LifeFitness

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CONNECTED

Life Fitness

INDOOR CYCLES

POWERED BY ICG®

2016
GERMAN DESIGN AWARD WINNER

2015
ISPO AWARD WINNER

2015
PLUS-X AWARD WINNER

2015
BODYLIFE AWARD WINNER

2014
REDDOT AWARD WINNER

IC7 INDOOR CYCLE

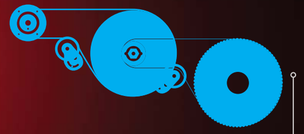
The multiple award winning IC7 combines a modern design with an extended range of top features.The most precise WattRate® Power Meter, Coach By Color® intensity guide for the user and the instructor, maximum user comfort, easy servicing and data exchange with external devices, makes the IC7 a one of a kind Indoor Cycle.

- WattRate® Power Meter (direct, +/-1% tolerance)
- WattRate® TFT Computer with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- 300 degree resistance control via dial
- Supported handlebar & saddle height adjustment
- Full cover shroud
- 2-Stage drivetrain
- Stepless 4-way adjustment of handlebar & saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates
- Arc frame access

MAGNETIC RESISTANCE | WATTRATE® DIRECT POWER | COACH BY COLOR® | CONNECT TECHNOLOGY | SELF POWERED GREEN ENERGY

2-STAGE DRIVETRAIN

With an immense 1:11 gear ratio this revolutionary design equipped with ICG's hybrid Poly-V & tooth belt technology is capable of transferring extreme levels of torque smoothly and generates an incredibly fast flywheel speed. Combined, these features create the ultimate connection to every pedal stroke.



Two-stage drivetrain uses one left and one right-sided pulley system to drive the flywheel.

WATTRATE® DIRECT POWER METER

The launch of WattRate® — the market's most accurate power meter that offers a direct measuring tolerance of +/- 1%. Such accuracy is groundbreaking in Indoor Cycles. The WattRate® direct power meter is located at the intermediate transmission and uses photocells to directly measure the torsion (twisting force) of the spindle. The design never requires recalibration and is fully resistant to external factors such as temperature, humidity and transportation.

Uses photocells to directly measure the torsion (twisting force) of the spindle.

LIGHT RESISTANCE

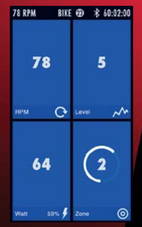
0%

STOP
PUSH DOWN

HEAVY RESISTANCE

100%

DISPLAY 1



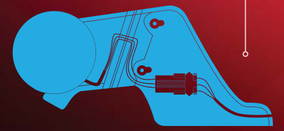
A contactless positioning sensor to measure the magnet position for optimum resistance adjustment.

300-DEGREE MAGNETIC RESISTANCE

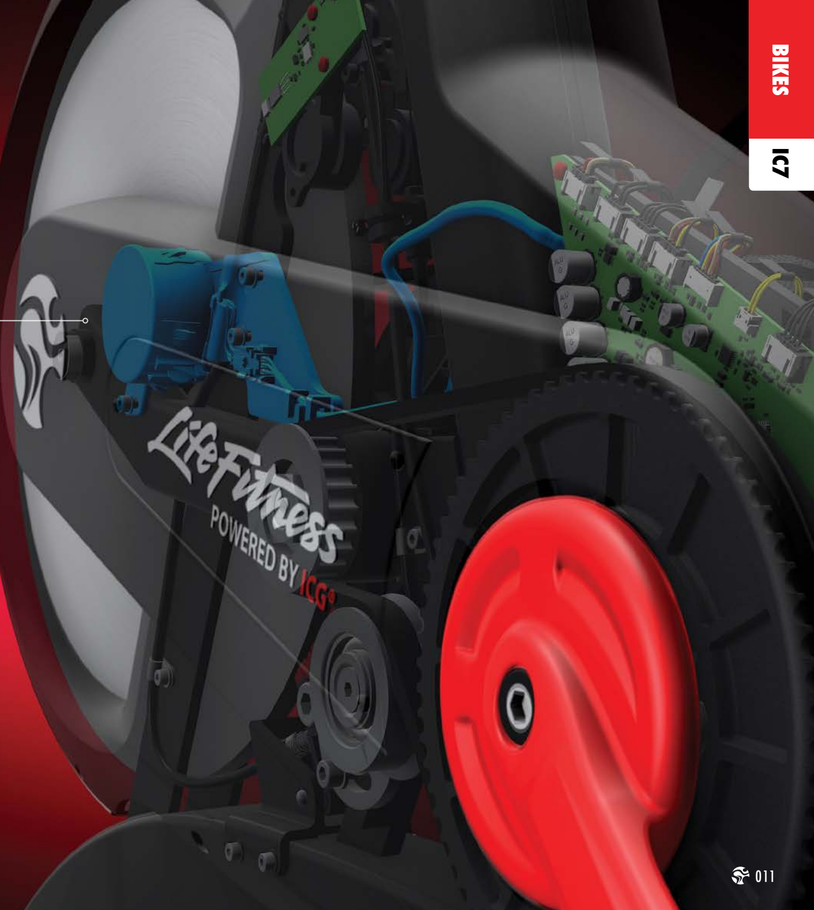
IC7's magnetic resistance is engineering at its best. The limited-to 300-degree dial offers 100 "clicked" increments and displays the resistance level as 0-100% on the WattRate® TFT computer; all at one flick of the user's wrist. This highly precise and visual design means your members will be able to dial into the perfect resistance quickly.

