FOR THE ATHLETE IN ALL OF US
ANJA BERANEK 2 X IRONMAN CHAMPION & EUROPEAN CHAMPION
Inspired by the movement of road cycling, triathlon and CrossFit® endurance training, the unique design of the IC8 Power Trainer makes it the #1 bike for cyclists and indoor trainer for sports and fitness athletes. Built to feel and ride just like an outdoor road bike, and with greater Power accuracy and wattage than any other indoor cycle, the IC8 Power Trainer delivers superior results for cycle-specific training, CrossFit® endurance WODs, High Intensity Interval Training (HIIT), fitness testing, rehabilitation, and more.
Elite coach Hunter Allen and ICG have been in lock-step on designing an Indoor Cycle for athletes since 2015. The legendary cycling coach, co-author of Training and Racing with a Power Meter and Cutting-Edge Cycling, co-developer of TrainingPeaks’ WKO+ software, and founder of Peaks Coaching Group, shares ICG’s vision to deliver – through the IC8 – a world-class alternative to traditional indoor trainers.

"THE IC8 IS THE HALO OF INDOOR POWER BIKES"

"If you’re a cyclist, and you want to improve, this is your indoor trainer. Team ICG’s dedication to riding indoors is incredible and felt every time I’m clipped on the pedals. The IC8 is the halo of indoor power bikes. Ride after ride, you can trust in the accuracy of its power meter, feel the precision in its German engineering, and enjoy the magic of its amazing computer. ICG’s first step into the sport of professional cycling is a giant one and Peaks Coaching Group and I are along for the ride."

-Hunter Allen
MAKING YOUR FAST FASTER

PERFORMANCE
With direct power accuracy of +/-1%, right and left leg power measurement, and 0 to 3800 watts, this bike brings unlimited potential to peak power, FTP and active recovery training. The IC8 displays over 40 performance metrics and displays five personalized and color-coded training zones. For training the perfect pedal stroke, there’s a display of pedaling symmetry.

AUTHENTICITY
Train on an Indoor Cycle engineered to deliver the ergonomics, drive and feel of both a road and triathlon bike. Be as relaxed or as aggressive as training dictates and – with the chain-driven freewheel – experience total control of quick accelerations and coasting to recover.

CONNECTIVITY
Save and share performance data. Through Bluetooth® you can connect the IC8 to the ICG Training App for iOS and Android™ to access workouts, create training plans and to save and analyze workout data. ANT+ wireless connectivity allows for monitoring of power and cadence. The IC8 is also compatible with most Garmin computers, and with third-party apps like Strava, Zwift, Sufferfest and Trainer Road.
IC8 POWER TRAINER

IC8 FEATURES

• WATTRATE® DIRECT POWER METER
• WATTRATE® TFT COMPUTER WITH L/R LEG POWER
• BLUETOOTH & ANT+ CONNECTION
• 0 - 3800W MAGNETIC RESISTANCE
• OVERSIZED CHAIN WITH AUTOMATED TENSIONING SYSTEM
• FREEWHEEL DRIVETRAIN
• PRO PERFORMANCE HANDLEBARS
• ADVANCED BIKE FIT
• SELF-Powered
• USER ASSIST POSTS
• FULL-COVER SHROUD
• ARC FRAME ACCESS
• OVERSIZED STABILIZER BARS WITH LEVELING FEET
• PADDED UNISEX PERFORMANCE SADDLE
• SPD DUAL-SIDED PEDAL WITH TOE CAGE
**WATTRATE DIRECT POWER METER**

WattRate is the market’s most accurate power meter and offers a direct measuring tolerance of +/- 1%, and accuracy that 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 resistant to external factors such as temperature and humidity.

**+/-1% ACCURACY**

**PRO PERFORMANCE BARS**

Road and Triathlon inspired handlebar design incl. drops, hoods and time trial forearm rests.

**AERO BARS**

For triathlon and track

**AERO PADS**

For triathlon and track

**DROPS & HOODS**

For road and track
ADVANCED BIKE FIT

The offset frame's range and post angles, 155 mm Q-Factor, and 4-way stepless adjustment allows you to set up as relaxed or aggressive as your training dictates.

OVERSIZED CHAIN AND AUTOMATED TENSIONING SYSTEM

Oversized and automatically tensioned for durability, performance and reduced servicing.

AUTOMATED TENSIONING

For reduced servicing.

OFFSET FRAME

For maximum comfort and performance.

4-WAY STEPLESS ADJUSTMENT

For the finest of tuning.

155MM Q-FACTOR

For the finest of tuning.
**FULL-COVER SHROUD**
Offering maximum sweat protection and long life.

**USER ASSIST POSTS**
Gas assisted handlebar and saddle height for quick and easy adjustment.

**FREEWHEEL DRIVETRAIN**
Emulating the exact performance and experience of your outdoor bike right down to the sound of the bearings and relief of your legs every time you need to stop pushing.

