A NEW STANDARD IN POWER TRAINING

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.
IC8 POWER TRAINER

Inspired by the movement of road cycling, the IC8 is a high-performance indoor cycle for serious riders and a challenging power trainer for all athletes. With a power meter and the broadest and most comprehensive range of resistance technologies, the IC8 offers the most advanced power variable control and pedaling resistance experience to bring specific coaching, high intensity interval training and endurance training.

- WattRate® Power Meter (direct, +/-1% tolerance)
- WattRate® TFT Computer with L/R leg power
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- 300 degree resistance control via dial
- Supported handlebar & saddle height adjustment
- Full cover shroud
- 0 - 3800W magnetic resistance
- Oversized chain with automated tensioning system
- Freewheel drivetrain
- Pro performance handlebars
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Padded unisex performance saddle
- Oversized stabilizer bars incl. leveling feet
- Premium quality durable floor plates
- Arc frame access

IC8 POWER TRAINER (Japan) (Copy) (Copy)
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
OVERSIZED CHAIN AND AUTOMATED TENSIONING SYSTEM

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

AUTOMATED TENSIONING
For reduced servicing

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.

155MM Q-FACTOR

4-WAY STEPLESS ADJUSTMENT
For the finest of tuning

OFFSET FRAME
For maximum offset frame and performance

OVERSIZED
CHAIN AND
AUTOMATED
TENSIONING
SYSTEM

AUTOMATED TENSIONING
For reduced servicing

OVERSIZED
CHAIN AND
AUTOMATED
TENSIONING
SYSTEM

AUTOMATED TENSIONING
For reduced servicing
**IC8 FEATURES**

**FULL-COVER SHROUD**
Offering maximum sweat protection and long life.

**0 - 3800W MAGNETIC RESISTANCE**
The 360-degree dial offers 100 clicked increments and displays the resistance level as 0-100 on the WattRate TFT computer.

**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.
This rider is stomping on the pedals and hasn’t yet learned how to move their legs across the bottom or top of the pedal stroke. Their motion is jerky and they are likely bouncing in the saddle when riding over 90 rpm.

This rider is creating power over a larger range of their pedal stroke and has a smoother pedal action. They are using a larger percentage of their muscles to help produce power at the top and bottom of the pedal stroke.

This rider produces power nearly from 12 o’clock to 6 o’clock on the pedal stroke. They are producing power early at the top of the pedal stroke and continue to contribute to their wattage output at the bottom. This rider is “sewing machine” smooth.

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.

Designed by cyclists and built on Linux, WattRate® delivers unparalleled data, performance and connectivity.

Presented over 5 screens, with the orientation of zooming into more data as you scroll, the User Interface keeps life simple whilst offers up over 60 performance metrics. At the end of your sessions view a comprehensive summary of your training including each and every lap.

A full-color screen with a color changing active LED for coaches. Customizable screen flows, designs and training zone animations provide engagement and motivation during training.

A customised Bluetooth® connection with the LDC® Training App tracks rides and data. ANT+ transmission enables power and cadence connection to a wide range of third party apps.

**WATTRATE® TFT COMPUTER**

Data

Performance

Connectivity

Compatible with:

**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.
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
- Multi-hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Oversized stabilizer bars incl. leveling feet
- Padded unisex sports saddle
- Premium protection/stretch plates
- Arc frame access

**IC7 INDOOR CYCLE**
Two-stage drivetrain uses one left and one right-sided pulley system to drive the flywheel.

**2-STAGE DRIVETRAIN**

With an immense 1:11 gear ratio this revolutionary drivetrain equipped with IC7’s hybrid Poly-V & tooth belt technology is capable of transferring extensive levels of torsion smoothly and generates an incredibly fast flywheel speed. Combined, these features create the ultimate connection to every pedal stroke.

**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 rarely found in indoor bikes. 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 ensures power measurement is fully resistant to external factors such as temperature, humidity and transportation.
300-DEGREE MAGNETIC RESISTANCE
IC7’s magnetic resistance is engineered 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.

300-DEGREE LIGHT RESISTANCE
A contactless positioning sensor to measure the magnet position for optimum resistance adjustment.

300-DEGREE HEAVY RESISTANCE
A compact generator at the flywheel recharges the bike’s integrated lithium polymer battery.

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

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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.