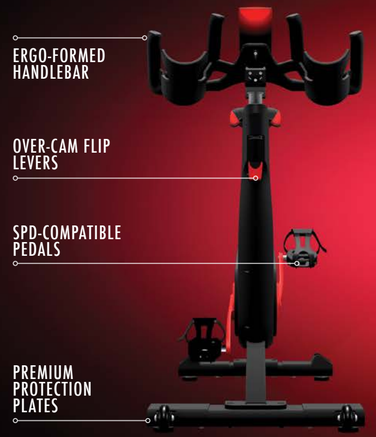
SELF-POWERED GENERATOR

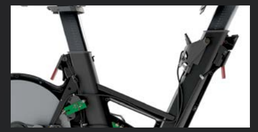
Renewable, green-energy. No batteries required. Capturing the riders energy the compact generator at the flywheel recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.



A compact generator at the flywheel recharges the bike's integrated lithium polymer battery.







"USER-ASSIST" POSTS

The gas assisted posts provide users with a smooth, stepless adjustment range. A system that allows the "athlete" set-up for optimum performance and the "fitness-user" for maximum comfort.

ERGO-FORMED HANDLEBAR

Featuring the same impressive curves and soft PVC as the ergo-formed handlebar, this wider bar provides larger users more support, additional Time Trial bar-ends, central ride easy position and intelligently integrates the WattRate® TFT computer by not exposing any cables and allowing the consoles position to adjust in-line with the bars.

155MM Q FACTOR

Offers superior biomechanics. Q Factor is the distance between a user's feet when sitting on the bike and pedals. A Q Factor of 155mm makes the Indoor Cycle feel more like a real bike. The benefits include increased safety, comfort, and efficiency in every pedal stroke.

ADVANCED BIKE-FIT

The new off-set frame design and stepless 4-way (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) slider and post technology offers superior biomechanics, accommodating the widest range of users and allows for the finest of fine-tuning. It's easy and fast.

WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature simultaneously displays individual training intensity for the user and the trainer. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG® Connect & ICG® Training App).

ANT+ Bluetooth™

CONSOLE DISPLAYS COACH BY COLOR®
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED

DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts, training zone and dynamic lap function.

DISPLAY 2

Shows the user's further detailed "actual" performance data such as as heart rate, watt / KG and watt / HR.

DISPLAY 3

Provides the user with a quick review of "maximum" and "average" performance values during the workout along with lap statistics.

DISPLAY 4

Displays real-time feedback of a user's time in each training zone – watt rate or heart rate training modes, along with how many miles and calories have been burnt in each training zone.

THE FRONT LED DISPLAY

By connecting instructors to their students, the patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.

IC6

POWERED BY ICG®

IC6 INDOOR CYCLE

The IC6 combines innovative design with high-quality mechanical and electronic components. The WattRate® TFT computer with integrated power supply features performance indication in watts, data exchange with external devices as well as a Coach By Color® intensity guide for the user and instructor.

- WattRate® Power Meter
- WattRate® TFT Computer with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates

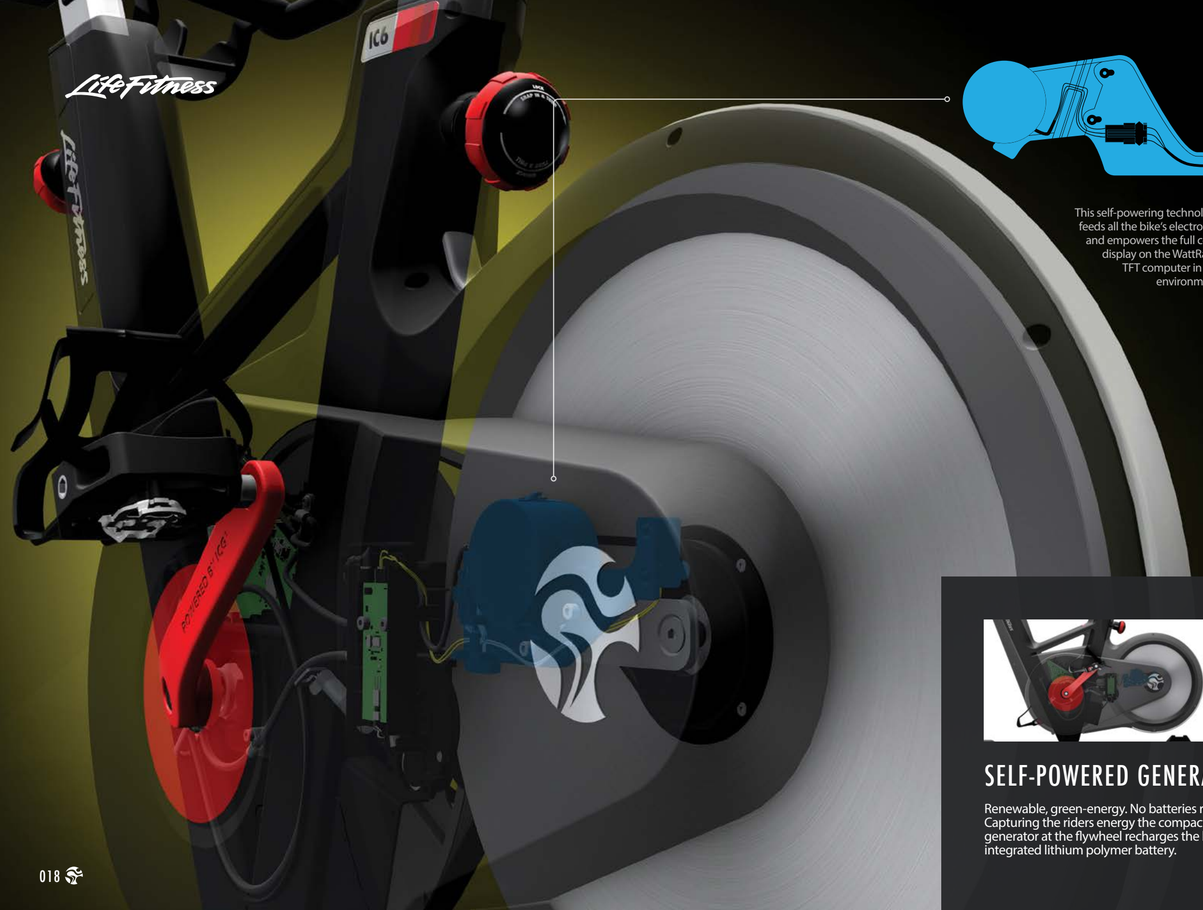
MAGNETIC RESISTANCE

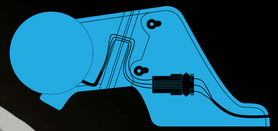
WATTRATE® POWER

COACH BY COLOR®

CONNECT TECHNOLOGY

SELF POWERED GREEN ENERGY





This self-powering technology feeds all the bike's electronics and empowers the full color display on the WattRate® TFT computer in any environment.