**SELF-POWERED**
A compact generator recharges an integrated lithium polymer battery that powers all electronics.

**ARC FRAME ACCESS**
A striking aesthetic that’s also easy to keep clean.

**P16 | LIFEFITNESS.COM**

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**IC8 FEATURES**

**0 - 3800W MAGNETIC RESISTANCE**
The 300-degree dial offers 100 clicker increments and displays the resistance level as 0-100 on the WattRate TFT computer.

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**P17**
BEGINNER
This rider is just learning how to move their legs across the bottom or top of the pedal stroke. They are probably bouncing in the saddle when riding over 90 rpm.

INTERMEDIATE
This rider is developing a range of their pedal stroke and has a smoother pedal action. They are using a larger percentage of their muscle mass to help produce power at the top and bottom of the pedal stroke.

ELITE CYCLIST
This rider produces power nearly from 12 o’clock to 6 o’clock on the pedal stroke. They produce power early at the top of the pedal stroke and continue to contribute to their wattage output at the bottom of the pedal stroke.

LEFT/RIGHT LEG POWER
View in real time, and analyze at the end of the workout, detailed data on how you apply force through each pedal stroke and the balance between your left and right leg. Improving pedaling efficiency reserves energy and increases power—ultimately making you faster for longer.
Displays actual performance data in one screen view, including rpm, resistance level, watts, training zone and dynamic lap function.

Displays more detailed performance data such as heart rate, watt/KG and watt/HR.

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

Displays real-time feedback of time in each training zone along with how many miles and calories have been burned in each training zone.

Displays the user’s left/right leg balance along with power in watts per leg.

Shows the user’s lap times average and max power in watts.

Access all the data you need when you need it. See lap and workout summary information directly on the screen. Let Coach By Color® zones guide your intensity. Monitor Intensity Factor (IF) and Training Stress Score (TSS) to keep you on track.

PERFORMANCE INSIGHT, DONE RIGHT

Access all the data you need when you need it. See lap and workout summary information directly on the screen. Let Coach By Color® zones guide your intensity. Monitor Intensity Factor (IF) and Training Stress Score (TSS) to keep you on track.

Console displays Coach By Color® performing in the very light training zone – White.
ICG TRAINING APP

SELECT, CUSTOMIZE, SAVE AND EVEN SHARE TRAINING SESSIONS.

- Select workouts by fitness goal, sport activity or specialist program
- Ride to colored FTP training zones
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Automatically sync your personal data to the WattRate TFT computer
- Record your workouts and view in real time or after the session
- Coaches can build and send workouts to clients to keep them on track

DOWNLOAD NOW
APP.TEAMICG.COM
ICG CONNECT MODES AND FEATURES

GROUP
Captures the collective efforts of all riders

PERSONAL
Encourages individual achievement

SCENIC
Creates an immersive group journey

TEAM POINTS
A single metric to achieve group goals

LEADERBOARD
Rewarding the top riders in class

BATTLE
To stimulate peak performance through healthy competition

ATHLETE VIEW
A closer look at the group’s performance

IC8 WITH ICG CONNECT
POWERFUL PACK PERFORMANCE

Whether you’re training for a long climb, or putting in a powerful HIIT session, ride with a pack for maximum motivation, results and camaraderie. ICG Connect allows you to:

- Battle your buddies
- Lead the leaderboard
- Take the scenic route
- Train as a team
- Be part of a group

For more information please view the ICG® Connect brochure
CrossFit Endurance (CFE) is an endurance sports training program dedicated to improving performance, fitness and endurance sports potential. As one of the early CrossFit “specialties” to emerge, CFE seeks to eliminate unnecessary volume of training while increasing intensity, thereby developing power and speed, two things extremely valuable in the fitness and endurance world. CFE follows the CrossFit model while adding precise training protocols for endurance, focusing on effective recovery strategies and injury prevention. Power bikes are used in fitness testing, part of controlled warm ups and cool downs, and for specific workout drills.

High Performance Riders

For professional cyclists and fitness athletes, monitoring your speed can only tell you so much about a ride, heart-rate monitors can add more insight about your body’s stress, but knowing your power output is a highly accurate and repeatable assessment of how hard you’re actually working. Interpreting your power curve and pedalling will assist identifying physiological and technical weaknesses to improve on.

The IC8 Is All About Results And Its Community Is Made Of Fitness And Sporting Athletes.
HEALTH CLUB MEMBERS

Understanding the IC8 delivers unique training that appeals to the sporting world and a new breed of fitness consumer that values challenging experiences and demands faster results, the IC8 supports:

- Boutique studios targeting group athletic performance,
- Personal trainers looking to deliver optimal customised results,
- Larger more traditional clubs venturing to design new services (e.g. performance zones) to compete in a highly fragmented market to advance membership acquisition and retention.