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DISPLAY
A compact generator at the flywheel recharges the bike’s integrated lithium polymer battery.
A gas assisted adjustment and over-cam flip levers are incorporated into the offset frame.

**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 offset frame design and coupled 4-way, bubble-tight, saddle/seat height, handlebar forward, and aft-adjusted full post technology offers superior biomechanics, an adjustable fit, and smooth cycling for the finest of fine-tuning.

**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 frame and bar-end control, ride finishes, and ride geometry while the WattRate® TFT computer is not exposed by any cables and allowing the console position to adjust in-line with the bars.

**“USER-ASSIST” POSTS**

The gas assisted posts provide users with a smooth, stepless adjustment range. A mechanism above the “saddle” set-up for optimum performance and the “fitness user” for maximum comfort.

**PREMIUM PROTECTION PLATES**

A system that allows the “athlete” set-up for optimum performance and the “fitness user” for maximum comfort.

**FULL FRAME SHROUD**

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.

**Oversized Stabilizer Bars**

Over-sized, shock-absorbing stabilizer bars provide superior stability and cornering for the finest of fine-tuning.

**ARC FRAME ACCESS**

A gas assisted adjustment and over-cam flip levers are incorporated into the offset frame.
FTP% Watts as a percentage of the user’s FTP value

ZONE Current training zone

LEVEL Resistance (0-100)

RPM Actual cadence

WATTS Actual power output in watts

The WattRate® Full Color TFT Computer features a bright, self-powered fully integrated TFT screen and front LED display. The patented display allows instructors to view the user’s training data online and control a class in real-time from the console. 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).

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 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.

LAP To record lap time & distances

USER SETTINGS For personal data entry, and Coach By Color® options

CONSOLE DISPLAYS COACH BY COLOR®

PERFORMING IN THE MAXIMUM TRAINING ZONE – RED

THE FRONT LED DISPLAY

By connecting instructors to their students, the patented display offers a motivating, easy-to-use, monitoring system 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.

MODERATE

MAXIMUM

VERY HARD

LIGHT

VERY LIGHT
The IC6 Indoor Cycle 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-center pivot point with V-brake
- Dual-sided SPD compatible pedals
- Multi hand position, soft PVC handlebar
- Dual bottle holders
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protective/stretch plates
**SELF-POWERED GENERATOR**

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

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

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**WATTRATE® POWER METER**

The WattRate® Power Meter displays a precise measurement 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.

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**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” POST**

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 display and a front LED display, 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.

#### User Settings

For personal data entry, and coach by color® options.

#### Console Displays Coach By Color®

- **Performing in the Maximum Training Zone – Red**
- **WattRate® Full Color TFT Computer**

The screen displays a vast of valuable training data such as watts, heart rate, rpm's, exercise duration and resistance level.

- **FTP%**
  - Watts as a percentage of the user’s FTP value

#### Display 1

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

#### Display 2

- Shows the user’s further detailed "actual" performance data such 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 the 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 IC5 Indoor Cycle 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 and seat adjustment
- Full cover shield
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protective/stretch plates

WATTRate®  |  Connect Technology  |  Coach By Color®  |  Magnetic  |  Resistance  |  Handlebar and Seat  |  Full Cover  |  Padded Saddle  |  Oversized  |  Protective Plates
MAGNETIC RESISTANCE

ICG’s magnetic resistance technology is designed for smooth, no-friction resistance changes. The system features an integrated magnetic sensor that measures the position of the magnet, enabling the display to show 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 allows for quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.

WATT RATE® POWER METER

The WattRate® Power Meter displays a precise measurement of the user’s power output. The precision is achieved by using the patent-pending flywheel technology. A positioning sensor measures the resistance applied to the magnetic brake system.

POLY-Y BELT DRIVE TRAIN

The drivetrain equipped with Poly-Y belt is capable of transferring extreme levels of torque while reducing maintenance. The 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” POST

ICG’s “user-assist” handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides maximum user comfort.
FTP% Watts as a percentage of the user’s FTP value

ZONE Current training zone

LEVEL Resistance (0-100)

RPM Actual cadence

WATTS Actual power output in watts

The WattRate® LCD Computer features a fully integrated LCD screen with instantaneous feedback. A LCD indicator located above the LCD screen provides the individual’s training zones, based on watts output or heart rate. coach by color® intensity guide. The individual’s training zones, based on watts output or heart rate, is displayed in colors, as a way to motivate, manage training control and give participants a greater understanding of their training.