SELF-POWERED GENERATOR

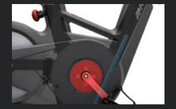
Renewable, green-energy. No batteries required. Capturing the riders energy the compact generator at the flywheel recharges the bike's integrated lithium polymer battery.

WATTRATE® POWER METER

The WattRate® Power Meter displays a precise measurment of the user's effort in watts. This precision is achieved by using the patent flywheel run down technology and while riding, a positioning sensor measures the resistance applied to the magnetic brake system.

MAGNETIC RESISTANCE

The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer.



"USER-ASSIST" POSTS

ICG's user assist handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides a maximum user comfort.

WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature simultaneously displays individual training intensity for the user and the trainer. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG® Connect & ICG® Training App).

ANT+ Bluetooth™

CONSOLE DISPLAYS COACH BY COLOR®
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED

DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts and training zone and dynamic lap function.

DISPLAY 2

Shows the user's further detailed "actual" performance data such as as heart rate, watt / KG and watt / HR.

DISPLAY 3

Provides the user with a quick review of "maximum" and "average" performance values during the workout along with lap statistics.

DISPLAY 4

Displays real-time feedback of a user's time in each training zone – watt rate or heart rate training modes, along with how many miles and calories have been burnt in each training zone.

THE FRONT LED DISPLAY

By connecting instructors to their students, the patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.

IC5

POWERED BY ICG®

IC5 INDOOR CYCLE

The IC5 combines innovative design with high-quality mechanical components. Thanks to the WattRate® LCD computer, IC5 features performance displayed in watts, data exchange with external devices as well as the Coach By Color® intensity guide (for the user only).

- WattRate® Power Meter
- WattRate® LCD Computer
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates

MAGNETIC RESISTANCE

WATTRATE® POWER

COACH BY COLOR®

CONNECT TECHNOLOGY

An integrated magnetic sensor measures the position of the magnet enabling to display the resistance level (0-100%) on the WattRate® computer. This way the resistance curve will be identical on all bikes.

The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.

MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. A service-free technology that provides the user a greater resistance range and reduces operational down time and cost.

WATTRATE® POWER METER

The WattRate® Power Meter displays a precise measurment of the user's effort in watts. This precision is achieved by using the patent flywheel run down technology and while riding, a positioning sensor measures the resistance applied to the magnetic brake system.

POLY-V BELT DRIVETRAIN

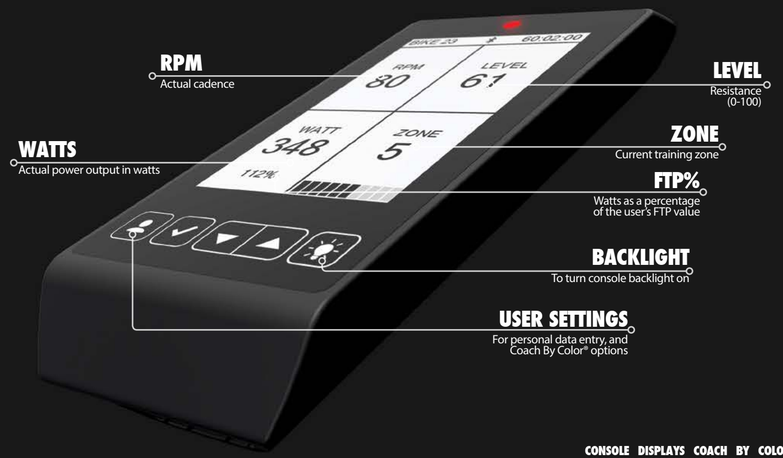
The drivetrain equipped with Poly-V belt is capable of transferring extreme levels of torque smoothly and its 1:10 gear ratio generates an incredibly fast flywheel speed. Requiring less maintenance, belts save the club owner money and decrease liability. They have fewer breakdowns and make less noise.

"USER-ASSIST" POSTS

ICG's user assist handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides a maximum user comfort.

WATTRATE® LCD COMPUTER

The WattRate® LCD Computer features a fully integrated LCD screen with on demand backlight function. A LED indicator located above the LCD screen provides the user the option to apply Coach By Color®. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG® Connect & ICG® Training App).



ANT+ Bluetooth™

CONSOLE DISPLAYS COACH BY COLOR®
PERFORMING IN THE MAXIUM TRAINING ZONE - RED

BIKE 23	60:02:00
RPM 80	LEVEL 61
WATT 348 112%	ZONE 5

DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts and training zone.

BIKE 23	60:02:00
♥ 100% 165	KCAL 100
MILES 120	MPH 05
WATT/KG 1.2	WATT/HR 0.5

DISPLAY 2

Shows the user's further detailed "actual" performance data such as heart rate, watt / KG and watt / HR.

BIKE 23	60:02:00
WATT MAX 658	WATT AVG 250
♥ MAX 183	♥ AVG 152
RPM MAX 120	RPM AVG 102
MPH MAX 40	MPH AVG 28

DISPLAY 3

Provides the user with a quick review of "maximum" and "average" performance values during the workout.

BIKE 23	60:02:00
106-150+% ZONE 5 ▶ 00:10:00	10 %
91-105% ZONE 4 00:15:00	20 %
76-90% ZONE 3 00:25:00	40 %
56-75% ZONE 2 00:12:00	15 %
< 55% ZONE 1 00:12:00	15 %

DISPLAY 4

Displays real-time feedback of a user's time in each training zone – watt rate, or heart rate training modes.

