP and suitable coaching to set targets appropriate to each rider. A shared timetable does not have to mean identical watts for everyone.

Control the class from one instructor bike.

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



Conceptual connection diagram. The final class-control system and installation requirements must be confirmed for the venue.

Keep the session together

A coach can lead the class through a planned session from an instructor station.

Confirm the studio setup

Discuss the number of bikes, supported controls, wireless coverage and commissioning before specifying the system.

Optional instructor control is separate from the competition system. Availability and supplied configuration should be agreed as part of the project.

A common platform. A shared challenge.

Bring riders together on matched equipment, with a clear format and consistent rules. Use the bike platform for club events, gym challenges, school competitions or FTP rankings.

More ways to put training into practice

Competition gives a session a focus and provides another reason to return. Choose a format that suits the participants, then use results to recognise effort and plan the next event.

01 Choose the format

Match the challenge to the group.

02 Agree the rules

Set the bike configuration and scoring method.

03 Run the event

Bring riders together on checked equipment.

04 Review the results

Recognise effort and plan the next event.

System status and fair comparison

The separate Windows race system is in development and internal testing. It reads rider data; it does not control physical resistance or ERG settings. Formats and compatibility must be validated per project. It is not a standard included bike feature. Fair comparison also depends on consistent setup, checked equipment and clear rules.

Charging & connectivity.

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

Wireless phone charging

Place a compatible smartphone on the charging area. Keep it charged while you ride, without a charging cable running to the phone.

Bluetooth connection

Pair a compatible phone, tablet or computer with the bike. Supported apps run on your own device.

Ride with your favourite apps

Zwift

Virtual rides and races.

ROUVY

Real-world cycling routes.

Kinomap

Scenic video training.

FitShow

Workouts and ride data.

01

Download

Install the app on a compatible device.

02

Pair

Follow the app's equipment-pairing instructions.

03

Ride

Choose a supported workout, route or ride.

Compatibility, data and resistance-control functions vary by app, device and software version. Accounts or subscriptions may be required. Not all apps run on the PRO TFT. Third-party names and logos identify the apps; no endorsement is implied.

A place in everyday training.

From independent cardio to a shared class, put power-based training into practice.

Gym floors

Give members a defined cardio session and coaches a clear starting point for power-based programming, warm-ups and conditioning.

Cycling training centres

Use FTP and watt targets to plan steady efforts and intervals. Consistent setup and retesting help riders review progress.

Group cycling studios

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

Individual training, too

Use the same tools for structured indoor cycling at home.

VIKON Bike.

Power-based training without an integrated TFT display. Use your own compatible phone, tablet or computer for connected rides, with an adjustable riding position.

