



*LifeFitness*  
POWERED BY ICG

# INDOOR CYCLES

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POWERED BY ICG



A person is riding a stationary bike in a gym. In the background, a large screen displays a mountain trail. The screen also shows a logo with the number '571' and the text 'EFFORT PERFORM'. The gym has a blue and white color scheme with a glowing white line on the wall.

# WELCOME TO ICG

Striving for excellence and being passionate about indoor cycling, ICG has become the world's largest corporation specialized in the designing, manufacturing and programming of indoor cycling equipment. A heritage of almost 30 years empowers riders with pioneering and inspiring concepts, enabling not only the most effective training but also creating a completely new cycling experience with guaranteed accurate results.

Your main key advantage? One seamless experience. Because ICG makes indoor cycles, computers, apps and digital systems that not only look beautiful but also work together like no other indoor cycling ecosystem can.





## ICG FEATURE RATING

We have indoor cycles that caters for all different needs and budgets but with no compromise on the unique ICG experience like Coach By Color®, loved by millions of riders around the world. It is important for us to give you a first-look indication on where our indoor cycle models sit from multiple perspectives. We rate our models to 5 major categories:

**USER EXPERIENCE:** Everything the user can touch, feel and experience on our indoor cycles.

**TRAINING & COACHING:** Additional tools and functions for riders to make their workout more efficient and healthier.

**SERVICE & MAINTANANCE:** Features that simplify servicing and reduce cost of ownership.

**USER COMFORT:** All features which get delivered to the riders on comfort before, during and after the workout.

**CONNECTIVITY:** Multiple options for the owner or rider to connect with different systems, apps or heart rate monitors.

# IC7

The most premium and award winning indoor cycle, looks aesthetically stunning but also revolutionized indoor cycling with its unique Coach By Color® training program and WattRate® Direct Power Meter. With its many pioneering features, this made the IC7 indoor cycle the number one in its field.



## IC7 INDOOR CYCLE | ICG FEATURE RATING

USER EXPERIENCE	████████████████████	p. 10
TRAINING & COACHING	████████████████████	p. 14
SERVICE & MAINTENANCE	████████████████████	p. 16
USER COMFORT	████████████████████	p. 18
CONNECTIVITY	████████████████████	p. 20

# IC6

The IC6 is our mid-level bike with sustainable technology provided through the onboard generator and Lipo rechargeable battery. Modern design, now even more sportive with the Sprint Pro handlebar and still incredibly comfortable. This is a top performer offering your members a great class experience.



## IC6 INDOOR CYCLE | ICG FEATURE RATING

USER EXPERIENCE	████████████████████	p. 24
TRAINING & COACHING	████████████████████	p. 28
SERVICE & MAINTENANCE	████████████████████	p. 30
USER COMFORT	████████████████████	p. 32
CONNECTIVITY	████████████████████	p. 34



## IC5

The new and improved IC5. Our mid-level indoor cycle is more efficient, full of color, and ridiculously more fun. With an onboard generator powering the new LCD+ console, the IC5 is perfect for all group class environments.



### IC5 INDOOR CYCLE | ICG FEATURE RATING

USER EXPERIENCE		p. 38
TRAINING & COACHING		p. 42
SERVICE & MAINTENANCE		p. 44
USER COMFORT		p. 46
CONNECTIVITY		p. 48

## IC3

The purest form of indoor cycling. Love the ride. Love the value. 30 years of expertise with a classic design made to last - meet our version of an entry model, the new IC3. The IC3 offers Coach By Color®, pairs with the Training App and the Connect System.



### IC3 INDOOR CYCLE | ICG FEATURE RATING

USER EXPERIENCE		p. 52
TRAINING & COACHING		p. 56
SERVICE & MAINTENANCE		p. 58
USER COMFORT		p. 59
CONNECTIVITY		p. 60





# COACH BY COLOR® - MAKING FITNESS MORE COLORFUL

All fitness levels - in one class - are welcome, thanks to the original ICG Coach By Color® training program, a globally unique coaching methodology exciting millions of people around the world, advancing and optimizing group, personal and cardio floor settings. To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience. The Coach By Color® training program relies on color's natural stimulating properties to accurately coach a user's effort during a workout, fostering connection among members, enhancing instructor communication and therefore increasing social interaction while maximizing results.

And how does ICG do that? We are the only provider in the market that combines the individual FTP value to the five Coach By Color® training zones, for a faster & more personalized result. Leaving no one behind, members with different fitness levels can now join the same class & achieve the same training goals together, by riding within the same color zone, with one significant difference – the color intensity is assigned to their own FTP value, simply put, their individual fitness level. By training within your own actual fitness range, riders not only get a great fearless workout but a health-oriented one, without leaving a cycling session feeling overwhelmed but definitely coming back for more. With the computers front LED, trainers have full control of the class, discreetly adapting training intensity whenever needed.



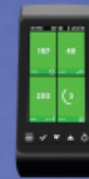
## Very light

FTP: <55%  
HRMAX: <60%



## Light

FTP: 56 - 75%  
HRMAX: 61 - 70%



## Moderate

FTP: 76 - 90%  
HRMAX: 71 - 80%



## Hard

FTP: 91 - 105%  
HRMAX: 81 - 90%



## Maximum

FTP: > 106%  
HRMAX: 91 - 100%



Making indoor cycling fun, easy and accessible for everybody. ICG revolutionized the industry with Coach By Color®. Till today there has been many copycats entering the market but just because you see colors flashing about – it's not the same experience not the same accuracy and certainly not the same results.

Join a new era that will boost new member acquisition and retention, providing members with the best guided training in the market and give your trainers a magical tool to enhance their classes - no matter where they choose to lead the pack, as a small group on the gym floor or while taking the center stage of a cycling class.





# IC7 INDOOR CYCLE

Since the launch of the IC7 indoor cycle, ICG didn't only make indoor cycles look aesthetically stunning for the first time but also revolutionized indoor cycling with its unique Coach By Color® training program and WattRate® Direct Power Meter. The IC7 was designed as the best-in-class indoor cycle that provides great value for operators to maximize their investment, for instructors to deliver a wide range of functionality and for users to experience the best riding comfort and precise data to achieve their individual training goals.

The IC7 indoor cycles pioneering design and functionality are due largely to its innovative two-stage drivetrain. Freed of the large center pulley characteristic of traditional bike design, the IC7 brings a lower, sleeker profile to the studio or cardio floor. The improvements, though, are not limited to aesthetics. The two-stage drivetrain also enables the market's most accurate (+/-1% deviation) WattRate® Direct Power Meter, 100-level precision magnetic resistance, 1:11 ratio highspeed flywheel, and an unrivalled connection to the ride thanks to the tactile and responsive hybrid Poly-V and tooth belt technology. This is cycling and machine in perfect harmony.



Red Dot  
Award Winner



Plus-X  
Award Winner



ISPO  
Award Winner



German Design  
Award Winner



## IC7 INDOOR CYCLE | ICG FEATURE RATING

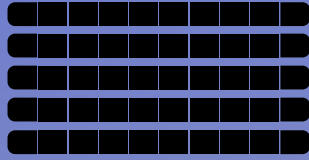
### USER EXPERIENCE

### TRAINING & COACHING

### SERVICE & MAINTENANCE

### USER COMFORT

### CONNECTIVITY



### USER EXPERIENCE

- WattRate® TFT Computer with full color display
- Sprint Pro Handlebar
- Two-Stage drivetrain
- 300 degree resistance dial
- 155 mm Q-Factor

### TRAINING & COACHING

- WattRate® Direct Power Meter (+/-1% tolerance)
- Pedalling Efficiency Technology
- Coach By Color® intensity guide
- FTP Test

### SERVICE & MAINTENANCE

- Self-powered generator with LiPo battery
- Full cover shroud
- Belt drive system
- Magnetic resistance
- Premium protection/stretch plates

### USER COMFORT

- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Stepless 4-way handlebar & saddle adjustments
- Rear lifting handle
- Supported handlebar & saddle height adjustments

### CONNECTIVITY

- Connect Technology (Bluetooth & ANT+)
- Training App
- WiFi & RFID





USER EXPERIENCE

# WATTRATE® TFT COMPUTER

The WattRate® TFT computer, with its own power supply, has a fully integrated TFT color display and a front LED display. This allows the patented simultaneous display of the individual intensity to show to the user and instructor. The various screen displays include a variety of important training data, such as watts, heart rate, cadence, training duration and resistance level. Five mechanical buttons ensure easy and intuitive navigation even during training. Via Bluetooth® 5.0 and ANT+ it is possible to exchange training data with external devices (e.g. Training App or Connect System). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.



Bluetooth™



The WattRate® TFT Computer was redesigned and reengineered for an even better experience! It is a robust computer that features intuitive exerciser navigation, high-speed connection & easier handling with mechanical lit buttons. The IC7's WattRate® TFT Computer uses one of the world's most simple and powerful forms of communication to maximize instruction, motivation and reward during workouts. It features a bright, full-color, self-powered, fully integrated TFT screen and a patented front LED display which simultaneously displays individual training intensity for the user and the trainer.



