



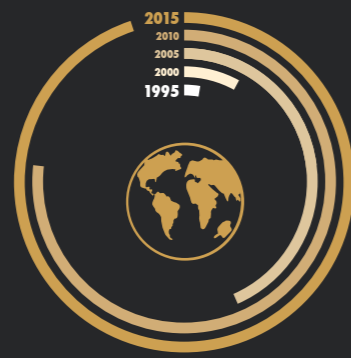
2015  
2010  
2005  
2000  
1995

**ANNUAL BIKE  
PRODUCTION QUANTITY**



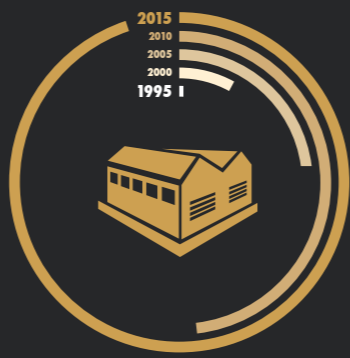
600 | >50,000

**COUNTRIES IN  
DISTRIBUTION**



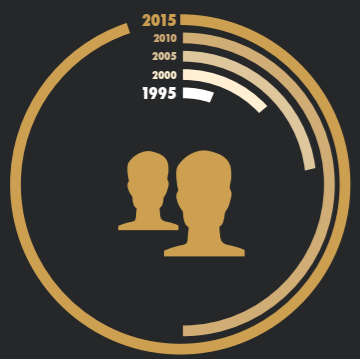
03 | 86

**COMMERCIAL  
FACILITIES EQUIPPED**



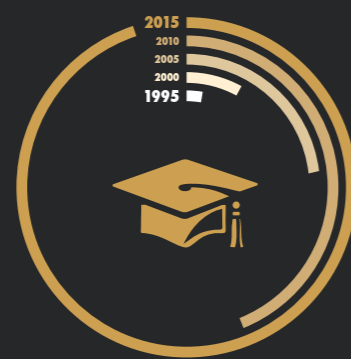
40 | 23,896

**STAFF MEMBER  
DEVELOPMENT**



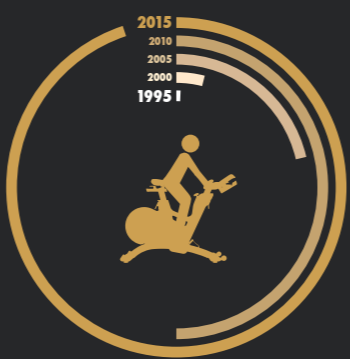
12 | 268

**ANNUAL INSTRUCTOR  
CERTIFICATION**



180 | 9,026

**ESTIMATED  
DAILY RIDERS**



900 | >500,000



**ICG'S PERFORMANCE REFLECTS THE FOCUS, DETERMINATION, AND PASSION THAT EMBODIES OUR COMPANY. UNDERPINNING THIS IS A SINCERE GRATITUDE AND APPRECIATION TO ALL OF OUR CLIENTS AND PARTNERS FOR 20 YEARS OF SUPPORT. THANK YOU.**

Since incorporating ICG we have never lost focus that what we do is build bikes. Not Treadmills, Cross Trainers, or Rowers - only Bikes. This belief in the importance of specializing enables us to retain focus on the original goal of the company – to become the world's best Indoor Cycle provider – and it remains central to our brand and the business's future growth. People have been and continue to be our leading asset and along with our closely forged partnerships with our clients produce ideas and solution that help maintain this ambition.

Bernd Pürschel, CEO, ICG





**DANI KING**  
WORLD CHAMPION & OLYMPIC  
GOLD MEDALIST ENDORSES  
THE IC7 INDOOR CYCLE

## CONTENTS

COMPANY

6-7

VIRTUAL

42-57

BIKES

8-41

COMMUNITY

58-61



FOR TWO DECADES ICG® HAVE GLOBALLY MOTIVATED, MENTORED & MEASURED POSITIVE CHANGE IN THE LIVES & RIDES OF THE FITNESS & SPORTING COMMUNITY

Striving for excellence in Indoor Cycling has made Indoor Cycling Group (ICG®) the world's largest corporation specializing in the design, manufacturer and programming of Indoor Cycling equipment. With more than 250 dedicated staff in Europe, North America and Asia, we ride united as one team - Team ICG®.

TIMELINE

1995 - 1996

The Indoor Cycling Group (ICG) was born and Tomahawk® Indoor Cycles went into mass production.

1997 - 1998

ICG opened European distribution channels and established the Indoor Cycling Education (I.C.E.).

1999 - 2000

Tomahawk "XXL" - the 2nd generation of the Tomahawk Indoor Cycle was released and distribution to North America was established.

2001 - 2002

A special edition Tomahawk "Stainless Steel" Indoor Cycle was introduced in Europe to mark equipping the global market with 100,000 bikes.

2003 - 2004

ICG established a subsidiary office in the UK. Also established "Evolution Ride" in Germany, one of Europe's largest annual Indoor Cycling events.

2005 - 2006

The 10,000th I.C.E instructor was enrolled. The 3rd Gen Tomahawk Indoor Cycles was released, the S & E Series. ICG won 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2007 - 2008

Myride® virtual cycling was launched to drive growth in new market segments. ICG won 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2009 - 2010

ICG launched the first LIVESTRONG® Indoor Cycle, joining the global fight against cancer. ICG launched Myride 3.0, introduced the Be Your Own Hero campaign and provided a new eLearning platform for its I.C.E education program.

2011 - 2012

ICG launched Myride+, the market's first Forward-motion Video program for "Live" instructor-led classes. ICG re-launched its I.C.E. education division under its ICG brand and expanded its services and community support.