THE LED INDICATOR

The LED indicator above the main display provides the option to workout using the Coach By Color® intensity guide. The individual's training zones, based on either watts output or heart rate, is displayed in colors, as a way to motivate, manage training control and give participants greater understanding of their training.

IC4

POWERED BY ICG®

IC4 INDOOR CYCLE

The IC4 combines modern design with high-grade mechanical components, making it the best premium bike in its class. The belt drivetrain and the magnetic brake system is virtually maintenance-free and also provides a superior ride.

- Magnetic brake system
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates

MAGNETIC RESISTANCE

"USER-ASSIST" POSTS

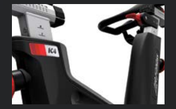
ICG's user assist handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides a maximum user comfort.

MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.

POLY-V BELT DRIVETRAIN

The drivetrain equipped with Poly-V belt is capable of transferring extreme levels of torque smoothly and its 1:10 gear ratio generates an incredibly fast flywheel speed. Requiring less maintenance, belts save the club owner money and decrease liability. They have fewer breakdowns and make less noise.



ADVANCED BIKE FIT

The off-set frame design provides a perfect geometry enabling a wide range of bike adjustments. High-grade aluminum seat and handlebar posts reduce weight, making user-adjustments easier, safer and more durable for the club owner.

IC3

POWERED BY ICG®

INCREDIBLE RIDE, INCREDIBLE VALUE. THE LIFE FITNESS IC3 PROVIDES THREE CRITICAL COMPONENTS FOR IMPROVING USERS' CYCLING PERFORMANCE

155mm Q Factor, ergonomic handlebar, and advanced geometry. For club-owners, there's ICG's Poly-V belt drivetrain technology for maximum durability and reduced servicing. Take the IC3 for a ride and you'll be a believer.

- 155mm Q Factor
- High Inertia Flywheel
- Ergo-formed Handlebar
- 4-Way Bike Fit
- Poly-V Belt Drivetrain
- Integrated Dual Bottle Holder
- Aluminum Posts
- Dual-sided SPD-Compatible Pedals
- Premium Protection Plates
- Protection Post Insert
- Oversized Stabilizer Bars
- ANT+ Console (Optional)

IC2

POWERED BY ICG®

AS ICG'S ENTRY-LEVEL CYCLE, THE LIFE FITNESS IC2 OFFERS A SIMPLIFIED FEATURE-SET WITHOUT COMPROMISE ON PREMIUM GRADE MATERIALS, PROVEN ENGINEERING PROCESS AND STYLING.

The IC2 is a rock-solid product, suitable for high footfall commercial use and offers leading industry warranties.

- Poly-V Belt Drivetrain
- Aluminum Posts
- Perimeter-Weighted Flywheel
- Dual-Sided SPD-Compatible Pedals
- Sweat Guard
- 4-way Saddle Adjustment
- Handlebar Bottle Holder (Optional)
- ANT+ Console (Optional)

WATTRATE®

WHY POWER?

Power meter training on Indoor Cycles heralds a new era. Like heart rate monitors that were used by pro riders they soon became mainstream, power meters are now widespread amongst pro riders, are used by many amateur riders and the great news is they have finally made it to Indoor Cycling for fitness.

WattRate® is ICG's technology to measure the user's power output displayed in watts. This performance data can be applied in training programs to maximize workout results.

FTP: ONE NUMBER THAT COUNTS

Functional Threshold Power is one of the key factors of your power cycling armory but what is it? It's generally agreed that FTP is the maximal power output that can be sustained for the duration of one hour, the classic time trial. FTP is the best single marker for fitness in cycling. The higher your FTP is, the stronger you are, and workouts are recorded as a percent of FTP. This means that when your FTP increases, the workouts get harder to maintain the same difficulty.

FUNCTIONAL THRESHOLD (FTP) POWER TEST

WHAT?

A test used to help measure a user's fitness and establish their 5 colored training zones.

HOW?

Every 4 minutes the WATTs target will increase 25 watts, all the rider has to do is "keep it green" for as long as they can.

WHY?

More than establishing the perfect Coach By Color® training zones for your riders, The "FTP (Power) Test" is a highly engaging, rewarding workout. Its unique color guidance and personal challenge has established a new type of class experience, empowering the opportunity of one instructor monitoring and motivating a large group of users to find their own fitness level together.

WHY COACH BY COLOR®

To Coach By Color® is to bring a simple and intuitive form of communication to Group Cycling to improve the riders experience and to achieve their fitness results in less time. The Coach By Color® power program combines accurate zonal training with stimulating color to help coach a member's effort during the workout. Coaching with the addition of Coach By Color® stimulates both a psychological and physiological response. Participants 'go for' greater maximal effort and come to understand the reward of recovery effort. The Coach By Color® system increases the group dynamic amongst members and enhances instructor communication. Simply; Coach By Color® increases social interaction while it maximizes training results, this means members enjoy the process more and reach their goals quicker. Those are the kinds of benefits that boost new-member acquisition and retention.

TRAINING ZONES

COACH BY COLOR® HAS FIVE COLORED TRAINING ZONES: WHITE, BLUE, GREEN YELLOW & RED.

These zones can be linked to WattRate® (Power) and Functional Threshold Power® (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the 5 colored zones to accurately coach their effort for the best customized results.