Quick Start  
**DISPLAY 01**

Quick & easy. The workout starts with one press of a button. Shows the user's "actual" performance data.



Quick Start  
**DISPLAY 02**

Shows the user's left/right leg balance along with power in watts per leg.



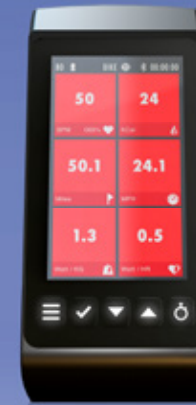
Quick Start  
**DISPLAY 03**

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



Power/Heart Rate training  
**DISPLAY 01**

Shows the user's "actual" performance data, including RPMs, resistance level, watts, training zone and dynamic lap function.



Power/Heart Rate training  
**DISPLAY 02**

Shows further detailed "actual" performance data such as heart rate, calories, Watt/KG and Watt/HR.



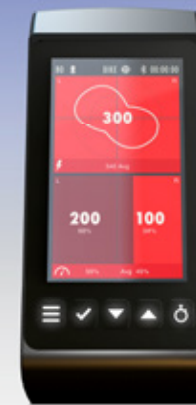
Power/Heart Rate training  
**DISPLAY 03**

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



Power/Heart Rate training  
**DISPLAY 04**

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 calories burned in each training zone



Power/Heart Rate training  
**DISPLAY 05**

Shows the user's left/right leg balance along with power in watts per leg.



USER EXPERIENCE

## SPRINT PRO HANDLEBAR

Rewriting the rulebook for indoor cycles, these are no ordinary “drop” handlebars, but take inspiration from the outdoor gravel bike movement. With comfort and performance in mind, ICG becomes the first player to include this design within indoor cycling.

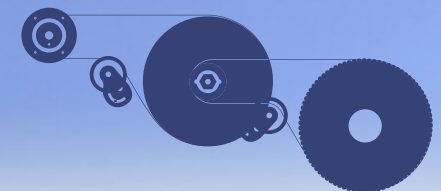


USER EXPERIENCE

## TWO-STAGE DRIVETRAIN

It's like your best friend for new top performances. With an immense 1:11 gear ratio, this revolutionary design equipped with ICG's hybrid Poly-V and Cog-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.**



IC7

USER EXPERIENCE

## 300 DEGREE RESISTANCE DIAL

IC7's magnetic resistance is engineering at its best. The 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.



USER EXPERIENCE

## 155 MM Q-FACTOR

Offering superior biomechanics. The 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 comfort and efficiency in every pedal stroke.

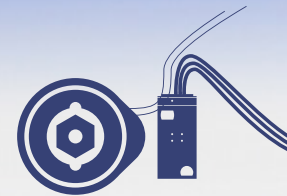




TRAINING & COACHING

# WATTRATE® DIRECT POWER METER

The master mind behind it all. The WattRate® Direct Power Meter is the market's most accurate power meter and offers a direct measuring tolerance of +/- 1%. Such accuracy is groundbreaking in indoor cycles. It is located at the intermediate transmission and uses photocells to directly measure the torsion (twisting force) of the spindle. With an accuracy deviation of +/- 1%, this means that the color intensity assigned to the riders FTP value is 99% accurate, yes 99% accurate. For a faster more personalized result.

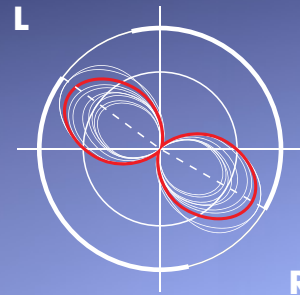


**PHOTOCELLS DIRECTLY MEASURE THE TORSION (TWISTING FORCE) OF THE SPINDLE**

TRAINING & COACHING

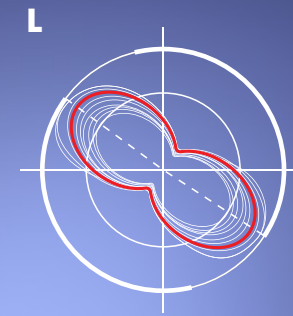
# PEDALLING EFFICIENCY TECHNOLOGY

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.



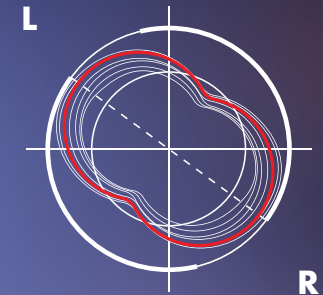
## BEGINNER

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.



## INTERMEDIATE

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.



## ELITE CYCLIST

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.

# COACH BY COLOR® INTENSITY GUIDE

The front LED display creates a visual link between the instructor and the participants. The patented simultaneous display of the training intensity via colors enables a motivating and easy to understand intensity guide within indoor cycling classes or in small groups on the training floor, without the need for additional equipment.



## RAMP TEST

The FTP ramp test is a progressive test. The test structure begins by requesting just 75 Watts. The rider matches that with a combination of leg speed and resistance to suit them. The rider must then maintain that output for 4-minutes at which point the target wattage increases by 25 Watts. Everybody starts together but everybody finishes at different times.



## 5 & 20 MIN TEST

The 5 or 20-minute FTP test is a 5 or 20-minute all-out effort and it means that every person in a large group can start and finish the test together. This is a useful test as it can fit nicely into a class format along with a warm up, prep section and a cool down and so it can appear as a “normal” class format rather than a test for inferred FTP.

# FTP TEST

FTP, or Functional Threshold Power, is defined as the highest average power output you can sustain for set period of time that has been derived from the original one-hour time trial test. FTP is the best single marker for fitness in cycling. When you ride with a tested FTP, it will allow you to train effectively with our Coach By Color® zones, ensuring you maximize your indoor cycling workouts when training with Power.

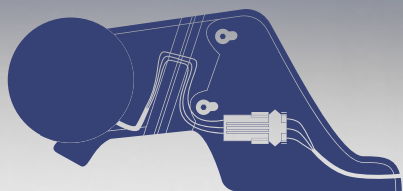


SERVICE & MAINTENANCE

## SELF-POWERED GENERATOR WITH LIPO RECHARGEABLE BATTERY

No traditional batteries required. The compact generator at the flywheel captures the rider's energy and recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.

SELF-POWERING  
TECHNOLOGY FEEDS  
ALL OF THE BIKE'S  
ELECTRONICS



SERVICE & MAINTENANCE

## FULL COVER SHROUD

In addition to the outstanding contouring and stylish black design, the full cover shroud also offers optimum protection for the bike's internal drivetrain and electronics.



SERVICE & MAINTENANCE

## BELT DRIVE SYSTEM

Requiring less maintenance than traditional bike chains, belts do not need to be lubed or tensioned which saves time, energy and service cost over the life of the product.



SERVICE & MAINTENANCE

## MAGNETIC RESISTANCE

Magnetic resistance requires less maintenance and service than traditional friction brake pads. There is no need to clean or replace the magnets over time allowing for reduced cost and downtime.



SERVICE & MAINTENANCE

## PREMIUM PROTECTION / STRETCH PLATES

The premium stretch plates, located on the rear stabilizer, allow for safe, easy, and effective stretching before or after class contributing to a better overall user experience for participants.

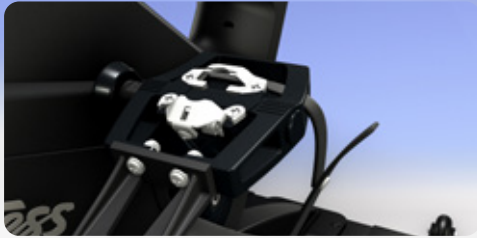




USER COMFORT

## DUAL-SIDED SPD COMPATIBLE PEDALS

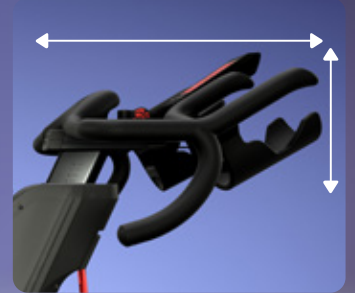
If you're new to indoor cycling or a seasoned veteran, the dual sided pedal system will allow for a traditional shoe in the toe cage or SPD compatible cycling shoes to clip in on the other side.



USER COMFORT

## STEPLESS 4-WAY HANDLEBAR & SADDLE ADJUSTMENTS

The off set frame design and stepless four-way (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) slider and post technology offer superior biomechanics, accommodate the widest range of users, and allow for the finest of fine tuning.



USER COMFORT

## INTEGRATED DUAL BOTTLE HOLDER

Two water bottle holders are located directly in the Sprint Pro handlebars, to the left and right of the WattRate® TFT computer. Riders are therefore well supplied throughout the entire session.



USER COMFORT

## REAR LIFTING HANDLE

If you have a multi purpose studio and need to share space with indoor cycling classes, the bikes can easily be moved using the transport handle on the rear stabilizer.





USER COMFORT

## SUPPORTED HANDLEBAR & SADDLE HEIGHT ADJUSTMENTS

The gas assisted posts provide users with a smooth, stepless adjustment range. A system that allows the athlete to set up for performance and the everyday exerciser to benefit from maximum comfort.