2012 - 2013

ICG launched its Tomahawk IC3 Indoor Cycle and set a new 155mm Q-factor industry standard whilst winning 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2014 - 2015

ICG launched its Tomahawk IC7 Indoor Cycle winning the globally recognised "Red Dot", "Plus X" and "ISPO" product design awards.

OUR AWARDS

 2005 BEST IN "INDOOR CYCLING" CATEGORY	 2006 BEST IN "INDOOR CYCLING" CATEGORY	 2008 BEST IN "INDOOR CYCLING" CATEGORY	 2009 BEST IN "INDOOR CYCLING" CATEGORY	 2011 BEST IN "INDOOR CYCLING" CATEGORY	
 2012 BEST IN "INDOOR CYCLING" CATEGORY	 2013 BEST IN "INDOOR CYCLING" CATEGORY	 2014 REDDOT AWARD WINNER	 2014 BEST IN "INDOOR CYCLING" CATEGORY	 2015 PLUS-X AWARD WINNER	 2015 ISPO PRODUCT OF THE YEAR AWARD WINNER

OUR BRANDS

**TOMAHAWK**

ICG'S FOUNDING BRAND

Tomahawk® is ICG's founding brand, the name of our bikes. A heritage of two decades empowers an innovative approach to industrial design and the manufacture of commercial-grade Indoor Cycles. We strive to raise the bar for all our user groups: Owner, Instructor and Rider. By listening intently to our market, Tomahawk® has become one of the world's most recognized and respected Indoor Cycle brands.

  
TEAM ICG®

OUR BRAND, OUR INTENT AND OUR COMMUNITY

For two decades, Team ICG® have globally motivated, mentored and measured positive change in the "lives and rides" of its instructors and community. We're not the many, but the few that make a difference. Believing in better. Striving together. Advancing together. We're your teammate and team leader. "Team" is everything we stand for. "ICG" is who we are: Directors, Crew, Master Trainers and Fans. Team ICG® is woven into our jerseys and our daily attitude; it's our brand, our intent and our community.

*myride*

VIRTUALLY EVERYTHING IS POSSIBLE

Myride® is a fast-paced immersive technologies program of ICG. Its goal is to deliver the world's most advanced interactive media experience to enrich the indoor exercise environment.

BE YOUR OWN HERO

OUR ONE VOICE, EXPRESSING THE EPIC DETERMINATION AND COURAGE OF OUR GLOBAL COMMUNITY

Be Your Own Hero® was originally to be a limited call-to-action campaign. Resonating louder than we ever envisioned, it's now our one voice, expressing the epic determination and courage of our global community. Universal yet deeply personal, the statement carries across the breadth of our business, used by us and by our clients at every opportunity: to inspire, motivate and make it happen.



**COLORFUL  
POWERFUL  
ORIGINAL**





**IC7**  
POWERED BY ICG®



2014  
REDDOT AWARD WINNER



2015  
ISPO AWARD WINNER



2015  
PLUS-X AWARD WINNER



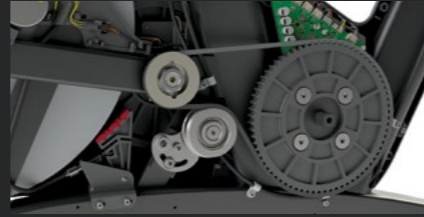
2014  
BODYLIFE AWARD WINNER



**THE TOMAHAWK IC7 IS THE MOST ADVANCED INDOOR CYCLE EVER DESIGNED.**

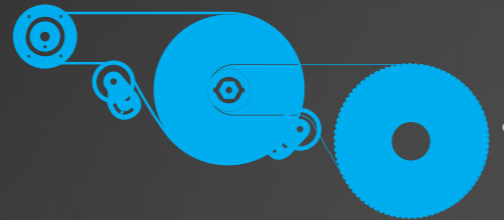
Its pioneering design and functionality are due largely to Indoor Cycling's innovative two-stage drivetrain - an engineering breakthrough that empowers: next generation looks, the market's most accurate (+/-1%) direct WattRate® (Power) meter, 100-level precision magnetic resistance and patent-pending Coach By Color® training console - a fully self-powered console that vividly displays the user's WattRate® (Power) or heart rate to them and their coach in five colored zones.

- WattRate® (Power) Meter
- Coach By Color® Training Console
- 300 Degree Magnetic Resistance
- Self-Powered Generator
- 2-Stage Drivetrain
- "User-Assist" Posts
- Full Frame Shroud
- Advanced Bike Fit
- Over-Cam Flip Levers
- Advanced Ergo-Formed Handlebar
- 155mm Q Factor
- Dual-Sided SPD-Compatible Pedals
- Oversized Stabilizer Bars
- Premium Protection Plates
- Arc Frame Access



### 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.

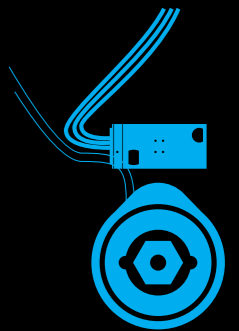
TOMAHAWK  
POWERED BY ICG®

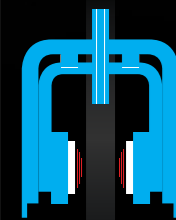


### WATTRATE® (POWER) METER

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® (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.





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

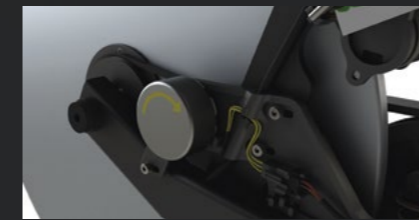
DISPLAY 1

W1	FTW% <55%
RPM	LEVEL %
100	5
WATT	FTW %
75	24
♥ BPM	102
CAL	500
KM	30
KM/H	27.0
🕒	0:60:02



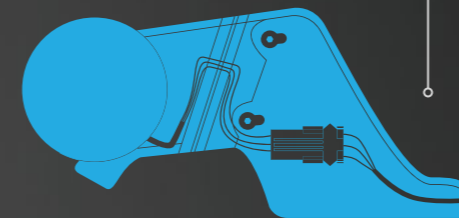
### 300-DEGREE MAGNETIC RESISTANCE

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 Coach By Color® training console. 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. Our self-powering flywheel generator feeds all the bike's electronics and empowers the vivid display of color on the Coach By Color® training console in any environment.