“DELIVERS SUPERIOR RESULTS FOR FACILITIES”

“RUNNING CYCLE SPECIFIC COACHING”

PEOPLE IN REHABILITATION

By training exactly how much strain your body is undertaking second by second, ride after ride, power meters help prevent injuries attributed to over training and are an essential tool whilst performing in a rehabilitation programme. Training at the right intensity, duration and frequency is critical to recovery and getting back to full strength sooner.
**IC8 SPECIFICATIONS**

**SIZE AND WEIGHT**

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Width</td>
<td>56.7 inches (144 cm) wide</td>
</tr>
<tr>
<td>Depth</td>
<td>20.5 inches (52 cm) deep</td>
</tr>
<tr>
<td>Height</td>
<td>40.5 inches (103 cm) high</td>
</tr>
</tbody>
</table>

| Weight               | 133 lbs (60 kg)             |
| Max User Weight      | 330 lbs (150 kg)            |

**Assembled Dimensions**

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Width</td>
<td>56.7 x 20.5” x 40.5”</td>
</tr>
<tr>
<td>Depth</td>
<td>144 x 52 x 103 cm</td>
</tr>
</tbody>
</table>

**Power Measurement**

- WattRate Direct Power Meter (+/-1%)
- WattRate TFT Computer with L/R leg power

**Computer Power Supply**

- Battery (21) Computer and LiPo battery

**Connect Technology**

- Bluetooth and ANT+

**Resistance System**

- 0 - 3800W magnetic resistance (via 300° dial)

**Frame**

- Matte slate
- Steel

**User Assist Adjustments**

- Handlebar and saddle assisted

**Pedals and Brakes**

- Dual-sided SPD and toe cage
- CrMo 6.79” / 172.5mm

**Saddle Adjustments**

- 4-way stepless, vertical and horizontal
- Oversized, hidden bolts and fixings

**Protection & Stretch Plates**

- Molded form-fit with stretch plate

**Dimensions:**

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**Weight:**

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max User Weight</td>
<td>330 lbs (150 kg)</td>
</tr>
<tr>
<td>Assembled Weight</td>
<td>119lbs (54kg)</td>
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</tbody>
</table>

**Transport Wheels**

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leveling Feet</td>
<td>5</td>
</tr>
<tr>
<td>Transport Wheels</td>
<td>2</td>
</tr>
</tbody>
</table>

**Adjustment Type**

- 4-way stepless, vertical and horizontal

**Shrouds and Guards**

- Full-cover shroud
- Off set with side frame access

**Drivetrain Gear Ratio**

- 1:13.75

**Protective Covering**

- Black painted aluminum

**Leveling Feet**

- 4

**Transport Wheels**

- 2

**IC8 SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Measurement</td>
<td>WattRate Direct Power Meter (+/-1%)</td>
</tr>
<tr>
<td>Computer Power</td>
<td>Self-powered, generator with LiPo battery</td>
</tr>
<tr>
<td>Connect Technology</td>
<td>Bluetooth and ANT+</td>
</tr>
<tr>
<td>Resistance System</td>
<td>0 - 3800W magnetic resistance (via 300° dial)</td>
</tr>
<tr>
<td>Frame Color</td>
<td>Matte slate</td>
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<tr>
<td>Frame Material</td>
<td>Steel</td>
</tr>
<tr>
<td>Frame Design</td>
<td>Full-crown multi</td>
</tr>
<tr>
<td>Frame Color</td>
<td>Matte slate</td>
</tr>
<tr>
<td>Frame Design</td>
<td>Off set with side frame access</td>
</tr>
<tr>
<td>Posts and Sliders</td>
<td>Black painted aluminum</td>
</tr>
<tr>
<td>User Assist Adjustments</td>
<td>Handlebar and saddle assisted</td>
</tr>
<tr>
<td>Crank Type</td>
<td>CrMo 6.79” / 172.5mm</td>
</tr>
<tr>
<td>Pedal Type</td>
<td>Dual-sided SPD and toe cage</td>
</tr>
<tr>
<td>Handlebar</td>
<td>Pro performance handlebar with FNC</td>
</tr>
<tr>
<td>Handlebar Adjustments</td>
<td>4-way stepless, vertical and horizontal</td>
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<tr>
<td>Saddle</td>
<td>Leather/soft PVC</td>
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<tr>
<td>Saddle Adjustments</td>
<td>4-way stepless, vertical and horizontal</td>
</tr>
<tr>
<td>Brake Mounting</td>
<td>Oversized, hidden bolts and fixings</td>
</tr>
<tr>
<td>Frame Braking Cover</td>
<td>Oversized, hidden bolts and fixings</td>
</tr>
<tr>
<td>Frame Stabilizer Bars</td>
<td>Oversized, hidden bolts and fixings</td>
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**Flywheel**

- Rear, aluminum, evenly weighted

**Frame Color**

- Matte slate
- Steel

**Frame Design**

- Off set with side frame access

**Drivetrain**

- 2-stage hybrid chain & Poly-V belt, freewheel