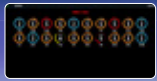
CONNECTIVITY

# CONNECT SYSTEM

The ICG Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videobased fitness programming for your cycling studio. The ICG Connect System allows you to expand and diversify your scheduled indoor cycling class content. Allowing you to improve studio attendance by increasing class content to meet the needs of all fitness users and ensuring you stay ahead of the competition.



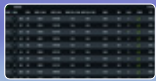
Group Mode



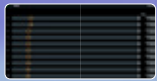
Personal Mode



Scenic Mode



Pro Mode



Personal Race



Team Race



CONNECTIVITY

# TRAINING APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG Training App is perfect for hobby athletes or athletes! Training results can be easily shared with friends via social media after a workout. Data exchange with external Apps such as Google Fit™, Apple Health™ or Strava™ is also possible. This way, exercisers always have an overview of their training progress! The Training App is also suitable for personal trainers to provide course members or clients with regular workouts. Available for iOS® and Android™.



STRAVA



HEALTH



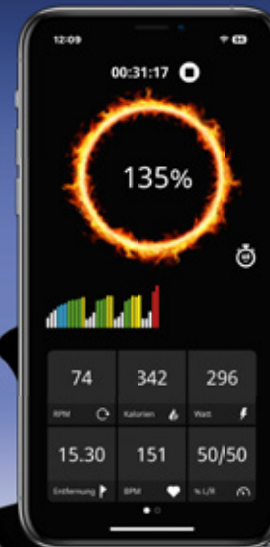
GOOGLE FIT



ANT+



Bluetooth



ICG TRAINING



52" / 132 cm



20.5" / 52 cm

Max  
48.5" / 123 cm

Min  
39.0" / 99 cm

<b>POWER MEASUREMENT (WATT)</b>	WattRate® Direct Power Meter (+/-1%)
<b>COMPUTER</b>	WattRate® TFT Computer
<b>COMPUTER POWER SUPPLY</b>	Self-powered generator with LiPo battery
<b>TRAINING INTENSITY GUIDE</b>	Coach By Color® (user & instructor)
<b>CONNECT TECHNOLOGY</b>	Bluetooth® and ANT+™
<b>PEDALLING EFFICIENCY TECHNOLOGY</b>	Left/Right Leg independent power measurement
<b>WORKOUT TRACKING</b>	ICG Training App
<b>RESISTANCE SYSTEM</b>	Magnetic
<b>EMERGENCY STOP</b>	Push (EN ISO 20957-10)
<b>FLYWHEEL</b>	Rear, aluminum, evenly-weighted
<b>DRIVETRAIN</b>	2-Stage Hybrid Poly-V & tooth belt
<b>DRIVETRAIN GEAR RATIO</b>	1 : 11
<b>FRAME COLOR</b>	Charcoal black
<b>FRAME MATERIAL</b>	Steel
<b>SHROUDS/GUARDS</b>	Full frame
<b>FRAME DESIGN</b>	Off-set
<b>ADJUSTMENT TYPE</b>	Levers
<b>POSTS &amp; SLIDERS</b>	Black anodized aluminum, stepless adjustment

<b>USER ASSIST ADJUSTMENTS</b>	Handlebar and saddle assisted
<b>Q-FACTOR</b>	155mm / 6.1"
<b>CRANK TYPE</b>	CrMo 172,5mm / 6.79"
<b>PEDAL TYPE</b>	Dual-sided SPD & toe cage
<b>HANDLEBAR</b>	Ergo-formed, Sprint Pro, soft PVC
<b>HANDLEBAR ADJUSTMENTS</b>	Vertical & horizontal
<b>SADDLE</b>	Unisex padded sport saddle
<b>SADDLE ADJUSTMENTS</b>	Vertical & horizontal
<b>WATER BOTTLE HOLDER</b>	Dual, integrated on handlebar
<b>FRAME STABILIZER BARS</b>	Oversized, hidden bolts & fixings
<b>PROTECTION &amp; STRETCH PLATES</b>	Molded form-fit with stretch plate
<b>MAX USER WEIGHT</b>	150 kg / 330 lbs
<b>ASSEMBLED WEIGHT</b>	54 kg / 119 lbs
<b>ASSEMBLED DIMENSIONS</b>	132 x 52 x 99cm (52 x 20.5 x 39")
<b>LEVELING FEET</b>	4
<b>TRANSPORT</b>	2 front wheels & rear lifting handle
<b>WARRANTY (PARTS)</b>	3 years*



# IC6 INDOOR CYCLE

The IC6 is our mid-level bike with sustainable technology provided through the onboard generator and Lipo rechargeable battery. Modern design, now even more sportive with the Sprint Pro handlebar and still incredibly comfortable. This is a top performer offering your members a great class experience. The WattRate® TFT computer, with integrated power supply, displays performance indication in watts, data exchange with external devices as well as Coach By Color® intensity guide for the user and instructor. Rewriting the rulebook for indoor cycling bikes, our unique next level Sprint Pro handlebar design is a true upgrade for more comfort and for waking-up the competitor spirit within. Enjoy smooth & whisper quiet training with a poly-v belt drivetrain ensuring that the only thing going through a riders mind is how much fun they are having.



## IC6 INDOOR CYCLE | ICG FEATURE RATING



### USER EXPERIENCE

- WattRate® TFT Computer with full color display
- Sprint Pro Handlebar
- Poly-V belt drivetrain system
- 300 degree resistance dial
- 155 mm Q-Factor

### TRAINING & COACHING

- WattRate® Power Meter
- Coach By Color® intensity guide
- FTP (Functional threshold power)-Test

### SERVICE & MAINTENANCE

- Self-powered generator with LiPo battery
- Full cover shroud
- Poly-V belt drivetrain
- Magnetic resistance
- Premium protection/stretch plates

### USER COMFORT

- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- 4-way handlebar & saddle adjustment
- Supported handlebar height adjustment

### CONNECTIVITY

- Connect Technology (Bluetooth & ANT+)
- Training App
- WiFi & RFID





USER EXPERIENCE

# WATTRATE® TFT COMPUTER

The WattRate® TFT computer, with its own power supply, has a fully integrated TFT color display and a front LED display. This allows the patented simultaneous display of the individual intensity to show to the user and instructor. The various screen displays include a variety of important training data, such as watts, heart rate, cadence, training duration and resistance level. Five mechanical buttons ensure easy and intuitive navigation even during training. Via Bluetooth® 5.0 and ANT+ it is possible to exchange training data with external devices (e.g. Training App or Connect System). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.



Bluetooth™

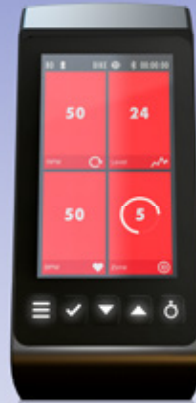




Quick Start

**DISPLAY 01**

Quick & easy. The workout starts with one press of a button. Shows the user's "actual" performance data.



Power/Heart Rate training

**DISPLAY 01**

Shows the user's "actual" performance data, including RPMs, resistance level, watts, training zone and dynamic lap function.



Power/Heart Rate training

**DISPLAY 03**

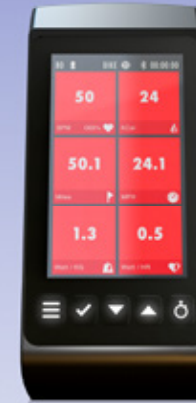
Provides the user with a quick review of "maximum" and "average" performance values during the workout along with lap statistics.



Quick Start

**DISPLAY 02**

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



Power/Heart Rate training

**DISPLAY 02**

Shows further detailed "actual" performance data such as heart rate, calories, Watt/KG and Watt/HR.



Power/Heart Rate training

**DISPLAY 04**

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 calories burned in each training zone



USER EXPERIENCE

## SPRINT PRO HANDLEBAR

Rewriting the rulebook for indoor cycles, these are no ordinary “drop” handlebars, but take inspiration from the outdoor gravel bike movement. With comfort and performance in mind, ICG becomes the first player to include this advantage within indoor cycling.



USER EXPERIENCE

## POLY-V BELT DRIVETRAIN

It's like your best friend for new top performances. With an immense 1:10 gear ratio. With it's capability of transferring extreme levels of torque smoothly and generating an incredibly fast flywheel speed. Combined, these features create the ultimate connection to every pedal stroke.



USER EXPERIENCE

## 300 DEGREE RESISTANCE DIAL

The 300-degree resistance dial allows users to go from 0 to 100% resistance in less than one full turn. The user can feel all 100 clicked increment changes and will see their levels displayed on the TFT computer.



USER EXPERIENCE

## 155 MM Q-FACTOR

Offering superior biomechanics. The 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 comfort and efficiency in every pedal stroke.