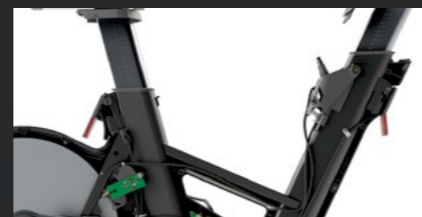


A compact generator at the flywheel recharges the bike's integrated lithium polymer battery.



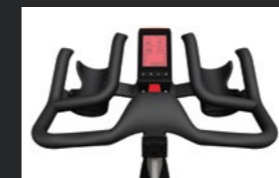


A gas assisted adjustment and over-cam flip levers are incorporated into the offset frame.



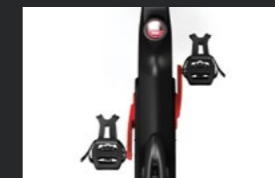
### "USER-ASSIST" POSTS

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



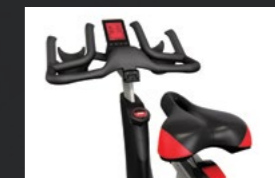
### ERGO-FORMED HANDLEBAR

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 Coach By Color® training console 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.

ERGO-FORMED HANDLEBAR

OVER-CAM FLIP LEVERS

SPD-COMPATIBLE PEDALS

PREMIUM PROTECTION PLATES



155MM Q FACTOR

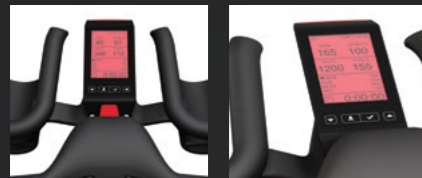
ARC FRAME ACCESS

ADVANCED BIKE-FIT

OVER-CAM FLIP LEVERS

FULL FRAME SHROUD

OVERSIZED STABILIZER BARS



## COACH BY COLOR® CONSOLE

Patent-pending, the training console vividly displays the user's WattRate® (Power) or heart rate, to them and their coach, in five colored zones. The training console offers four screens for easy orientation of a wealth of data: WattRate® (Power), heart rate, speed, rpm, time, favorite stats, time in zones, cal, resistance level, distance, Power-to-heart rate ratio, Power-to-weight ratio and more. Where appropriate all data is displayed in Max/%Max/Average.

### RPM

Actual cadence

### WATTS

Actual Power output in Watts

### USER SETTINGS

For personal data entry, and Coach By Color® options



### FTW% RANGE

% range of the current training zone

### LEVEL%

Resistance in % (0-100%)

### FTW%

Watts as a percentage of the user's FTW value

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

W1	FTW% 91-105
RPM	LEVEL %
95	50
WATT	FTW %
314	101
♥ BPM	158
CAL	500
KM	30
KM/H	46.0
🕒	0:60:02

### DISPLAY 1

Shows the user's "actual" performance data in one screen view.

W2	FTW % 106-150
WATT MAX	WATT AVG
450	250
♥ MAX	♥ AVG
165	145
RPM MAX	RPM AVG
120	90
MPH MAX	MPH AVG
30	20

### DISPLAY 2

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

W3	FTW % 106 - 150
106-150% RED	15 %
🕒 00:12:00	
91-105% YELLOW	15 %
🕒 00:12:00	
76-90% GREEN	40 %
🕒 00:25:00	
56-75% BLUE	20 %
🕒 00:15:00	
< 55% WHITE	10 %
🕒 00:10:00	

### DISPLAY 3

Displays real-time feedback of a user's time in each training zone - WattRate (Power), or heart rate training modes.

W4
WATT / ♥ BPM
1.7
WATT / KG
5.95

### DISPLAY 4

Discovered when selecting "summary" on the workout "pause" screen. Provides Power-to-heart rate, and Power-to-weight fitness and performance values.



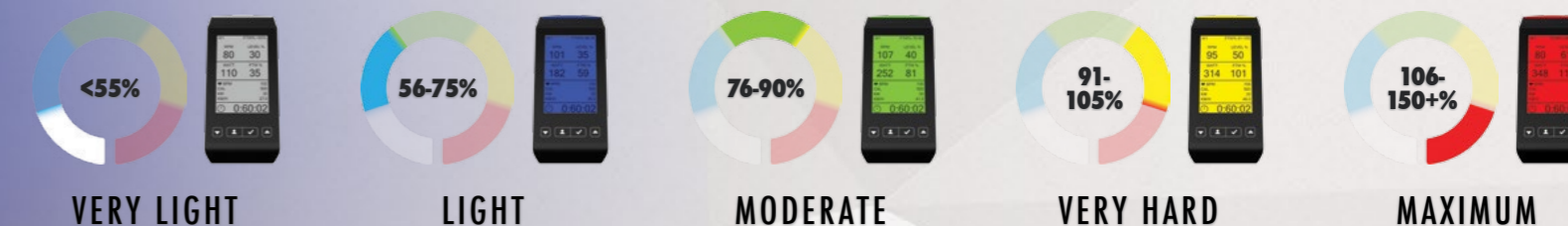
## WHY COACH BY COLOR®

To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to help members receive a greater experience and achieve better fitness results in less time. The Coach By Color® power program relies on color's natural and stimulating properties to accurately coach a member's effort during a workout. Coach by Color® elicits the right psychological and physiological response at the right time to encourage greater maximal effort and reward recovery effort. It fosters connections among members and enhances instructor communication. Thus, Coach By Color® increases social interaction while it maximizes training results. More simply, that means members find camaraderie more easily, 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 WattRate® (FTW), or heart rate and percentage of Heart Rate Max (HRM). FTW represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTW is known, users are assigned the 5 colored zones to accurately coach their effort for the best customized results.