VERY LIGHT | LIGHT | MODERATE | VERY HARD | MAXIMUM

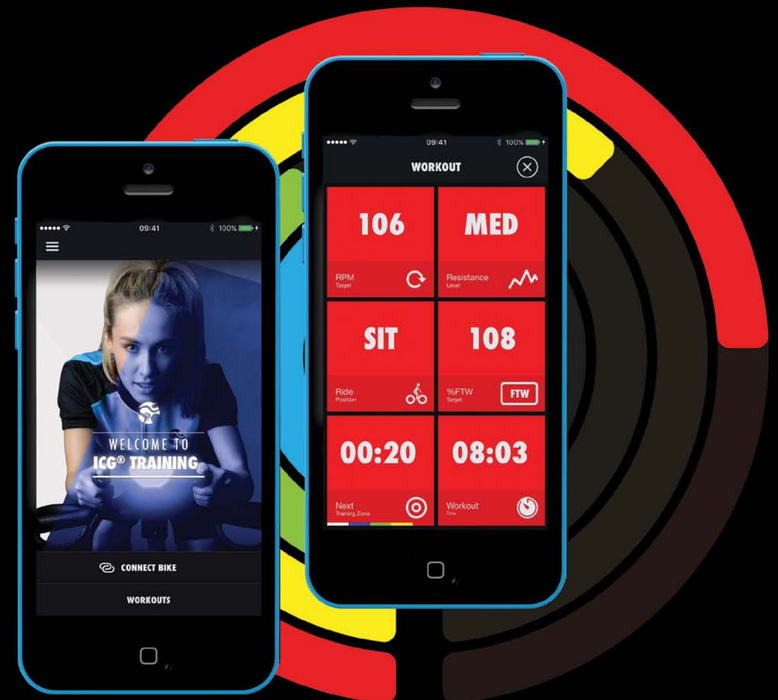
*Training zone values shown as %FTP

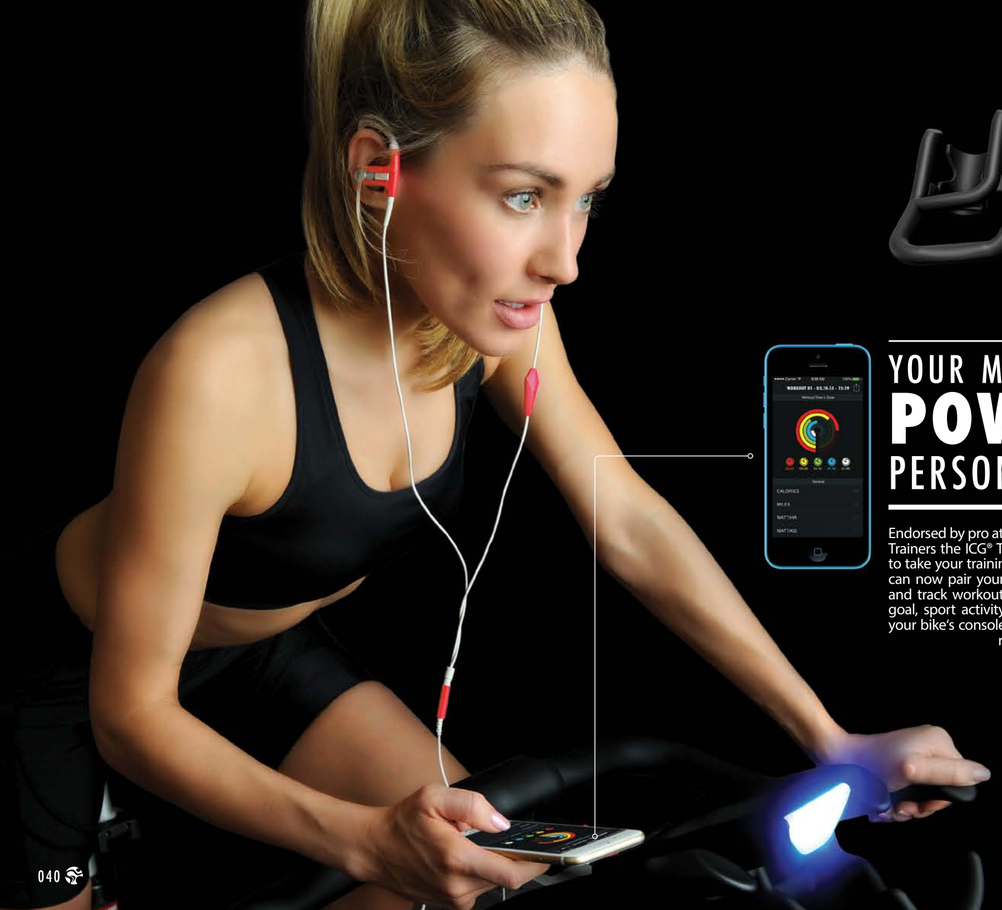
YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

Provide your members with free workouts - endorsed by pro athletes, and designed by ICG Master Trainers - to take their training to the max. Available in the App Store and Google Play NOW!!