TRAINING & COACHING

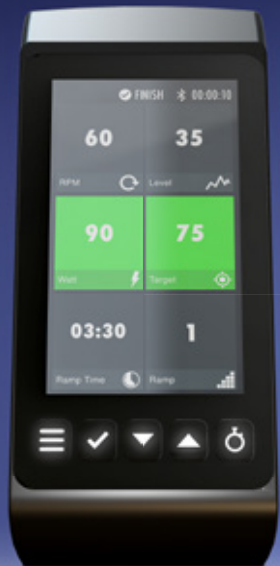
## WATTRATE® POWER METER

The WattRate® Power Meter displays a precise calculation of the user's effort in watts. This is achieved by utilizing a positioning sensor for accuracy in the application of magnetic resistance combined with the RPM reading from the cadence sensor, providing a precise calculation of watts on the rider's console.

TRAINING & COACHING

# COACH BY COLOR® INTENSITY GUIDE

The front LED display creates a visual link between the instructor and the participants. The patented simultaneous display of the training intensity via colors enables a motivating and easy to understand intensity guide within indoor cycling classes or in small groups on the training floor, without the need for additional equipment.



## RAMP TEST

The FTP ramp test is a progressive test. The test structure begins by requesting just 75 Watts. The rider matches that with a combination of leg speed and resistance to suit them. The rider must then maintain that output for 4-minutes at which point the target wattage increases by 25 Watts. Everybody starts together but everybody finishes at different times.



## 5 & 20 MIN TEST

The 5 or 20-minute FTP test is a 5 or 20-minute all-out effort and it means that every person in a large group can start and finish the test together. This is a useful test as it can fit nicely into a class format along with a warm up, prep section and a cool down and so it can appear as a "normal" class format rather than a test for inferred FTP.

TRAINING & COACHING

# FTP TEST

FTP, or Functional Threshold Power, is defined as the highest average power output you can sustain for set period of time that has been derived from the original one-hour time trial test. FTP is the best single marker for fitness in cycling. When you ride with a tested FTP, it will allow you to train effectively with our Coach By Color® zones, ensuring you maximize your indoor cycling workouts when training with Power.



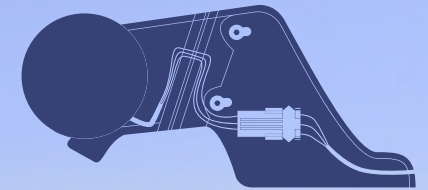


SERVICE & MAINTENANCE

## SELF-POWERED GENERATOR WITH LIPO BATTERY

No batteries required. The compact generator at the flywheel captures the rider's energy and recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.

**SELF-POWERING  
TECHNOLOGY FEEDS  
ALL OF THE BIKE'S  
ELECTRONICS**





SERVICE & MAINTENANCE

## FULL COVER SHROUD

In addition to the outstanding, sporty and stylish black design, the full cover shroud also offers optimum protection for the bike's drivetrain and electronics.



SERVICE & MAINTENANCE

## POLY-V BELT DRIVETRAIN

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



SERVICE & MAINTENANCE

## MAGNETIC RESISTANCE

Magnetic resistance requires less maintenance and service than traditional friction brake pads. There is no need to clean or replace the magnets over time allowing for reduced cost and downtime.



SERVICE & MAINTENANCE

## PREMIUM PROTECTION / STRETCH PLATES

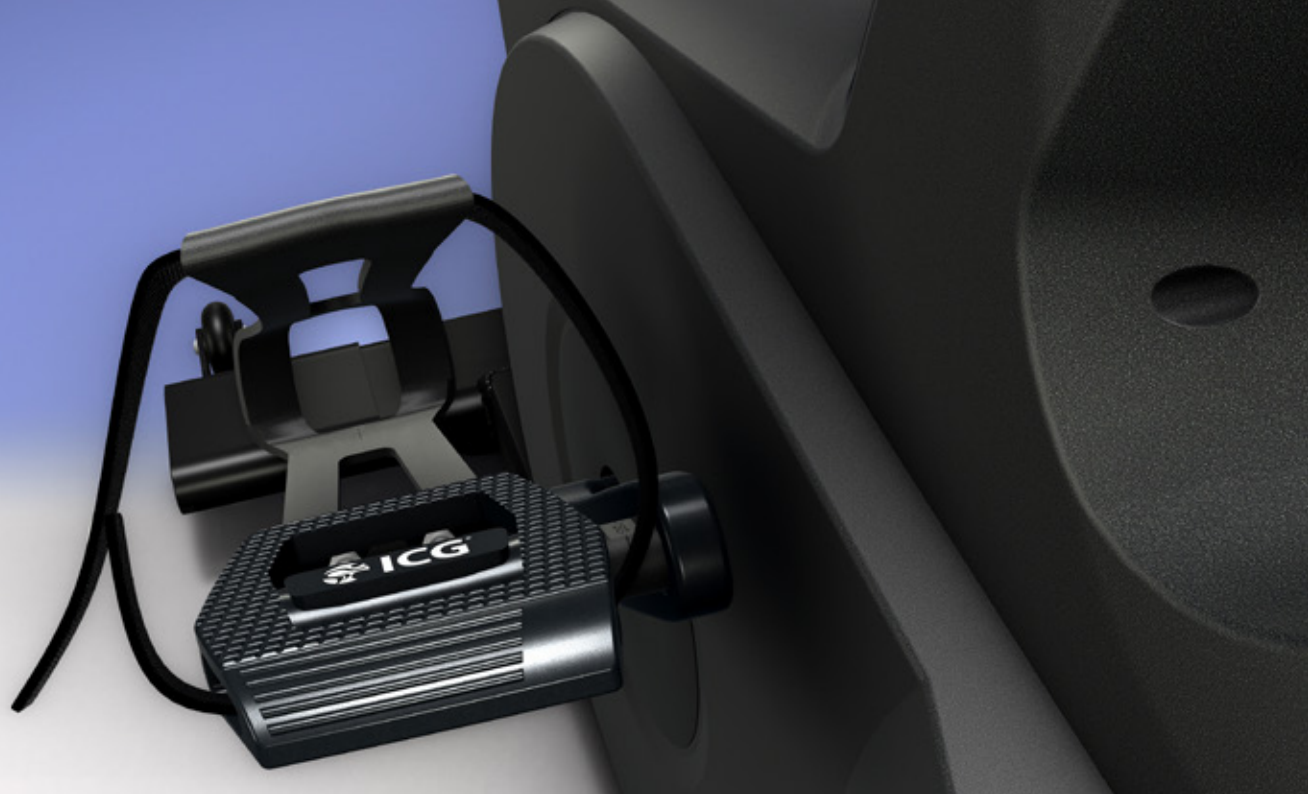
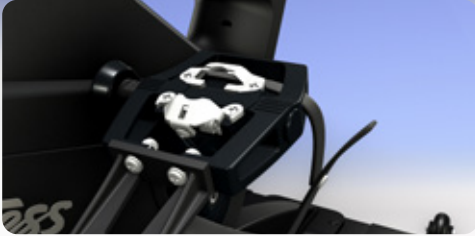
The premium stretch plates, located on the rear stabilizer, allow for safe, easy, and effective stretching before or after class contributing to a better overall user experience for participants.



USER COMFORT

## DUAL-SIDED SPD COMPATIBLE PEDALS

If you're new to indoor cycling or a seasoned veteran, the dual sided pedal system will allow for a traditional shoe in the toe cage or SPD compatible cycling shoes to clip in on the other side.



USER COMFORT

## INTEGRATED DUAL BOTTLE HOLDER

Two water bottle holders are located directly in the Sprint Pro handlebars, to the left and right of the WattRate® TFT computer. Trainers are therefore well supplied throughout the entire session.

USER COMFORT

## SUPPORTED HANDLEBAR HEIGHT ADJUSTMENT

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



USER COMFORT

## 4-WAY HANDLEBAR & SADDLE ADJUSTMENTS

The off set frame design and four-way (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) slider and post technology offer superior biomechanics, accommodate the widest range of users, and allow for the finest of fine tuning.





CONNECTIVITY

# CONNECT SYSTEM

The ICG Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videobased fitness programming for your cycling studio. The ICG Connect System allows you to expand and diversify your scheduled indoor cycling class content. Allowing you to improve studio attendance by increasing class content to meet the needs of all fitness users and ensuring you stay ahead of the competition.



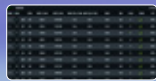
Group Mode



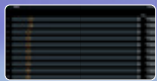
Personal Mode



Scenic Mode



Pro Mode



Personal Race



Team Race



CONNECTIVITY

# TRAINING APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG Training App is perfect for hobby athletes or athletes! Training results can be easily shared with friends via social media after a workout. Data exchange with external Apps such as Google Fit™, Apple Health™ or Strava™ is also possible. This way, exercisers always have an overview of their training progress! The Training App is also suitable for personal trainers to provide course members or clients with regular workouts. Available for iOS® and Android™.