\*Training zone values shown as %FTW



### THE FRONT LED DISPLAY

Connecting instructors to their students, the patent-pending 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.



## FUNCTIONAL THRESHOLD WATTRATE® (FTW) 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 "FTW (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.





## EXPLOSIVE POWER-BASED COACHING PROGRAMS

Optimize returns from group cycling in the studio, personal and team training on the cardio floor. Plus a new colorful era for your members' individual training.



**COACH BY COLOR®**  
**POWER:DRILLS**

FOR PERSONAL AND  
TEAM TRAINING



**EXPLOSIVE RESULTS  
ORIENTATED POWER  
BASED COACHING**

On the cardio floor or in the studio, the Power:Drills program puts the power-based training in the hands of Coaches, Personal Trainers and Gym Instructors in a practical, colorful way. As the ultimate tool to train and test teams (small groups) or individuals for sports and fitness goals, Power:Drills will add a new dimension to coaching and member experience. Plus, it increases revenue through personal training as well as member acquisition and retention.

The foundation behind Power:Drills is High Intensity Interval Training (HIIT) incorporating strength, speed and endurance athletic protocols. HIIT's advanced form of interval training is results-orientated and reduces session time to maximize a facility's opportunity to train more members, more often with optimal success.



**COACH BY COLOR®**  
**POWER:PLAY**

FOR GROUP CYCLING  
CLASSES



**MAKING IT SIMPLE AND  
FUN TO ADD POWER TO  
CLASSES**

Group cycling classes using Coach By Color® are enhanced, not changed. The ICG Power:Play program makes it simple and fun to add power-based coaching to all instructor styles, freestyle classes and choreographed third-party programs with explosive results that improve revenue through retention and new-member acquisition.

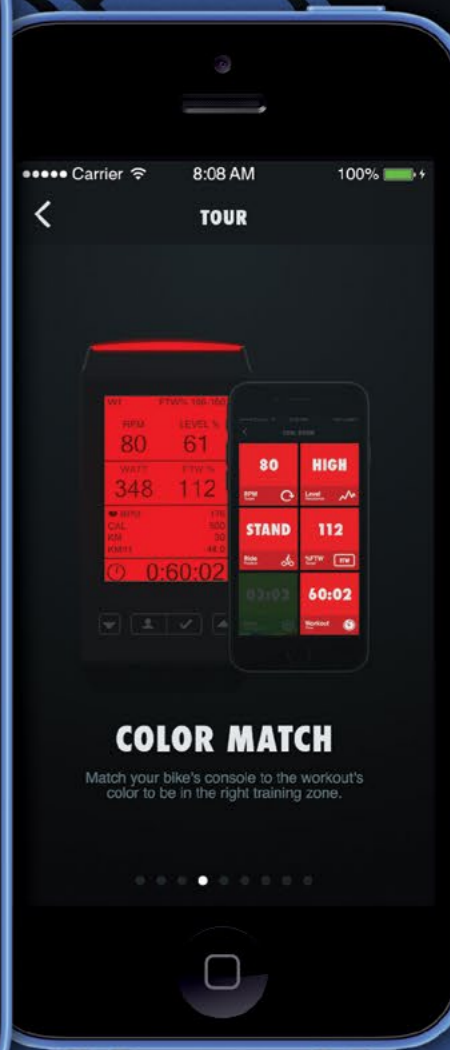
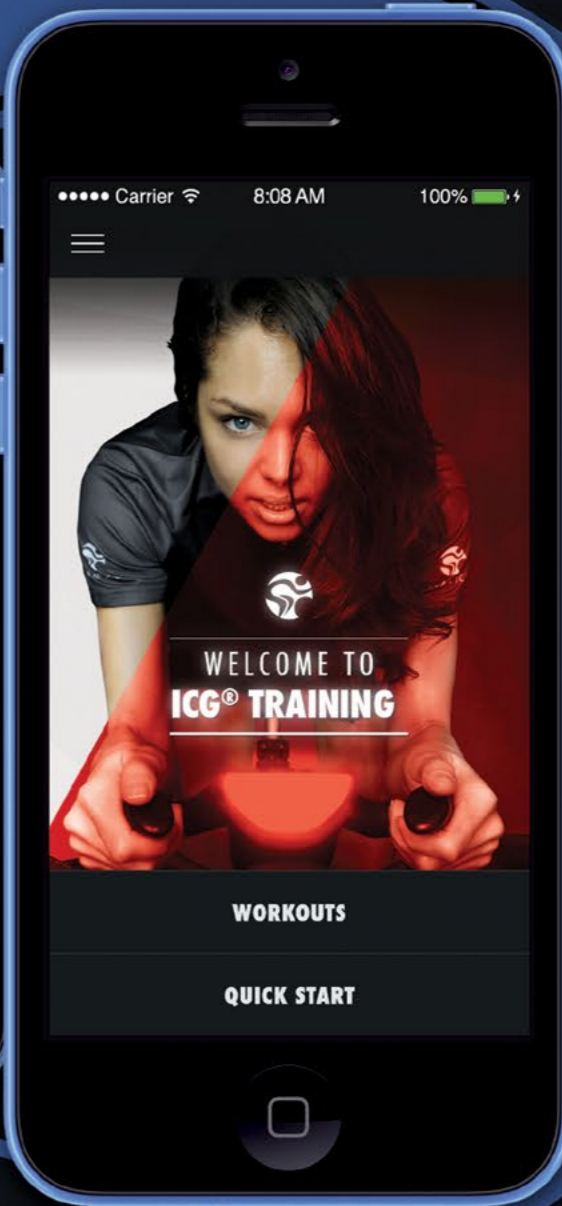
Members will experience how Power:Play connects them to their workout, their instructor and their friends to maximize the training experience and reach their goals faster.