Available on the App Store

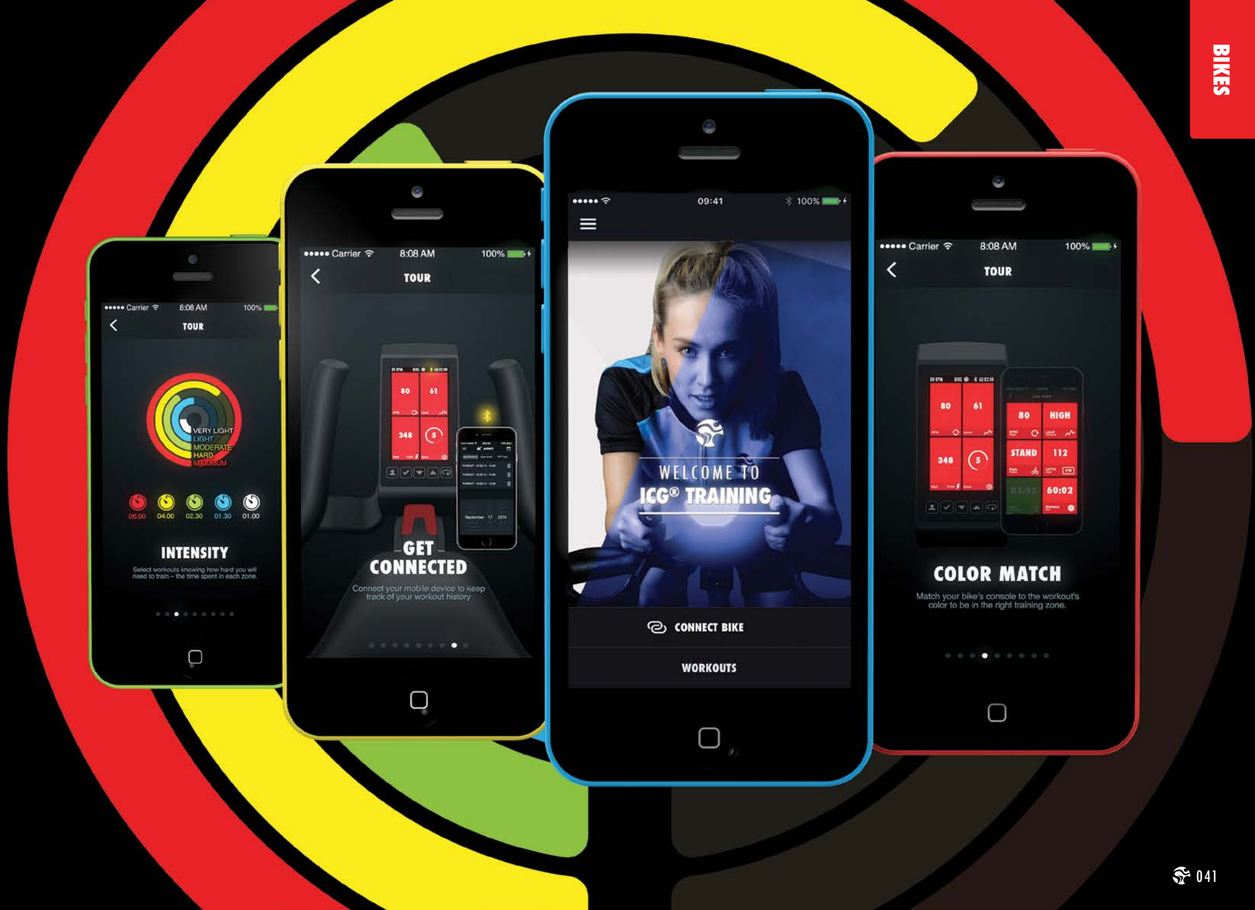
GET IT ON Google play





YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

Endorsed by pro athletes, and designed by ICG® Master Trainers the ICG® Training App provides free workouts to take your training to the max. Via Bluetooth 4.0 you can now pair your training applications to view, save and track workout history. Select workouts by fitness goal, sport activity or specialist program then match your bike's console to the workout's color to be in the right training zone.



ICG® TRAINING APP USERS CAN SELECT, CUSTOMIZE, SAVE AND EVEN SHARE WORKOUTS BETWEEN FRIENDS.

These same, intuitive features have been designed to empower personal trainers to send workouts to their clients, and group instructors to create or select routines, sync music and playback in their classes. Providing your members with powerful workouts has never been so easy.

- Select workouts by fitness goal, sport activity or specialist program
- Color Match – it's the easiest way to train with power, and guarantees results
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Ready, steady, go - fast user data transfer onto the WattRate® Computer
- Data exchange with external devices - save & track your fitness results after every workout
- Personal trainer? Build and send workouts to your clients to keep them on track
- Group instructor? Make life easier, select ready-to-go workouts or create and store all your routines with synced music on one devise

SELECT
CUSTOMIZE & SHARE

ICG TRAINING

DOWNLOAD NOW
APP.TEAMICG.COM

Available on the App Store

GET IT ON Google play

ICG® CONNECT

YOUR CONNECTED CYCLING EXPERIENCE

Introducing ICG® Connect, a digital platform created to deliver data-visualisation and gaming to unite riders by tracking group performance, providing team competition and rewarding group leaders whilst celebrating individual achievement.

ICG® CONNECT.

Unboxed and installed in the studio, Connect devices collectively monitor, manage, and control the group's workout data to drive the connected experience.

- 10.1" HD Touch Screen
- Media Server
- Router / ANT+ Receivers

CONNECTED BIKES.

Train smarter with up to 40 performance metrics transmitted every second to Connect, and displayed on the personal computer of each bike.

- IC5 Indoor Cycle
- IC6 Indoor Cycle
- IC7 Indoor Cycle

CONNECTED APP.

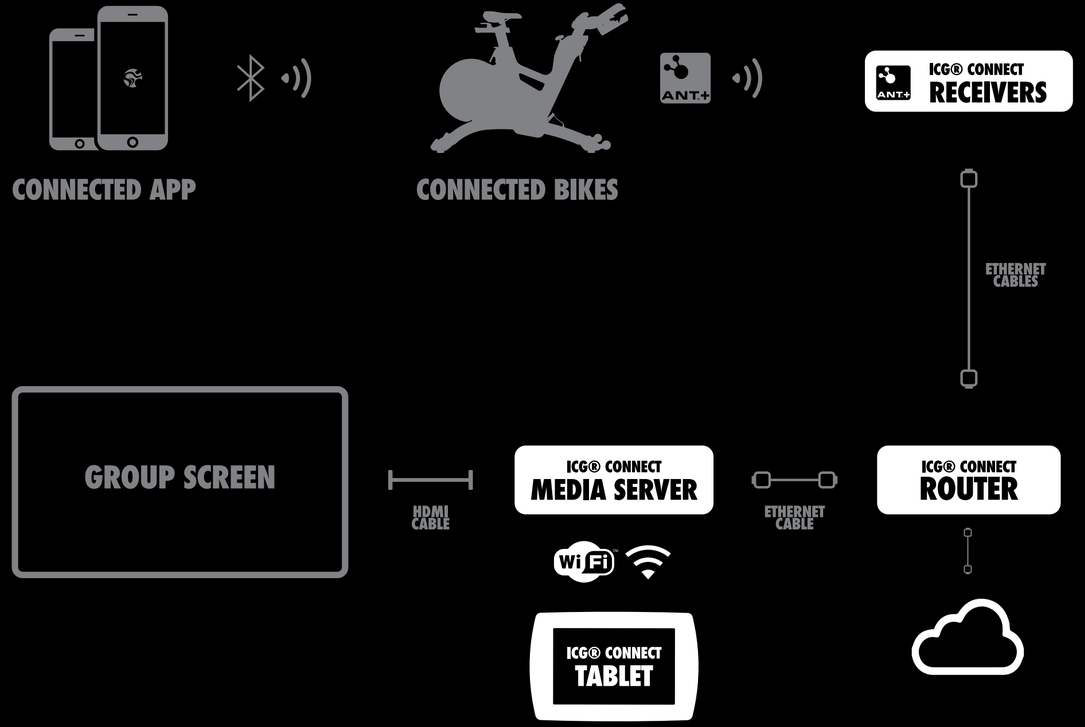
ICG® Training adjusts connected bikes to your members' personal settings and identifies them to Connect. Participants can record activity, view results, and share with friends and coaches.

