ICG® CONNECT

Life Fitness

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ICG® CONNECT

YOUR CONNECTED CYCLING EXPERIENCE

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

ICG® CONNECT.

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

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

CONNECTED BIKES.

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

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

CONNECTED APP.

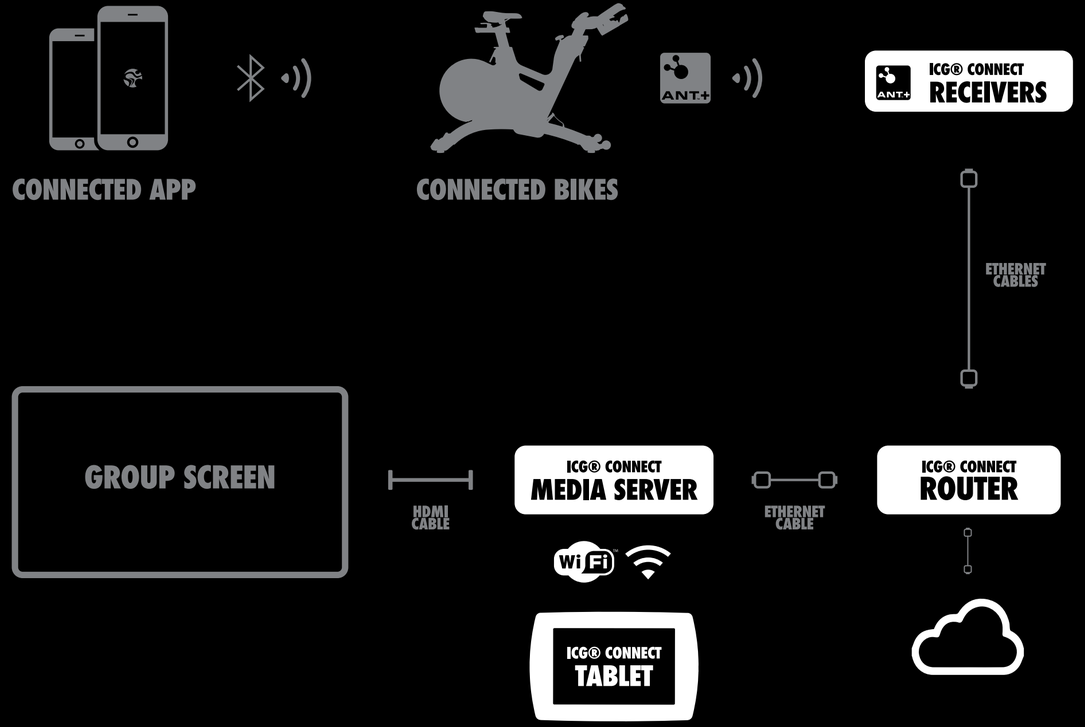
ICG® Training adjusts connected bikes to your members' personal settings and identifies them to Connect. Participants can record activity, view results, and share with friends and coaches.

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

CONNECTED TRAINING.

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

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



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

THE TECHNOLOGY

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

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

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

THE SOFTWARE

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

All workout options are controlled by the instructor.

THE EXPERIENCE

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

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

ICG® CONNECT
PROGRAMS

QUICK START

Coaching to RPM

POWER TRAINING

Coaching to Power with personalised %FTP training zones

HEART RATE TRAINING

Coaching to Heart Rate with personalised %HRM training zones

ICG® CONNECT
MODES

GROUP

Capturing all the riders' collective effort

PERSONAL

Encouraging an individuals achievement

SCENIC

Creating a group immersive journey

GROUP MODE

ICG® CONNECT
FEATURES

BATTLE

To stimulate peak performance through healthy competition

LEADERBOARD

Rewarding the top riders in class

ATHLETE VIEW

A closer look at the group's performance

TEAM POINTS

A single metric to achieve group goals

BATTLE VIEW

BRING THE HEAT

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

IGNITE

HEAT

ON-FIRE

BURN

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