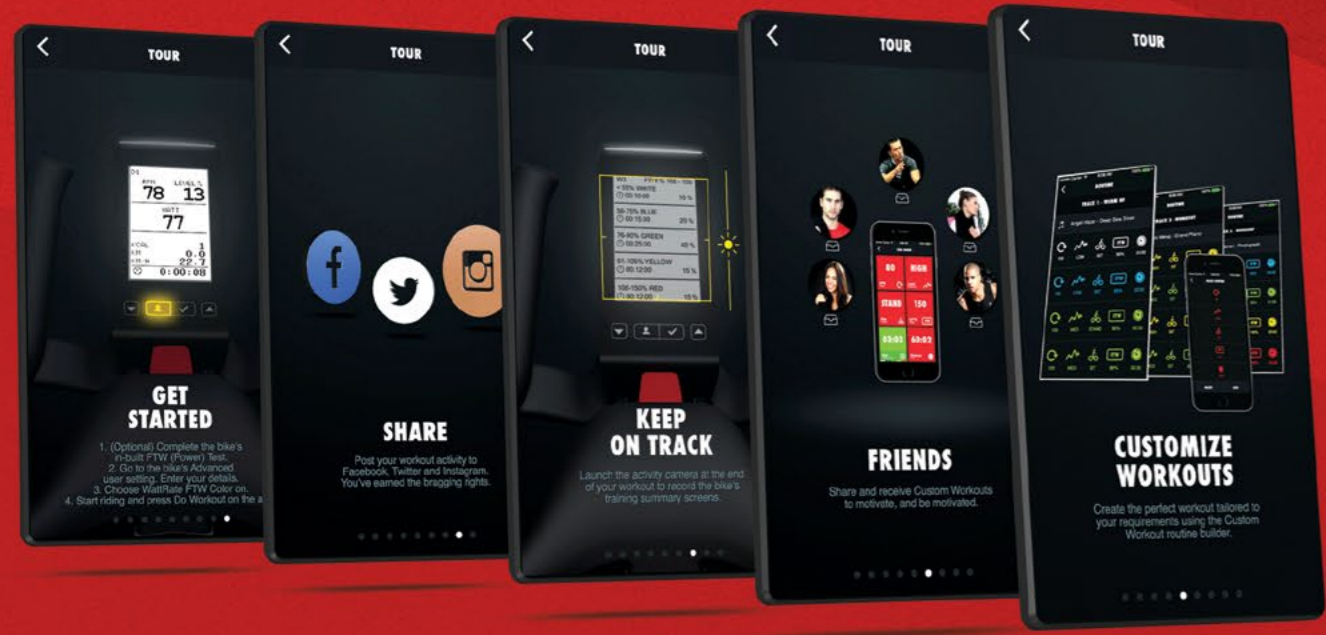
## YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

Provide your members with free workouts - endorsed by pro athletes, and designed by ICG Master Trainers - to take their training to the max.



**DOWNLOAD NOW**  
APP.TEAMICG.COM





## ICG® TRAINING APP USERS CAN SELECT, CUSTOMIZE 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
- Record efforts and screen results by launching the "activity camera"
- Share workout activity on Facebook, Twitter and Instagram
- 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

# SELECT CUSTOMIZE & SHARE



**DOWNLOAD NOW**  
APP.TEAMICG.COM





**COLORFUL  
POWERFUL  
ORIGINAL**

W1	FTW% 91-105
RPM	LEVEL %
95	50
WATT	FTW %
314	101
♥ BPM	158
CAL	500
KM	30
KM/H	46.0
🕒	0:60:02







IC5



IC3



IC2

**IC5**  
POWERED BY ICG®



**FASTER AND STRONGER, THE TOMAHAWK IC5 IS NEXT GENERATION.**

Its 2-stage hybrid Poly-V and tooth belt drivetrain, 300 degree magnetic resistance, off-set frame and "user-assist" technology is game-changing. Delivering the highest mechanical performance the IC5 creates a phenomenal user experience and club-owners' return.

- 2-Stage Drivetrain
- 300 Degree Magnetic Resistance
- "User-Assist" Posts
- Full Frame Shroud
- Advanced Bike Fit
- Over-Cam Flip Levers
- Superior Ergo-Formed Handlebar
- 155mm Q Factor
- Integrated Dual Bottle Holder
- Oversized Stabilizer Bars
- Premium Protection Plates
- Dual-Sided SPD-Compatible Pedals
- Arc Frame Access
- ANT+ Console (Optional)





**IC3**  
POWERED BY ICG®



**INCREDIBLE RIDE, INCREDIBLE VALUE. THE TOMAHAWK 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)



POWERED BY ICG®



AS ICG'S ENTRY-LEVEL CYCLE, THE TOMAHAWK 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)