STRAVA



HEALTH



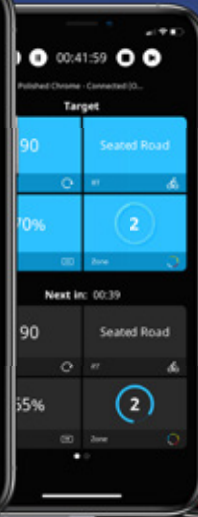
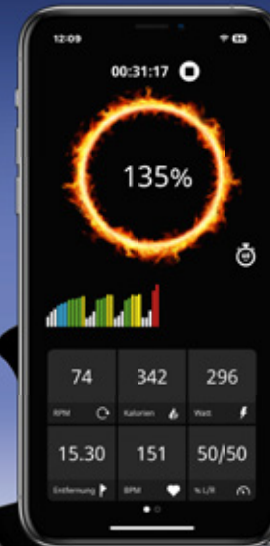
GOOGLE FIT



ANT+



Bluetooth



ICG TRAINING





51" / 129 cm



20.5" / 52 cm

Max  
48" / 121 cm

Min  
40.5" / 102 cm

<b>POWER MEASUREMENT (WATT)</b>	WattRate® Power Meter (EN ISO 20957-10)
<b>COMPUTER</b>	WattRate® TFT Computer
<b>COMPUTER POWER SUPPLY</b>	Self-powered generator with LiPo battery
<b>TRAINING INTENSITY GUIDE</b>	Coach By Color® (user & instructor)
<b>CONNECT TECHNOLOGY</b>	Bluetooth® and ANT+™
<b>WORKOUT TRACKING</b>	ICG Training App and Apple Watch
<b>WORKOUT DATA TRANSFER</b>	Strava, Garmin via ICG Training App
<b>THIRD PARTY APP CONNECTIVITY</b>	Zwift
<b>RESISTANCE SYSTEM</b>	Magnetic
<b>EMERGENCY STOP</b>	Push (EN ISO 20957-10)
<b>FLYWHEEL</b>	Rear, aluminum, evenly-weighted
<b>DRIVETRAIN</b>	Poly-V belt
<b>DRIVETRAIN GEAR RATIO</b>	1 : 10
<b>FRAME COLOR</b>	Charcoal black
<b>FRAME MATERIAL</b>	Steel
<b>SHROUDS/GUARDS</b>	Full frame
<b>FRAME DESIGN</b>	Off-set
<b>ADJUSTMENT TYPE</b>	Dials & levers
<b>POSTS &amp; SLIDERS</b>	Black aluminum, pin-to-lock adjustment

<b>USER ASSIST ADJUSTMENTS</b>	Handlebar assisted
<b>Q-FACTOR</b>	155mm / 6.1"
<b>CRANK TYPE</b>	CrMo 172,5mm / 6.79"
<b>PEDAL TYPE</b>	Dual-sided SPD & toe cage
<b>HANDLEBAR</b>	Ergo-formed, Sprint-Pro, soft PVC
<b>HANDLEBAR ADJUSTMENTS</b>	Vertical & horizontal
<b>SADDLE</b>	Unisex padded sport saddle
<b>SADDLE ADJUSTMENTS</b>	Vertical & horizontal
<b>WATER BOTTLE HOLDER</b>	Dual, integrated on handlebar
<b>FRAME STABILIZER BARS</b>	Standard
<b>PROTECTION &amp; STRETCH PLATES</b>	Molded form-fit with stretch plate
<b>MAX USER WEIGHT</b>	150 kg / 330 lbs
<b>ASSEMBLED WEIGHT</b>	51 kg / 112 lbs
<b>ASSEMBLED DIMENSIONS</b>	129 x 52 x 102cm / 51 x 20.5 x 40.5"
<b>LEVELING FEET</b>	4
<b>TRANSPORT</b>	2 front wheels
<b>WARRANTY (PARTS)</b>	3 years*



# IC5 INDOOR CYCLE

It's time for a new chapter. Our mid-level indoor cycle - the improved IC5. More efficient. Full of color and ridiculously more fun. Modern self-powered WattRate<sup>®</sup> LCD+ computer with color backlit display for the user but also a front LED displaying full bright Coach By Color<sup>®</sup> zones to the instructor - giving your riders the confidence to redefine their limits and help trainers take control of their new playground. Smarter. Greener. Brighter and now powered by a mighty capacitor - not having to change batteries is a delight. An ultra-durable Poly-V belt drivetrain, clever maintenance-free magnetic resistance and no sweat protective full frame shroud brings unique form and function designed to keep your service team happy.







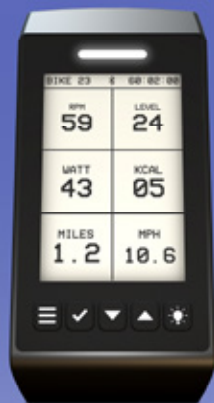
USER EXPERIENCE

## WATTRATE® LCD+ COMPUTER

The WattRate® LCD+ computer features a fully integrated LCD screen with permanent color backlight function. An LED indicator located above the LCD display provides the user the option to apply Coach By Color but also a front LED displaying full bright Coach By Color zones to the instructor. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level.



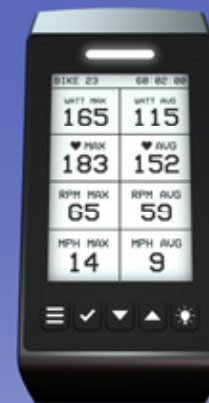
Bluetooth™



Quick Start

**DISPLAY 01**

Quick & easy. The workout starts with one press of a button. Shows the user's "actual" performance data.



Quick Start

**DISPLAY 02**

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



Power/Heart Rate training

**DISPLAY 01**

Shows the user's "actual" performance data, including RPMs, resistance level, watts, training zone and dynamic lap function.



Power/Heart Rate training

**DISPLAY 02**

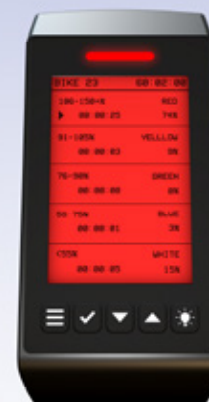
Shows further detailed "actual" performance data such as heart rate, calories, Watt/KG and Watt/HR.



Power/Heart Rate training

**DISPLAY 03**

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



Power/Heart Rate training

**DISPLAY 04**

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 burned in each training zone.



USER EXPERIENCE

## SPRINT PRO HANDLEBAR

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TRAINING & COACHING

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TRAINING & COACHING

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## RAMP TEST

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## 5 & 20 MIN TEST

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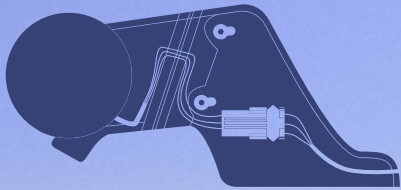


SERVICE & MAINTENANCE

# SELF-POWERED GENERATOR VIA CAPACITOR

Green-energy. No batteries required. This self-powering technology feeds all the bike's electronics and empowers the full color display on the WattRate® LCD+ computer.

SELF-POWERING  
TECHNOLOGY FEEDS  
ALL OF THE BIKE'S  
ELECTRONICS





SERVICE & MAINTENANCE

## FULL COVER SHROUD

In addition to the outstanding, sporty and stylish black design, the Full Cover Shroud also offers optimum protection for the bike's drivetrain and electronics and fully complies with all standards.



SERVICE & MAINTENANCE

## POLY-V BELT DRIVETRAIN

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



SERVICE & MAINTENANCE

## MAGNETIC RESISTANCE

Magnetic resistance requires less maintenance and service than traditional friction brake pads. There is no need to clean or replace the magnets over time allowing for reduced cost and downtime.