- A faster way to personalise connected bikes
- Personally identifies participants to connect for leaderboards
- Records activity and connects riders to friends and coaches beyond the class

CONNECTED TRAINING.

Instructors will receive guidance on Connect's Power, Heart Rate and QuickStart training modes to deliver inspired connected classes.

- Live Coach By Color® courses / Online resources
- Pre-designed workouts on ICG® Training



FOR A CLOSER LOOK AT CONNECT'S SOFTWARE, OR FOR MORE INFORMATION ON CONNECTED BIKES, APP, AND TRAINING PLEASE VISIT WWW.TEAMICG.COM

THE TECHNOLOGY

MANY COMPANIES BUILD BIKES, AND MANY MORE DEVELOP APPS, BUT ICG® IS THE FIRST TO DESIGN A TRULY INTERCONNECTED USER EXPERIENCE BETWEEN THE TWO.

The users' connected bike computer, the instructor's tablet and the group's large display all mirror the same performance metrics, User Interface (UI) and animations to make coaching and following instruction flawless.

Moreover, the immersive qualities of this interconnected experience drive greater training engagement.

THE SOFTWARE

MEASUREMENT AND MOTIVATION COME IN DIFFERENT FORMS, THAT'S WHY CONNECT DELIVERS A VARIETY OF PROGRAMS, MODES AND FEATURES TO GET ALL INDOOR CYCLING FANATICS ENGAGED.

All workout options are controlled by the instructor.

THE EXPERIENCE

IN EVERY CLASS, PARTICIPANTS RIDE FOR, WITH AND AGAINST EACH OTHER TO MEET THE GROUP TARGET, WIN TEAM BATTLES AND ACHIEVE PERSONAL BESTS.

Connect technology amplifies the class energy by making it visible and the connected experience brings riders closer to their goals and each other.

ICG® CONNECT
PROGRAMS

QUICK START

Coaching to RPM

POWER TRAINING

Coaching to Power with personalised %FTP training zones

HEART RATE TRAINING

Coaching to Heart Rate with personalised %HRM training zones

ICG® CONNECT
MODES

GROUP

Capturing all the riders' collective effort

PERSONAL

Encouraging an individuals achievement

SCENIC

Creating a group immersive journey

GROUP MODE

ICG® CONNECT
FEATURES

BATTLE

To stimulate peak performance through healthy competition

LEADERBOARD

Rewarding the top riders in class

ATHLETE VIEW

A closer look at the group's performance

TEAM POINTS

A single metric to achieve group goals

BATTLE VIEW

BRING THE HEAT

AS AN OPTIONAL SPECIAL FEATURE ON CONNECT AND CONNECTED BIKES, ICG® HEAT PROVIDES VISUAL TRIGGERS TO FOCUS A RIDER'S MIND AND BODY DURING HIGH INTENSITY INTERVAL TRAINING (HIIT).

IGNITE

HEAT

ON-FIRE

BURN

myride

RIDE
EVERYWHERE
ANYTIME

MYRIDE© VX BRINGS YOU THE BEST IN IMMERSIVE, VIDEO-BASED FITNESS PROGRAMING FOR YOUR GROUP CYCLING STUDIO, AND THE GYM FLOOR.

myride

PERSONAL

MYRIDE® VX GIVES OUR AWARD WINNING INDOOR CYCLES A FULL BOOST OF ADRENALINE.

Adding immersive, video-based instruction directly to the handlebar redefines the bike's user experience. Unlike bikes that only offer "exertainment", or bikes that focus on pure performance data, our Indoor Cycles with Myride VX does both, and better; advanced data accuracy, results-orientated coaching, and stunning footage from around the globe.

BENEFITS:

Offer the growing cycling, triathlon, and "athletic-minded" consumer the world's most accurate power-based Indoor Cycle with cutting-edge motivation to strengthen your membership.

Excite and support all your members – beginners to advanced - with the most awarded Indoor Cycle ever, packed with Myride VX's guidance and measurement they need to achieve their goals.

Maximise your club's outreach and marketing with innovative, fun fitness solutions.

MYRIDE® VX
PERSONAL

GYM FLOOR EXAMPLE

*No Audio Visual equipment is required. Headphones not included.

HARDWARE

1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
1x INDOOR CYCLE TABLET MOUNT

APPS

MYRIDE® WORLD VIEW
MYRIDE® STUDIO COACH
MYRIDE® TOUR COACH

*** All apps listed are included with purchase.**
*** Future app content releases are excluded.**
***Compatible with: IC4, IC5, IC6 & IC7 indoor cycles.**

myride

GROUP

SELECT, PLAY AND CONTROL VIDEO ON A BIG SCREEN FOR GROUP OR TEAM PARTICIPATION.