# SPECIFICATIONS

ITEM	IC7	IC5	IC3	IC2
WATTRATE® (POWER) METER	Yes, +/-1% tolerance, direct at spindle	No	No	No
CONSOLE	Coach By Color® training console	ANT+ Console (optional)	ANT+ Console (optional)	ANT+ Console (optional)
POWER SUPPLY	Self-powered generator	Batteries	Batteries	Batteries
RESISTANCE SYSTEM	Magnetic	Magnetic	Friction	Friction
EMERGENCY STOP	Push	Push	Pull	Push
FLYWHEEL	Rear, aluminum , evenly-weighted	Rear, aluminum , evenly-weighted	Front, steel, 18 kg / 40 lbs	Front, steel, 15 kg / 33 lbs
DRIVETRAIN	2-Stage Hybrid Poly-V & Tooth belt	2-Stage Hybrid Poly-V & Tooth belt	Poly-V belt	Poly-V belt
DRIVETRAIN GEAR RATIO	1:11	1:11	1:3	1:3
FRAME COLOR	Matte slate	Matte slate	Matte slate	Matte slate
FRAME MATERIAL	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Drivetrain & resistance technology	Drivetrain & resistance technology
FRAME DESIGN	Off-set	Off-set	Parallel	Parallel
ADJUSTMENT TYPE	Over-cam low pressure flip levers	Over-cam low pressure flip levers	Dials & levers	Dials & levers
POSTS & SLIDERS	Aluminum, stepless User assist adjustment	Aluminum, stepless User assist adjustment	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment
Q FACTOR	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"	173mm / 6.81"
CRANK TYPE	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"
PEDAL TYPE	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
HANDLEBAR	Ergo-formed, multi position, soft PVC	Ergo-formed, multi position, soft PVC	Ergo-formed, multi position, soft PVC	Multi position, PVC
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical
SADDLE	Unisex ultra padded sport saddle	Unisex ultra padded sport saddle	Unisex padded sport saddle	Unisex padded sport saddle
SADDLE ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
WATER BOTTLE HOLDER	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Single, on frame
FRAME STABILIZER BARS	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Standard
PROTECTION AND STRETCH PLATES	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Molded form-fit with stretch plate	No
MAX USER WEIGHT	150 kg / 330 lbs	150 kg / 330 lbs	130 kg / 287 lbs	130 kg / 287 lbs
ASSEMBLED WEIGHT	54 kg / 119 lbs	52 kg / 115 lbs	57 kg / 126 lbs	48 kg / 106 lbs
ASSEMBLED DIMENSIONS	L132xW52xH102 cm / 52" x 20.5" x 40.2"	L132xW52xH102 cm / 52" x 20.5" x 40.2"	L120xW52xH110 cm / 47.2" x 20.5" x 43.3"	L120xW53xH110 cm / 47.2" x 20.9" x 43.3"
LEVELING FEET	4	4	4	4
TRANSPORT WHEELS	2	2	2	2
WARRANTY (PARTS)	3 years*	3 years*	3 years*	3 years*

\*Subject to terms and conditions



*myride*

VIRTUALLY  
EVERYTHING  
IS POSSIBLE





## MYRIDE® VX

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

### MYRIDE® VX PERSONAL PACKAGE

#### GYM FLOOR EXAMPLE

MYRIDE® VX  
TABLET + IC7  
MOUNT



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

#### HARDWARE

- 1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
- 1x IC7 INDOOR CYCLE TABLET MOUNT

#### APPS

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

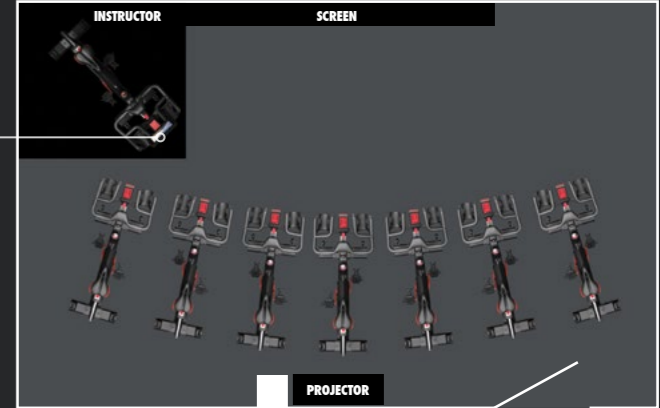


\* All apps listed are included with purchase.  
\* Future app content releases are excluded.  
\* Available only for the Tomahawk IC7 Indoor Cycle.

### MYRIDE® VX GROUP PACKAGE

#### GROUP STUDIO EXAMPLE

MYRIDE® VX  
TABLET + IC7  
MOUNT



MYRIDE® VX  
TABLET +  
UNIVERSAL  
MOUNT

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

MYRIDE® VX  
MEDIA SERVER

#### HARDWARE

- 1x TABLET FOR INSTRUCTOR "LIVE APP" CONTROL
- 1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
- 1x IC7 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.

# CINEMATIC IMMERSIVE EXPERIENCES



## 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 programming whenever you cannot get cover.



MEMBERS EXPECT  
MORE FROM YOUR  
**CARDIO FLOOR**



**PERSONAL**

**MYRIDE VX GIVES THE  
MULTI AWARD WINNING  
IC7 INDOOR CYCLE  
A FULL BOOST OF  
ADRENALINE.**

Adding immersive, video-based instruction directly to the IC7's handlebar redefines the bike's user experience. Unlike bikes that only offer "exertainment", or bikes that focus on pure performance data, the IC7 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.

IC7 INTEGRATION

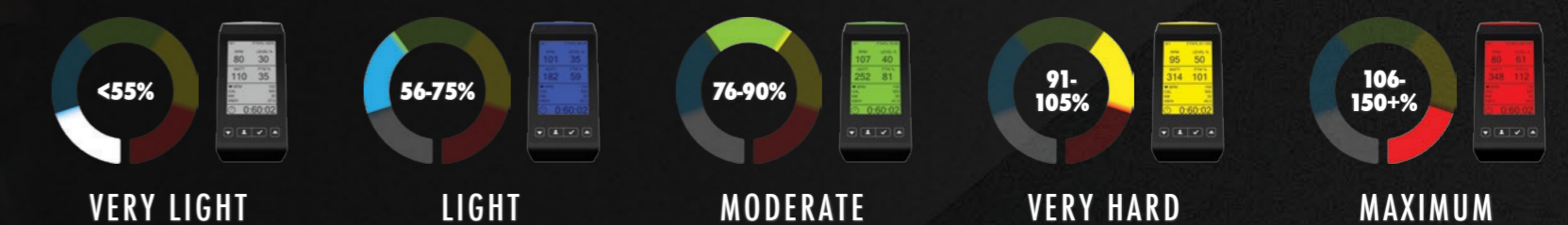
THE FUTURE OF INDOOR CYCLING STUDIOS

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 THE TOMAHAWK IC7 INDOOR CYCLE.