SERVICE & MAINTENANCE

## PREMIUM PROTECTION / STRETCH PLATES

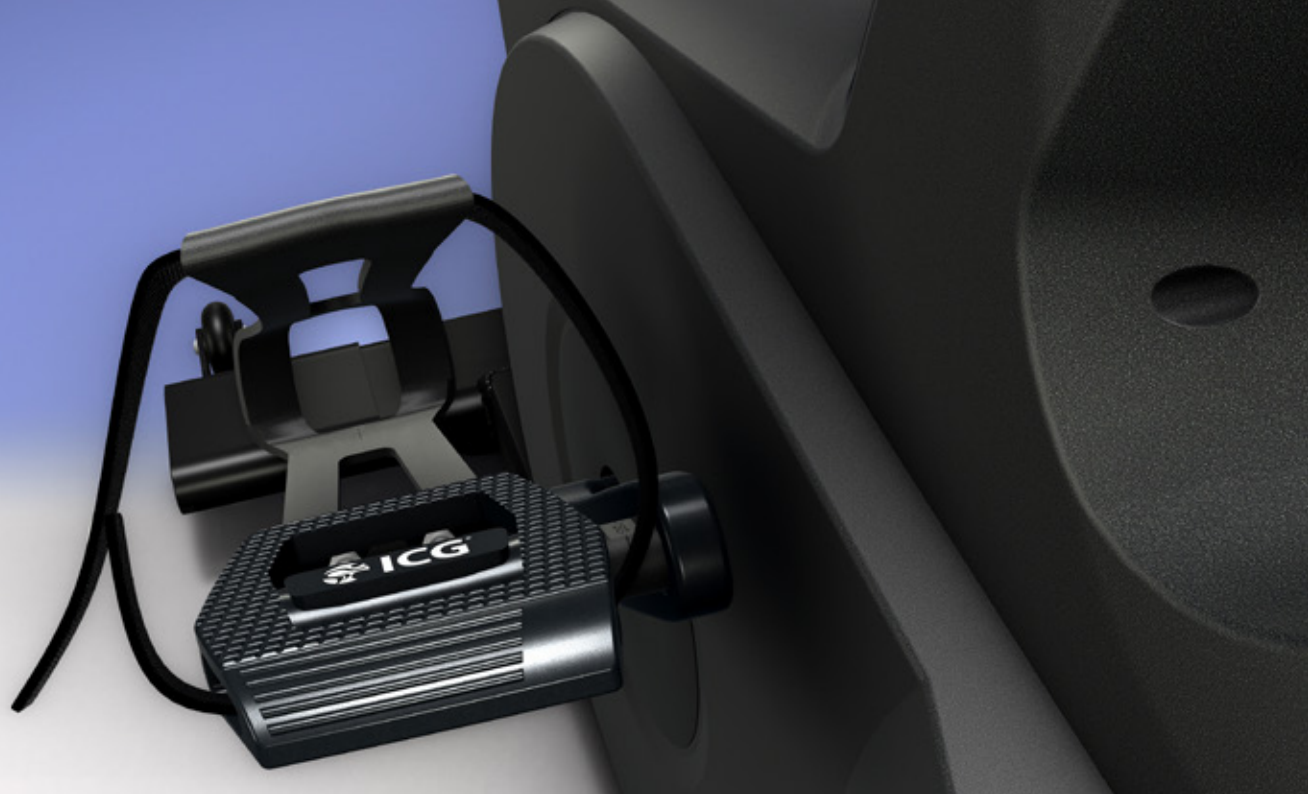
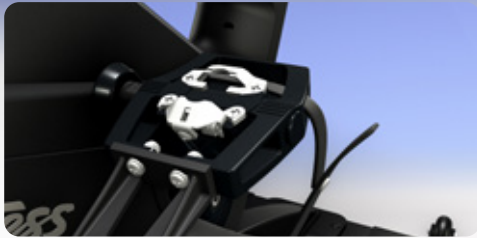
The premium stretch plates, located on the rear stabilizer, allow for safe, easy, and effective stretching before or after class contributing to a better overall user experience for participants.



USER COMFORT

## DUAL-SIDED SPD COMPATIBLE PEDALS

The gas assisted posts provide users with a smooth, stepless adjustment range. A system that allows the athlete to set up for performance and the everyday exerciser to benefit from maximum comfort.



USER COMFORT

## INTEGRATED DUAL BOTTLE HOLDER

Two water bottle holders are located directly in the Sprint Pro handlebars, to the left and right of the WattRate<sup>®</sup> LCD+ computer. Trainers are therefore well supplied throughout the entire session.



USER COMFORT

## SUPPORTED HANDLEBAR HEIGHT ADJUSTMENT

ICG's user assist handlebar technology provide users a smooth, stepless adjustment range. It improves fine-tuning bike settings and reduces the handlebar weight to minimize setup challenges. A system that allows the „athlete“ set-up for optimum performance and the „fitness-user“ for maximum comfort.



USER COMFORT

## 4-WAY ADJUSTMENT OF HANDLEBAR & SADDLE

Superior 4-way adjustments (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) ensure a finely-tuned fit for all riders. The handlebar integrated user assist technology makes adjustments easier, safer and faster. High-grade aluminum seat and handlebar posts with protection inserts reduce weight and are more durable for the club owner.





CONNECTIVITY

# CONNECT SYSTEM

The ICG Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videobased fitness programming for your cycling studio. The ICG Connect System allows you to expand and diversify your scheduled indoor cycling class content. Allowing you to improve studio attendance by increasing class content to meet the needs of all fitness users and ensuring you stay ahead of the competition.



Group Mode



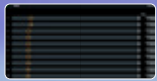
Personal Mode



Scenic Mode



Pro Mode



Personal Race



Team Race



CONNECTIVITY

# TRAINING APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG Training App is perfect for hobby athletes or athletes! Training results can be easily shared with friends via social media after a workout. Data exchange with external Apps such as Google Fit™, Apple Health™ or Strava™ is also possible. This way, exercisers always have an overview of their training progress! The Training App is also suitable for personal trainers to provide course members or clients with regular workouts. Available for iOS® and Android™.



STRAVA



HEALTH



GOOGLE FIT



ANT+



Bluetooth



ICG TRAINING



51" / 129 cm



Max  
48" / 121 cm

Min  
40.5" / 102 cm

20.5" / 52 cm

<b>POWER MEASUREMENT (WATT)</b>	WattRate® Power Meter (EN ISO 20957-10)
<b>COMPUTER</b>	WattRate® LCD+ Computer
<b>COMPUTER POWER SUPPLY</b>	Self-powered generator with capacitor
<b>TRAINING INTENSITY GUIDE</b>	Coach By Color® (user & instructor)
<b>CONNECT TECHNOLOGY</b>	Bluetooth® and ANT+™
<b>WORKOUT TRACKING</b>	ICG Training App and Apple Watch
<b>WORKOUT DATA TRANSFER</b>	Strava, Garmin via ICG Training App
<b>THIRD PARTY APP CONNECTIVITY</b>	Zwift
<b>RESISTANCE SYSTEM</b>	Magnetic
<b>EMERGENCY STOP</b>	Push (EN ISO 20957-10)
<b>FLYWHEEL</b>	Rear, aluminum, evenly-weighted
<b>DRIVETRAIN</b>	Poly-V belt
<b>DRIVETRAIN GEAR RATIO</b>	1 : 10
<b>FRAME COLOR</b>	Charcoal black
<b>FRAME MATERIAL</b>	Steel
<b>SHROUDS/GUARDS</b>	Full frame
<b>FRAME DESIGN</b>	Off-set
<b>ADJUSTMENT TYPE</b>	Dials & levers
<b>POSTS &amp; SLIDERS</b>	Black aluminum, pin-to-lock adjustment

<b>USER ASSIST ADJUSTMENTS</b>	Handlebar assisted
<b>Q-FACTOR</b>	155mm / 6.1"
<b>CRANK TYPE</b>	CrMo 172,5mm / 6.79"
<b>PEDAL TYPE</b>	Dual-sided SPD & toe cage
<b>HANDLEBAR</b>	Ergo-formed, Sprint-Pro, soft PVC
<b>HANDLEBAR ADJUSTMENTS</b>	Vertical & horizontal
<b>SADDLE</b>	Unisex padded sport saddle
<b>SADDLE ADJUSTMENTS</b>	Vertical & horizontal
<b>WATER BOTTLE HOLDER</b>	Dual, integrated on handlebar
<b>FRAME STABILIZER BARS</b>	Standard
<b>PROTECTION &amp; STRETCH PLATES</b>	Molded form-fit with stretch plate
<b>MAX USER WEIGHT</b>	150 kg / 330 lbs
<b>ASSEMBLED WEIGHT</b>	51 kg / 112 lbs
<b>ASSEMBLED DIMENSIONS</b>	129 x 52 x 102cm / 51 x 20.5 x 40.5"
<b>LEVELING FEET</b>	4
<b>TRANSPORT</b>	2 front wheels
<b>WARRANTY (PARTS)</b>	3 years*



# IC3 INDOOR CYCLE

Our entry level indoor cycle. Affordable value and epic performance. Where many entry models only deliver the basics – the IC3 takes budget to a totally new level. Clever technology runs in the family. At the heart of the IC3 you will find the same superpowerful ICG spirit build-in. Modern bright WattRate® LCD computer with permanent backlight function for optimal battery saving mode. Enjoy smooth & whisper quiet training with a Poly-V belt drivetrain ensuring that the only thing going through a riders mind is how much fun they are having. Featuring impressive curves and soft PVC this ergo-formed handlebar - caters comfortably for every hand position, has wider bars giving larger users more support, with additional time trial bar-ends, includes central ride easy position and intelligently integrates the WattRate® LCD computer by not exposing any annoying cables and allowing the computer position to adjust in-line with the bars for perfect view and easy access.







USER EXPERIENCE

# WATTRATE<sup>®</sup> LCD COMPUTER

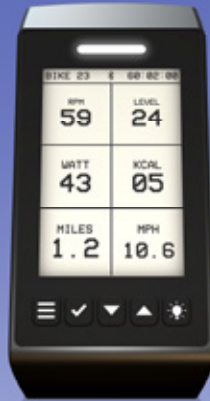
The WattRate<sup>®</sup> LCD computer features a fully integrated LCD screen with a permanent backlight function. An LED indicator located above the LCD display provides the user the option to apply Coach By Color. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level.



Bluetooth<sup>™</sup>



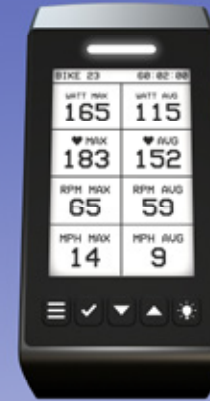
IC3



Quick Start

**DISPLAY 01**

Quick & easy. The workout starts with one press of a button. Shows the user's "actual" performance data.