50–500 W

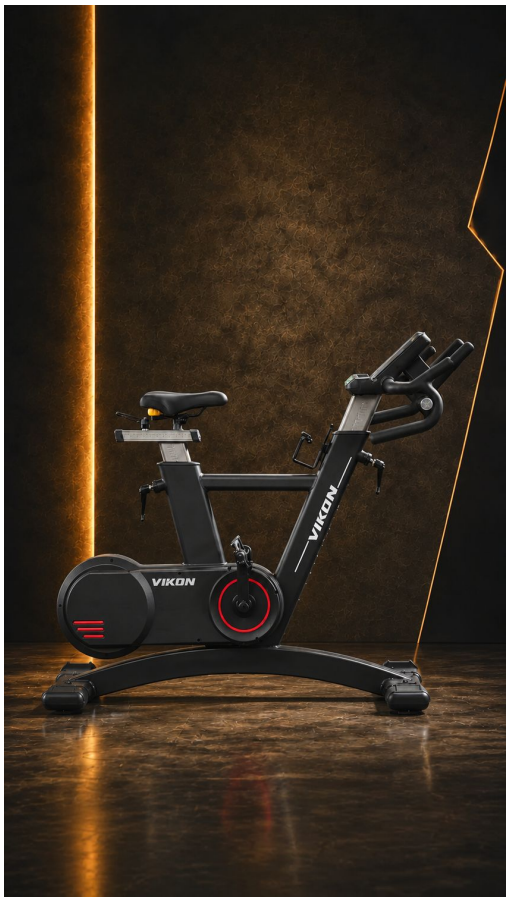
Training power range

Above 95%

Power measurement accuracy*

20 / 60 min

FTP test options



Standard VIKON Bike / product visualisation

Equipment weight

Approximately 55 kg

Saddle height

50–110 cm

Saddle adjustment

Height and fore-and-aft position

Handlebar column

75–115 cm height

Fixed crank

170 mm

Adjustable crank option

80–180 mm

A familiar setup for every session

Adjust saddle height and fore-and-aft position, set the handlebars and record the setup. Self-powered ERG, an integrated ergometer, Bluetooth and wireless phone charging are included.

* Manufacturer-provided figure. Physical details shown apply to the standard Bike; crank options depend on configuration.

VIKON Bike PRO.

More power. An integrated screen.

The PRO brings up to 800 W of continuous training power to the VIKON Bike range. The bike powers its own TFT display and onboard functions. No external power connection is needed.

800 W

Maximum continuous power

99%

Power measurement accuracy*

TFT

Self-powered display

VIKON Bike PRO shown with its integrated TFT display / product visualisation

Professional ERG, a built-in ergometer, 20- and 60-minute FTP tests, Bluetooth connectivity and wireless phone charging. Phone screen mirroring is supported on the TFT.

* Manufacturer-provided figure. Model comparison on page 22.

Your screen. Powered by you.

See more during your ride with an integrated TFT display and phone screen mirroring. The screen is part of the bike's self-powered system.

PRO side view with integrated TFT

TFT display from the rider's position

Fully self-powered, including the TFT

The bike generates the energy required for its onboard functions, including the TFT display. There is no need for an external mains power connection.

Mirror your phone on the screen

Display content from a compatible smartphone on the integrated TFT. Your phone provides the content while the bike supplies the power for its screen.

A connected training setup

Bluetooth supports connection to compatible training apps. Wireless charging keeps a compatible phone charged during the ride.

Phone mirroring and Bluetooth equipment pairing are separate functions. Confirm the supported phone and connection method for your setup. Mirroring does not mean third-party apps run natively on the TFT.

Choose your bike.

Choose the standard Bike for connected training with your own device, or the PRO for its integrated TFT display, phone mirroring and higher continuous power capability.

Specification	VIKON Bike	VIKON Bike PRO
Display	No integrated TFT	Integrated TFT
Training power	50–500 W	Up to 800 W continuous
Power measurement accuracy*	Above 95%	99%
Power supply	Self-powered; no mains connection	Self-powered, including TFT; no mains connection
Phone screen mirroring	Use your own device	Supported on the TFT
ERG resistance control	Professional ERG	Professional ERG
Ergometer	Built in	Built in
FTP testing	20 / 60 minutes	20 / 60 minutes
Wireless phone charging	Compatible phones	Compatible phones
Connectivity	Bluetooth	Bluetooth
Compatible apps**	Zwift / ROUVY / Kinomap / FitShow	Zwift / ROUVY / Kinomap / FitShow

Instructor control is optional. Competition software remains a separate development preview. Confirm the required systems, final model specification, delivery access and operating clearances for your project.

* Manufacturer-provided figures. ** App features and compatibility depend on the connected setup; accounts or subscriptions may be required. See page 17. Phone mirroring does not imply native app installation on the TFT.

Start with your space and your riders.

Tell us who will use the equipment, how you want to train and the area available. We can discuss model choice, layout and support around those needs.

Illustrative facility layout, not a completed client installation

01	**Define the training**	Gym-floor cardio, individual cycling, classes or organised challenges.
02	**Check the space**	Delivery routes, floor suitability and safe operating clearances.
03	**Confirm the setup**	Models, riding positions, display, wireless coverage and app requirements.
04	**Agree the support**	Discuss delivery, installation, familiarisation and aftercare.

Discuss your project

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Powered by you.

Let's talk about your training space.

Product visualisation

support@vikon.co.uk

www.vikon.co.uk

Request product information, discuss a demonstration or leave a preferred time for a callback through our website.

Request a callback

Product visualisations illustrate possible settings and configurations, not completed client projects. Confirm final specifications, finishes and installation requirements with VIKON. October 2026.