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 %FTW



APPS

LIVE APP



MYRIDE® + LIVE

The world's first app to enhance live Indoor Cycling classes with forward-motion video uses 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.

VIRTUAL APP



MYRIDE® STUDIO COACH

Immersive on-screen coach 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.

Available in English, German, Spanish and Polish

VIRTUAL APP



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.

Available in English, German, Spanish and Polish

VIRTUAL APP



MYRIDE® WORLD VIEW

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.

**MYRIDE® +  
LIVE APP**

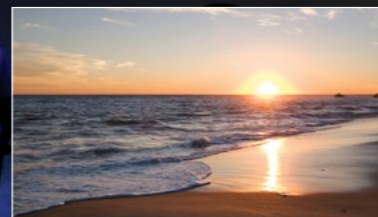


**THE WORLD'S FIRST APP  
TO ENHANCE LIVE INDOOR  
CYCLING CLASSES WITH  
FORWARD-MOTION VIDEO.**

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



**MYRIDE®  
STUDIO COACH**



**IMMERSIVE ON-SCREEN  
COACH WORKOUTS  
DELIVER RESULTS.**

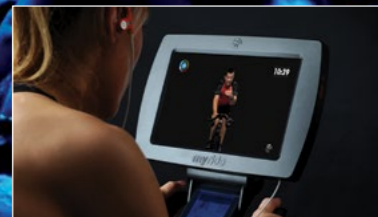
Riding to world-class instruction and chart-quality music your members will get fitter, faster and stronger - and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who they are, how much time they have or what class style they prefer, we've got it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

**LANGUAGES:**  
ENGLISH, GERMAN, SPANISH, POLISH

**APP USE:**  
GROUP & PERSONAL



**14:30**



## MYRIDE® TOUR COACH



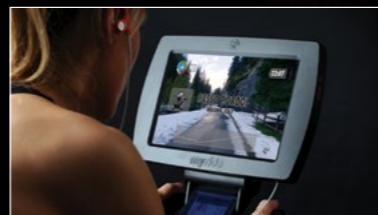
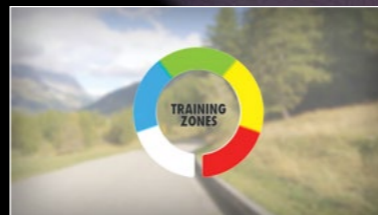
### TERRAIN-FOCUSED FOOTAGE FROM ALL OVER THE WORLD.

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

## MYRIDE® WORLD VIEW



### RIDE FREE OF ANY DISTRACTION AND GET IMMERSSED 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



VIRTUAL



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® STAGES 1
- ICG® STAGES 2

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](http://WWW.TEAMICG.COM)

EVENTS



TEAMWEAR

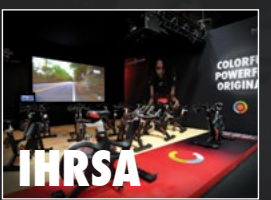
Designed By Team ICG®. 100% Pro polyester. Full-length hidden zipper. Three spacious rear pockets. Antislip internal finish. Reflective safety piping. Light weight. Breathable.



COACH BY COLOR®  
RED JERSEY

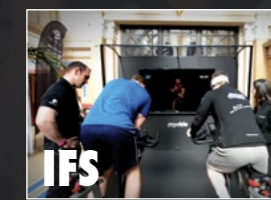
WHITE/BLACK  
JERSEY

BLACK/WHITE  
JERSEY



**IHRSA**  
LOS ANGELES, USA  
11-14 MARCH

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



**IFS**  
BLACKPOOL, UK  
20-22 MARCH

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



**FIBO**  
COLOGNE, GERMANY  
9-12 APRIL

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



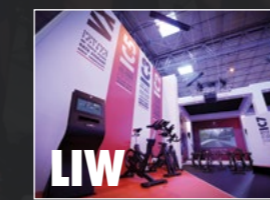
**IDEA**  
LOS ANGELES, USA  
15-19 JULY