Instructors can use apps to enhance live training sessions, and facilities can use them to schedule virtual classes online or play on demand. Driving more people through the door more often has never been so simple.

BENEFITS:

Maximize studio and cardio space at off-peak times with world-class, highly motivating virtual workouts without increasing your operational budget.

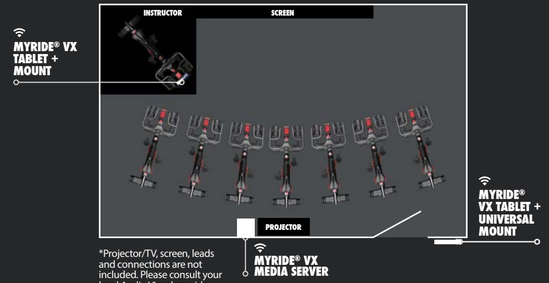
Group exercise is globally proven to positively impact club acquisition and retention.

Through live video you can virtually expand and enhance your live program to stay ahead of competition.

You'll never have to cancel a class again. The virtual offering is always available with world-class presenters delivering premium programing whenever you cannot get cover.

MYRIDE® VX
GROUP

GROUP STUDIO EXAMPLE



*Projector/TV, screen, leads and connections are not included. Please consult your local Audio Visual provider.

HARDWARE

- **1x** TABLET FOR INSTRUCTOR "LIVE APP" CONTROL
- **1x** TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
- **1x** INDOOR CYCLE TABLET MOUNT
- **2x** UNIVERSAL DESKTOP/WALL TABLET MOUNTS
- **1x** MEDIA SERVER (TO CONNECT TO PROJECTOR)

APPS

MYRIDE®+ LIVE
MYRIDE® STUDIO COACH
MYRIDE® TOUR COACH

*** All apps listed are included with purchase.**
*** Future app content releases are excluded.**
*** Available for all bikes makes and models.**

myride

INDOOR CYCLE INTEGRATION

THE FUTURE OF INDOOR CYCLING STUDIOS

Technology is driving Indoor Cycling, and will continue to affect the future of not only cycling, but the fitness industry as a whole. At ICG® we are already implementing the first of many phased solutions to keep your studios ahead of the field.

ALL OUR MYRIDE VX "VIRTUALLY INSTRUCTED APPS" FEATURE COACH BY COLOR® INSTRUCTION - SO YOUR USERS, KNOW EXACTLY HOW MUCH EFFORT TO GIVE WHEN RIDING OUR INDOOR CYCLES.

Such easy-to-follow, and engaging coaching takes the category of "virtual" workouts to a new level, and this is only the start.*

* Training zone values shown as %FTP

MYRIDE®
WORLD VIEW

RIDE FREE OF ANY DISTRACTION AND GET IMMERSED IN THE STUNNING VIEW AHEAD.

Your customers love your classes, but sometimes they just want to ride free of coaching, music and any distraction other than the beautiful view ahead. When your members cannot hit the road or the trail, they have World View.

LANGUAGES:
NOT APPLICABLE

APP USE:
PERSONAL

myride

MYRIDE®
TOUR COACH

TERRAIN-FOCUSED FOOTAGE FROM ALL OVER THE WORLD.

Paired with chart-quality music and world-class voice-over coaching delivers fun yet fierce workouts.

The exclusive, speed interacting scenery is stunning. Participants ride it like they see it.

LANGUAGES:
ENGLISH, GERMAN, SPANISH, POLISH

APP USE:
GROUP & PERSONAL

MYRIDE®
STUDIO COACH

IMMERSIVE ON-SCREEN COACHED WORKOUTS DELIVER RESULTS.

Riding to world-class instruction and chart-quality music your members will get fitter, faster and stronger - and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who they are, how much time they have or what class style they prefer, we've got it covered.

LANGUAGES:
ENGLISH, GERMAN, SPANISH, POLISH

APP USE:
GROUP & PERSONAL

MYRIDE® +
LIVE APP

THE WORLD'S FIRST APP TO ENHANCE LIVE INDOOR CYCLING CLASSES WITH FORWARD-MOTION VIDEO.

Using ICG's pioneering Simulation, Interaction and Telepresence (SIT) teaching methods to improve a user's fitness outcome and entertainment. To reach a fitness and cycling audience with imagery and music creates a synergy that lifts Indoor Cycling to new heights. Some say visualize it. Some say reference it. We say see it. Then ride it.

LANGUAGES:
NOT APPLICABLE

APP USE:
GROUP

EDUCATION

QUALITY AND INNOVATION ARE CENTRAL TO OUR BUSINESS

ICG® is the world's leading manufacturer of the highest quality indoor bikes. We pride ourselves on creating and delivering the same quality of training courses and quality programs that have been developed to make a real impact.

Our ethos is to work hard to develop new technology in our products and then teach you how to use this innovative technology to be able to constantly improve the service you deliver to your clients. Our training programs have been developed to support personal trainers and group fitness instructors do the job they love.

ICG® CERTIFICATIONS

ICG® WATTRATE® POWER 1
ICG® CERTIFICATION

ICG® PROGRAMS

ICG® COACH BY COLOR®
ICG® MYRIDE®+ LIVE COACHING

ICG® CECS

ICG® AGING AND ADAPTATION
ICG® COMPETITIVE CYCLING
ICG® DRI TRI
ICG® HEART RATE TRAINING
ICG® MUSIC & MOTION
ICG® OVERTRAINING
ICG® PERIODIZATION IN TRAINING
ICG® STRETCHING
ICG® SURVIVOR
ICG® NUTRITION

For information on ICG® Education - Contact us or visit WWW.TEAMICG.COM

SOCIAL MEDIA

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www.teamicg.com

FACEBOOK
www.facebook.com/teamicg

TWITTER
www.twitter.com/teamicg

YOU TUBE
www.youtube.com/teamicg

INSTAGRAM
www.instagram.com/teamicg

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