Quick Start

**DISPLAY 02**

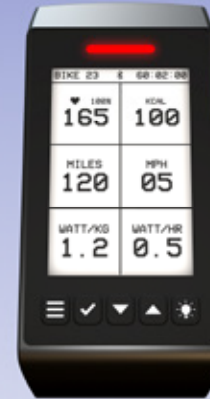
Provides the user with a quick review of "maximum" and "average" performance values during the workout.



Power/Heart Rate training

**DISPLAY 01**

Shows the user's "actual" performance data, including RPMs, resistance level, watts and training zone.



Power/Heart Rate training

**DISPLAY 02**

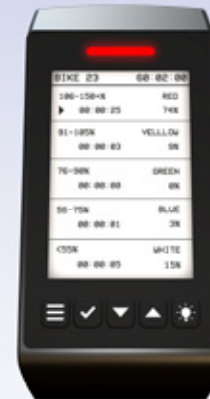
Shows further detailed "actual" performance data such as heart rate, Watt/KG and Watt/HR.



Power/Heart Rate training

**DISPLAY 03**

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



Power/Heart Rate training

**DISPLAY 04**

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



USER EXPERIENCE

# MULTI HAND POSITION HANDLEBAR

A wide, soft PVC bar provides larger users with more support. It features an easy central ride position and it intelligently integrates the WattRate® LCD Computer by not exposing any cables and allowing the computer position to adjust in-line with the bars.





USER EXPERIENCE

## POLY-V BELT DRIVETRAIN

The drivetrain is equipped with a Poly-V belt and its 1:8 gear ratio delivers a smooth and quiet ride with each pedal stroke. Requiring less maintenance, belts save the club owner money and decrease liability. They have fewer breakdowns and make less noise.





TRAINING & COACHING

# WATTRATE® POWER METER

The WattRate® Power Meter displays a precise calculation of the user's effort in watts. This is achieved by utilizing a positioning sensor for accuracy in the application of magnetic resistance combined with the RPM reading from the cadence sensor, providing a precise calculation of watts on the rider's console.

TRAINING & COACHING

# COACH BY COLOR® INTENSITY GUIDE

ICG is the only provider on the market to combine the individual FTP value (continuous power threshold in watts) with five colored training zones with the Coach By Color® training system. To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience.



## RAMP TEST

The FTP ramp test is a progressive test. The test structure begins by requesting just 75 Watts. The rider matches that with a combination of leg speed and resistance to suit them. The rider must then maintain that output for 4-minutes at which point the target wattage increases by 25 Watts. Everybody starts together but everybody finishes at different times.



## 5 & 20 MIN TEST

The 5 or 20-minute FTP test is a 5 or 20-minute all-out effort and it means that every person in a large group can start and finish the test together. This is a useful test as it can fit nicely into a class format along with a warm up, prep section and a cool down and so it can appear as a "normal" class format rather than a test for inferred FTP.

TRAINING & COACHING

# FTP TEST

FTP, or Functional Threshold Power, is defined as the highest average power output you can sustain for set period of time that has been derived from the original one-hour time trial test. FTP is the best single marker for fitness in cycling. When you ride with a tested FTP, it will allow you to train effectively with our Coach By Color® zones, ensuring you maximize your indoor cycling workouts when training with Power.





SERVICE & MAINTENANCE

## BATTERY-POWERED

The LCD console is powered by two D-cell batteries that can be easily accessed and replaced when needed.



SERVICE & MAINTENANCE

## POLY-V BELT DRIVETRAIN

The drivetrain is equipped with a Poly-V belt requiring less maintenance, belts save the club owner money and decrease liability. They have fewer breakdowns and make less noise.



SERVICE & MAINTENANCE

## MAGNETIC RESISTANCE

Magnetic resistance requires less maintenance and service than traditional friction brake pads. There is no need to clean or replace the magnets over time allowing for reduced cost and downtime.



SERVICE & MAINTENANCE

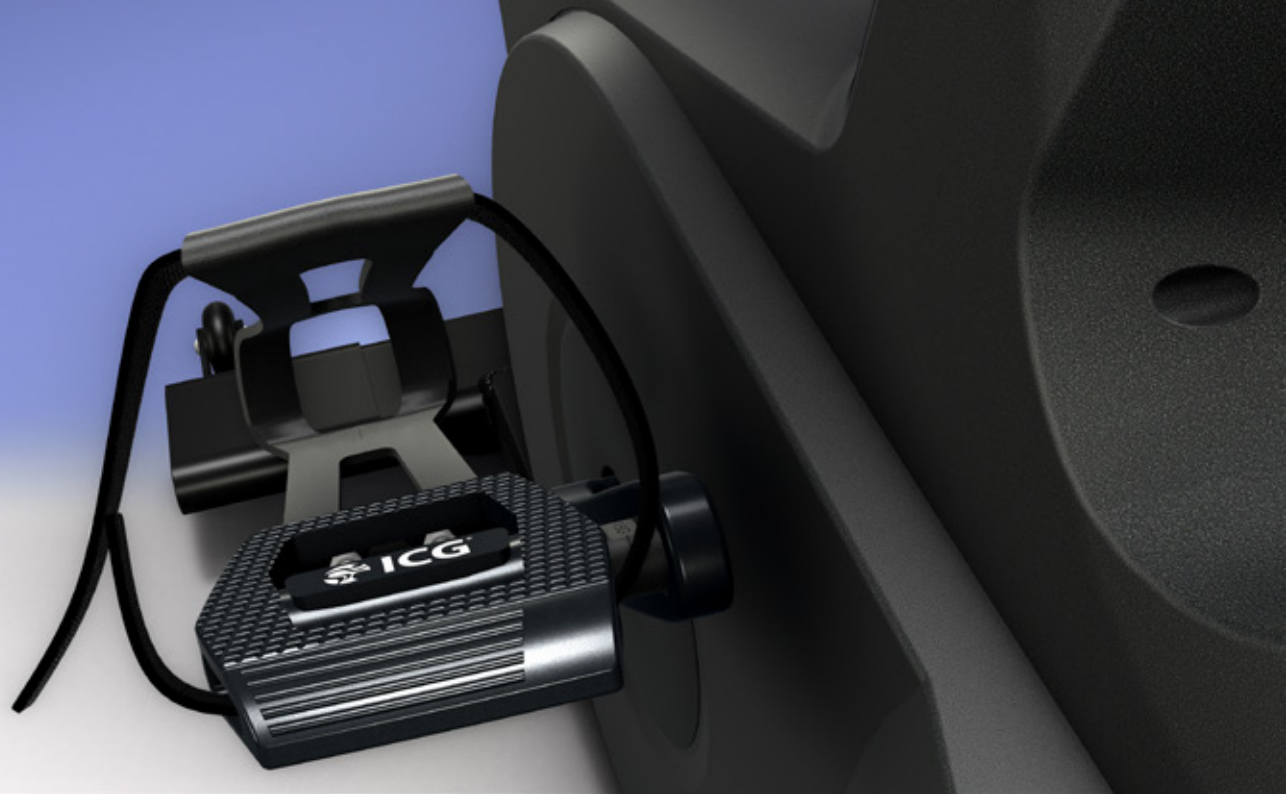
## SCRATCH PROTECTION PLATE

The scratch protection plate protects the frame from cycling shoe cleats scratching the central part of the frame allowing for a clean look for the life of the product."

USER COMFORT

## DUAL-SIDED SPD COMPATIBLE PEDALS

Whether with sports shoes or professional cycling shoes with SPD click system, with the Dual Pedals, nothing stands in the way of a professional workout!



USER COMFORT

## INTEGRATED DUAL BOTTLE HOLDER

Two water bottle holders are located directly in the Multi Position handlebars, to the left and right of the WattRate® LCD computer. Riders are therefore well supplied throughout the entire session.





CONNECTIVITY

# CONNECT SYSTEM

The ICG Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videobased fitness programming for your cycling studio. The ICG Connect System allows you to expand and diversify your scheduled indoor cycling class content. Allowing you to improve studio attendance by increasing class content to meet the needs of all fitness users and ensuring you stay ahead of the competition.



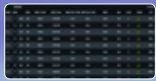
Group Mode



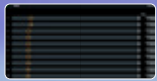
Personal Mode



Scenic Mode



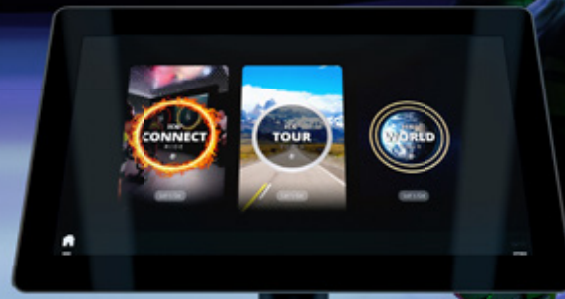
Pro Mode



Personal Race



Team Race



CONNECTIVITY

# TRAINING APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG Training App is perfect for hobby athletes or athletes! Training results can be easily shared with friends via social media after a workout. Data exchange with external Apps such as Google Fit™, Apple Health™ or Strava™ is also possible. This way, exercisers always have an overview of their training progress! The Training App is also suitable for personal trainers to provide course members or clients with regular workouts. Available for iOS® and Android™.