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



**CANFITPRO**  
TORONTO, CANADA  
6-10 AUGUST

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



**LIW**  
BIRMINGHAM, UK  
22-23 SEPTEMBER

Trade-stand  
Live and Virtual Classes  
Demonstrations By Team ICG



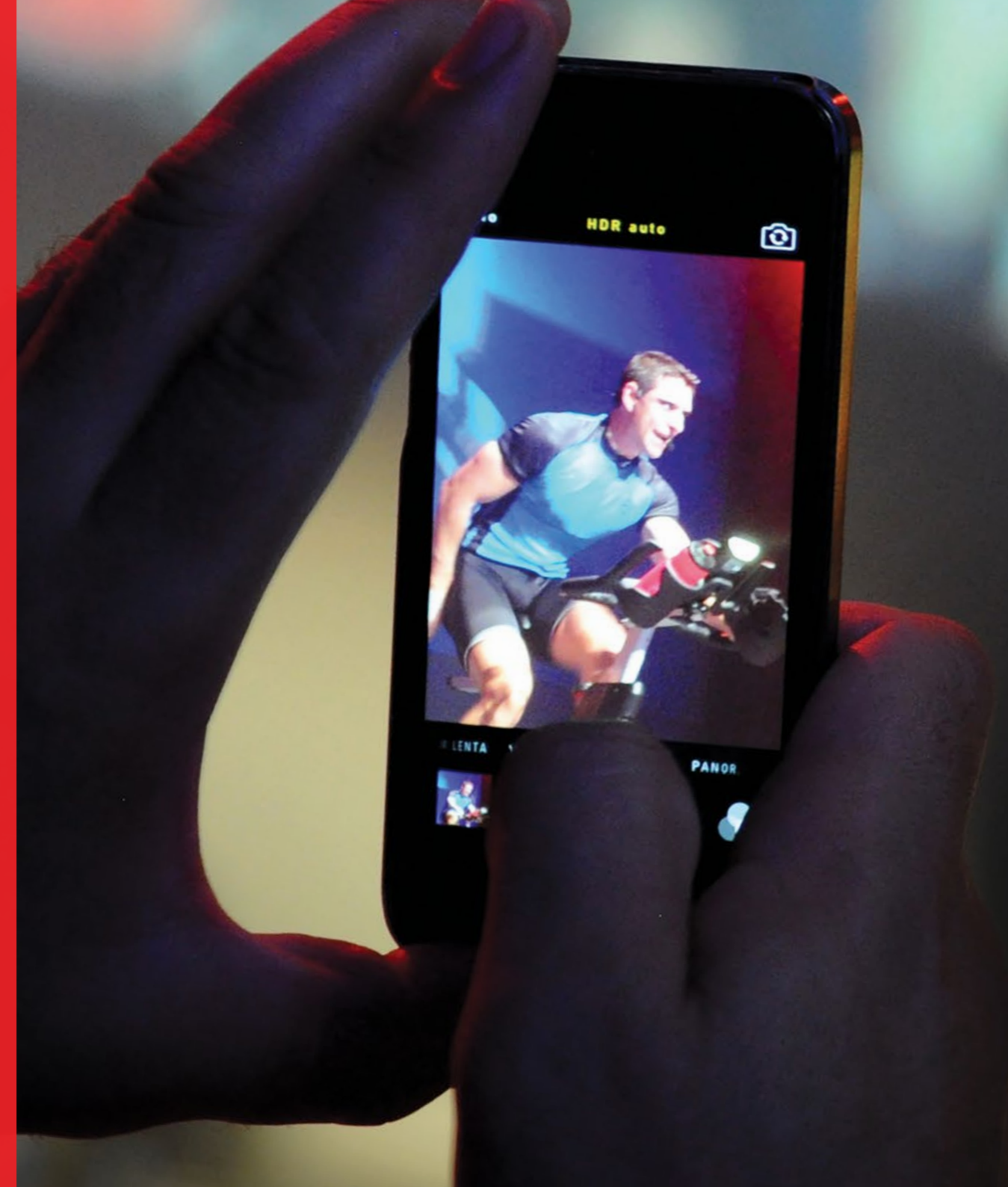
**EVORIDE**  
NUREMBERG, GERMANY  
17-18 OCTOBER

Live and Virtual Classes  
Demonstrations By Team ICG

Available at [www.indoorcycling-shop.com](http://www.indoorcycling-shop.com)

# SOCIAL MEDIA

-  **ICG® WEBSITE**  
[www.teamicg.com](http://www.teamicg.com)
-  **FACEBOOK**  
[www.facebook.com/teamicg](http://www.facebook.com/teamicg)
-  **TWITTER**  
[www.twitter.com/teamicg](http://www.twitter.com/teamicg)
-  **YOU TUBE**  
[www.youtube.com/teamicg](http://www.youtube.com/teamicg)
-  **INSTAGRAM**  
[www.instagram.com/teamicg](http://www.instagram.com/teamicg)



# INDEX

02	ICG® 20 YEARS	32	TOMAHAWK INDOOR CYCLES INTRO
04	ICG® CONTENTS	34	TOMAHAWK IC5 INDOOR CYCLE
06	ABOUT ICG®	36	TOMAHAWK IC3 INDOOR CYCLE
08	TOMAHAWK IC7 INDOOR CYCLE INTRO	38	TOMAHAWK IC2 INDOOR CYCLE
10	TOMAHAWK IC7 INDOOR CYCLE	40	TOMAHAWK INDOOR CYCLE SPECIFICATIONS
12	TOMAHAWK IC7 INDOOR CYCLE FEATURES	42	MYRIDE VX INTRO
14	TOMAHAWK IC7 INDOOR CYCLE FEATURES	44	MYRIDE VX PACKAGES
16	TOMAHAWK IC7 INDOOR CYCLE FEATURES	46	MYRIDE VX - GROUP
18	COACH BY COLOR®	48	MYRIDE VX - PERSONAL
20	COACH BY COLOR® / FTW TEST	50	MYRIDE VX - IC7 INTEGRATION
22	COACH BY COLOR® POWER PROGRAMS	52	MYRIDE VX - APPS INTRO
24	COACH BY COLOR® POWER PROGRAMS	54	MYRIDE+ LIVE / MYRIDE STUDIO COACH
26	TOMAHAWK IC7 TRAINING APP	56	MYRIDE TOUR COACH / MYRIDE WORLD VIEW
28	TOMAHAWK IC7 TRAINING APP	58	EDUCATION
30	COACH BY COLOR® AROUND THE WORLD	60	EVENTS / TEAMWEAR

# CONTACT

## GLOBAL HEADQUARTERS

**ADD:** Indoor Cycling Group, Happurger Str. 86, 90482, Nuremberg, Germany  
**TEL:** +49(0)911-544450 **EMAIL:** info@indoorcycling.com





©2015 Indoor Cycling Group® Changes in the product and service range may occur.