DISPLAY 1 Shows the user’s “actual” performance data in one screen view, including rpms, resistance level, watts and training zone.

DISPLAY 2 Shows the user’s further detailed “actual” performance data such as heart rate, watt/KG and watt/HR.

DISPLAY 3 Provides the user’s maximum and average performance values during the workout.

DISPLAY 4 Displays real-time feedback of a user’s time in each training zone – watt rate, or heart rate training modes.

USER SETTINGS For personal data entry, and Coach By Color® options.

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 watts output or heart rate, is displayed in colors, as a way to motivate, manage training control and give participants a greater understanding of their training.

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 watts output or heart rate, is displayed in colors, as a way to motivate, manage training control and give participants a greater understanding of their training.

CONSOLE DISPLAYS COACH BY COLOR®

- MODERATE
- MAXIMUM
- VERY HARD
- LIGHT
- VERY LIGHT

EXAMPLES OF trainer-paced workouts using Coach By Color®:

Biking at 160 RPM

- RED: MODERATE (Modestly hard, moderate heart rate)
- LIGHT: LIGHT (Light, good for cardio)
- BLUE: VERY LIGHT (Easy, good for recovery)

Walking at 80 RPM

- GREEN: MODERATE (Easy, good for recovery)
- BLUE: LIGHT (Light, good for cardio)
- WHITE: VERY LIGHT (Easy, good for recovery)
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 provides a superior ride.

- Magnetic brake system
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover deflectors
- Poly V belt chainring 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 seat and frame rail
- Oversized stabilizer bars with leveling feet
- Premium protection/stretch plates

IC4 INDOOR CYCLE
"USER-ASSIST" POST
ICG’s user assist handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides maximum user comfort. A gas assisted adjustment and pop-pin levers are incorporated into the offset frame.

MAGNETIC RESISTANCE
ICG’s magnetic resistance is engineering at its best. The resistance lever generates a smooth quiet 1:10 resistance and is driven by an adjustment located directly beneath the handlebar. The vertical adjustment is easy to reach from all riding positions.

POLY-V BELT DRIVETRAIN
Poly-V belt drivetrain is capable of transferring extreme levels of torque smoothly. A 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 offset 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.
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
- Handlebar Bottle Holder (Optional)
- ANT+ Console (Optional)
WHY POWER?
Power meter training on indoor cycles heralds a new era the same way heart rate monitors were used by pro riders; they soon became mainstream, power meters are now widespread amongst pro riders, are used by many amateur riders and are on the verge of making an explosive move into 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? FTP generally represents 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.

WATT RATE® WHAT?
A test used to help measure a user’s fitness and establish their 5 colored training zones.

WATT RATE® 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.

WATT RATE® WHY?
More than establishing the perfect Coach By Color® training zones, the FTP ‘Power Test’ is a highly engaging rewarding workout. It helps instructors get a feel for each rider’s FTP and fine-tune the use of FTP zones. The challenge of trying to maintain a higher FTP is a motivating element that helps users maintain a higher FTP. It is also very engaging and challenges the rider to maintain a very high FTP throughout the test.

FUNCTIONAL THRESHOLD POWER TEST

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 alleviate their fitness needs 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 physiological and psychological response. Participants go for greater maximal effort and come to understand the reward of effort. The Coach By Color® system increases the group dynamic amongst members and enhances instructor communication. Simply Coach By Color® increases social interaction whilst improving training results, this means members enjoy the process more and reach their goals quicker. These 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.

<55% = VERY LIGHT
56-75% = LIGHT
76-90% = MODERATE
91-105% = VERY HARD
106-150% = MAXIMUM

*Training zone colors shown as %FTP
## Bike Specifications

### Computer Features

<table>
<thead>
<tr>
<th>Features</th>
<th>ICS</th>
<th>IC6/7</th>
<th>ICB</th>
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<tr>
<td>WattRate® LCD Computer</td>
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<td>WattRate® TFT Computer</td>
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### Details

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<th>IC5</th>
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<td>Poly-V belt</td>
<td>Poly-V belt</td>
<td>2-stage hybrid Poly-V &amp; tooth belt</td>
<td>2-stage hybrid chain &amp; Poly-V belt, freewheel</td>
<td>2-stage hybrid chain &amp; Poly-V belt</td>
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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!!
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 clients with powerful workouts has never been easier.