STRAVA



HEALTH



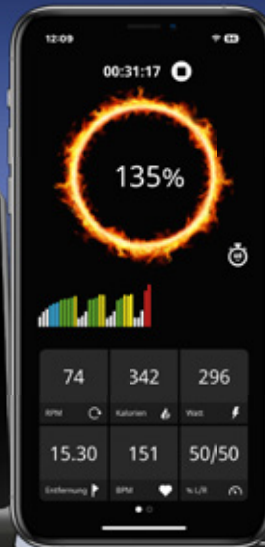
GOOGLE FIT



ANT+



Bluetooth



ICG TRAINING



48" / 122 cm



21" / 53 cm

Max  
47" / 119 cm

Min  
42.5" / 108 cm

<b>POWER MEASUREMENT (WATT)</b>	WattRate® Power Meter (EN ISO 20957-10)
<b>COMPUTER</b>	WattRate® LCD Computer
<b>COMPUTER POWER SUPPLY</b>	Two D-cell Batteries
<b>TRAINING INTENSITY GUIDE</b>	Coach By Color® (user)
<b>CONNECT TECHNOLOGY</b>	Bluetooth® and ANT+™
<b>WORKOUT TRACKING</b>	ICG Training App and Apple Watch
<b>WORKOUT DATA TRANSFER</b>	Strava, Garmin via ICG Training App
<b>THIRD PARTY APP CONNECTIVITY</b>	Zwift
<b>RESISTANCE SYSTEM</b>	Magnetic
<b>EMERGENCY STOP</b>	Push (EN ISO 20957-10)
<b>FLYWHEEL</b>	Front, aluminum, evenly-weighted
<b>DRIVETRAIN</b>	Poly-V belt
<b>DRIVETRAIN GEAR RATIO</b>	1 : 8
<b>FRAME COLOR</b>	Charcoal black
<b>FRAME MATERIAL</b>	Steel
<b>SHROUDS/GUARDS</b>	Drivetrain and brake system
<b>FRAME DESIGN</b>	Parallel
<b>ADJUSTMENT TYPE</b>	Dials & levers
<b>POSTS &amp; SLIDERS</b>	Black aluminum, pin-to-lock adjustment

<b>USER ASSIST ADJUSTMENTS</b>	No
<b>Q-FACTOR</b>	178mm / 7.0"
<b>CRANK TYPE</b>	CrMo 170mm / 6.7"
<b>PEDAL TYPE</b>	Dual-sided SPD & toe cage
<b>HANDLEBAR</b>	Ergo-formed, multi-position, soft PVC
<b>HANDLEBAR ADJUSTMENTS</b>	Vertical
<b>SADDLE</b>	Unisex padded sport saddle
<b>SADDLE ADJUSTMENTS</b>	Vertical & horizontal
<b>WATER BOTTLE HOLDER</b>	Dual, integrated on handlebar
<b>FRAME STABILIZER BARS</b>	Standard
<b>PROTECTION &amp; STRETCH PLATES</b>	No
<b>MAX USER WEIGHT</b>	150 kg / 330 lbs
<b>ASSEMBLED WEIGHT</b>	44 kg / 97 lbs
<b>ASSEMBLED DIMENSIONS</b>	122 x 53 x 108cm / 48 x 21 x 42.5"
<b>LEVELING FEET</b>	4
<b>TRANSPORT</b>	2 front wheels
<b>WARRANTY (PARTS)</b>	3 years*



# BIKE SPECIFICATIONS

**IC7**

**IC6**

**IC5**

**IC3**

POWER MEASUREMENT (WATT)	WattRate® Direct Power Meter (+/-1%)	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Power Meter (EN ISO 20957-10)
COMPUTER	WattRate® TFT Computer	WattRate® TFT Computer	WattRate® LCD+ Computer	WattRate® LCD Computer
COMPUTER POWER SUPPLY	Self-powered generator with LiPo battery	Self-powered generator with LiPo battery	Self-powered generator with capacitor	Two D-cell Batteries
TRAINING INTENSITY GUIDE	Coach By Color® (user & instructor)	Coach By Color® (user & instructor)	Coach By Color® (user & instructor)	Coach By Color® (user)
CONNECT TECHNOLOGY	Bluetooth® and ANT+™	Bluetooth® and ANT+™	Bluetooth® and ANT+™	Bluetooth® and ANT+™
WORKOUT TRACKING	ICG Training App and Apple Watch	ICG Training App and Apple Watch	ICG Training App and Apple Watch	ICG Training App and Apple Watch
WORKOUT DATA TRANSFER	Strava, Garmin via ICG Training App	Strava, Garmin via ICG Training App	Strava, Garmin via ICG Training App	Strava, Garmin via ICG Training App
THIRD PARTY APP CONNECTIVITY	Zwift	Zwift	Zwift	Zwift
RESISTANCE SYSTEM	Magnetic	Magnetic	Magnetic	Magnetic
EMERGENCY STOP	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)
FLYWHEEL	Rear, aluminum, evenly-weighted	Rear, aluminum, evenly-weighted	Rear, aluminum, evenly-weighted	Front, aluminum, evenly-weighted
DRIVETRAIN	2-Stage Hybrid Poly-V & tooth belt	Poly-V belt	Poly-V belt	Poly-V belt
DRIVETRAIN GEAR RATIO	1 : 11	1 : 10	1 : 10	1 : 8
FRAME COLOR	Charcoal black	Charcoal black	Charcoal black	Charcoal black
FRAME MATERIAL	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Full frame	Drivetrain and brake system
FRAME DESIGN	Off-set	Off-set	Off-set	Parallel
ADJUSTMENT TYPE	Levers	Dials & levers	Dials & levers	Dials & levers
POSTS & SLIDERS	Black anodized aluminum, stepless adjustment	Black aluminum, pin-to-lock adjustment	Black aluminum, pin-to-lock adjustment	Black aluminum, pin-to-lock adjustment
USER ASSIST ADJUSTMENTS	Handlebar and saddle assisted	Handlebar assisted	Handlebar assisted	No
Q-FACTOR	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"	178mm / 7.0"
CRANK TYPE	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 170mm / 6.7"
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, Sprint-Pro, soft PVC	Ergo-formed, Sprint-Pro, soft PVC	Ergo-formed, Sprint-Pro, soft PVC	Ergo-formed, multi-position, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical
SADDLE	Unisex padded sport saddle	Unisex 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	Dual, integrated on handlebar
FRAME STABILIZER BARS	Oversized, hidden bolts & fixings	Standard	Standard	Standard
PROTECTION & 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	150 kg / 330 lbs	150 kg / 330 lbs
ASSEMBLED WEIGHT	54 kg / 119 lbs	51 kg / 112 lbs	51 kg / 112 lbs	44 kg / 97 lbs
ASSEMBLED DIMENSIONS	132 x 52 x 99cm / 52 x 20.5 x 39"	129 x 52 x 102cm / 51 x 20.5 x 40.5"	129 x 52 x 102cm / 51 x 20.5 x 40.5"	122 x 53 x 108cm / 48 x 21 x 42.5"
LEVELING FEET	4	4	4	4
TRANSPORT	2 front wheels & rear lifting handle	2 front wheels	2 front wheels	2 front wheels

# COMPUTER FEATURES

	IC7	IC6	IC5	IC3
WATTRATE® FULL COLOR TFT COMPUTER SCREEN	•	•		
WATTRATE® FULL COLOR LCD+ COMPUTER SCREEN			•	
WATTRATE® BACK-LIT DOT MATRIX LCD COMPUTER SCREEN				•
CONNECT TECHNOLOGY (BLUETOOTH & ANT+)	•	•	•	•
COACH BY COLOR® INTENSITY GUIDE (USER ONLY)	•	•	•	•
COACH BY COLOR® INTENSITY GUIDE (USER & INSTRUCTOR)	•	•	•	•
USER FACING LED INDICATOR			•	•
INSTRUCTOR FACING FRONT LED DISPLAY	•	•	•	
PERMANENT BACKLIGHT BUTTONS	•	•		
ON DEMAND DISPLAY BACKLIGHT	•			
PERMANENT DISPLAY BACKLIGHT	•	•	•	
PEDALLING EFFICIENCY TECHNOLOGY	•			
LAP FEATURE	•	•		
QUICK START MODE	•	•	•	•
WATTRATE® POWER MODE	•	•	•	•
HEART RATE MODE	•	•	•	•
POWER TESTING (FTP TESTS)	•	•	•	•
INTERACTIVE WORKOUT ANIMATIONS	•	•		
CUSTOM USER DATA INPUT	•	•	•	•
ICG TRAINING APP COMPATIBLE	•	•	•	•
COMPUTER BATTERY POWERED				•
COMPUTER GENERATOR POWERED	•	•	•	







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