- 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 device

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 clients with powerful workouts has never been easier.

SELECT CUSTOMIZE & SHARE

DOWNLOAD NOW APP.TEAMICG.COM
Introducing ICG® Connect, a digital platform created to deliver data-visualization 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
- IC8 Power Trainer

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 personalize 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.
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 PROGRAMS
ICG® CONNECT MODES

GROUP
Capturing all the riders’ collective effort

PERSONAL
Encouraging an individual’s 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

**DIGITAL 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
POWER (FTP%)
70-76%

HEAT
POWER (FTP%)
85-92%

ON-FIRE
POWER (FTP%)
122 - 150%

BURN
POWER (FTP%)
151%+

*Training zone values shown as %FTP
MYRIDE® VX brings you the best in immersive, video-based fitness programming for your group cycling studio and the gym floor.

RIDE EVERYWHERE ANYTIME

DIGITAL
MYRIDE® VX GEVES
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 those that only offer “entertainment”,
MYRIDE VX combines cutting-edge
technology with state-of-the-art
software, to provide a personalized
workout experience. Anywhere, anytime,
ensuring a high-quality
pricing experience and
learning 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.

PERSONAL

MYRIDE® VX TABLET +
MYRIDE® VX TABLET MOUNT

GYM FLOOR EXAMPLE

- No Audio Visual equipment is required. Headphones not included.
- Compatible with: IC4, IC5, IC6, IC7 Indoor Cycles & IC8 Power Trainer.
- All apps listed are included with purchase.
- Future app content releases are excluded.

BENEFITS:

- Offer the growing cycling, triathlon, and
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- Compatible with: IC4, IC5, IC6, IC7 Indoor Cycles & IC8 Power Trainer.
- All apps listed are included with purchase.
- Future app content releases are excluded.
SELECT, PLAY AND CONTROL VIDEO ON A BIG SCREEN FOR GROUP OR TEAM PARTICIPATION.

Instructors can use apps to enhance live training, or users can see them to schedule virtual classes. Group or team participation increases your facility's reach, and attracts more people through the door. More often than never, your studio is in the spotlight.

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 programming whenever you cannot get cover.

GROUP STUDIO EXAMPLE

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

GROUP APPS

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

HARDWARE

1x TABLET FOR INSTRUCTOR "LIVE APP" CONTROL
1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
1x MEDIA SERVER (TO CONNECT TO PROJECTOR)
1x UNIVERSAL DESKTOP/WALL TABLET MOUNTS
1x WIRELESS SPEAKERS (TO CONNECT TO PROJECTOR)

APPs

MYRIDE® VX TABLET + UNIVERSAL MOUNT
MYRIDE® VX MEDIA SERVER

MYRIDE® VX TABLET + UNIVERSAL MOUNT
MYRIDE® VX MEDIA SERVER

MYRIDE® STUDIO COACH
MYRIDE® TOUR COACH

MYRIDE® VX TABLET + UNIVERSAL MOUNT
MYRIDE® VX MEDIA SERVER

MYRIDE® STUDIO COACH
MYRIDE® TOUR COACH
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.

**INDOOR CYCLE INTEGRATION**

COLOR MATCH

**ALL OUR MYRIDE VX “VIRTUALY 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.*

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**DIGITAL TRAINING ZONE VALUES SHOWN AS %FTP**

- VERY LIGHT: <55%
- LIGHT: 56-75%
- MODERATE: 76-90%
- VERY HARD: 91-105%
- MAXIMUM: 106-150%

* Training zone values shown as %FTP.
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 scenery. When your members cannot hit the road or the trail, they have World View.

LANGUAGES:
NOT APPLICABLE

APP USE:
MYRIDE® VX PERSONAL

TORCH®
WORLD VIEW

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

APP USE:
MYRIDE® VX GROUP

TOUR COACH

DIGITAL
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

APP USE:

MYRIDE® + LIVE APP

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

Using ICG’s pioneering SIT technologies (Simulation, Interaction and Telepresence) teaching methods to improve a user’s fitness outcome and entertainment.

LARGO:

NOT APPLICABLE

APP USE:

MYRIDE® + LIVE APP
ICG® is the world’s leading manufacturer of the highest quality indoor bike. We pride ourselves on creating and delivering the same quality of training 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 the innovative technology so that you can 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.

QUALITY AND INNOVATION ARE CENTRAL TO OUR BUSINESS

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