



LifeFitness

INDOOR CYCLING SERIES

CONTENTS

IC7	6-15
IC6	16-21
IC5	22-27
IC4	28-31
IC2	32-33
IC1	34-35
IC8	36-39
COACH BY COLOR & MYRIDE VX	40-48



**COLORFUL
POWERFUL
CONNECTED**

LifeFitness

INDOOR CYCLES

POWERED BY ICG®



IC1



IC2



IC4



IC5



IC6



IC7

LifeFitness

POWER TRAINER

POWERED BY ICG®



IC8



POWERED BY ICG®



2016
GERMAN DESIGN AWARD WINNER



2015
ISPO AWARD WINNER



2015
PLUS-X AWARD WINNER



2015
BODYLIFE AWARD WINNER



2014
REDDOT AWARD WINNER



IC7 INDOOR CYCLE

The multiple award winning IC7 combines a modern design with an extended range of top features. The most precise WattRate® Power Meter, Coach By Color® intensity guide for the user, maximum user comfort, easy servicing and data exchange with external devices, makes the IC7 a one of a kind Indoor Cycle.

- WattRate® Power Meter (direct, +/-1% tolerance)
- WattRate® TFT Computer with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- 300 degree resistance control via dial
- Supported handlebar & saddle height adjustment
- Full cover shroud
- 2-Stage drivetrain
- Stepless 4-way adjustment of handlebar & saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates
- Arc frame access



**MAGNETIC
RESISTANCE**



**WATTRATE®
DIRECT POWER**



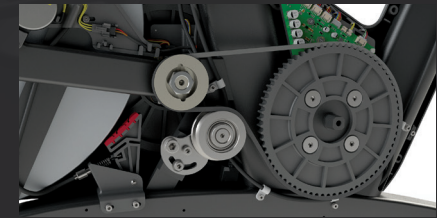
**COACH BY
COLOR®**



**CONNECT
TECHNOLOGY**

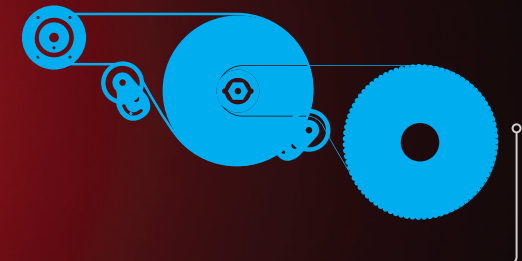


**SELF POWERED
GREEN ENERGY**

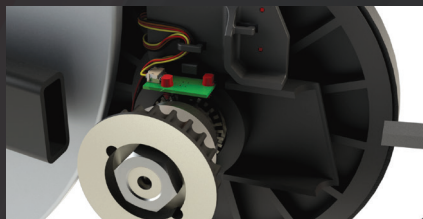


2-STAGE DRIVETRAIN

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.



WATTRATE® DIRECT POWER METER

The launch of WattRate® — the market's most accurate power meter that offers a direct measuring tolerance of +/- 1%. Such accuracy is groundbreaking in Indoor Cycles. The WattRate® direct power meter is located at the intermediate transmission and uses photocells to directly measure the torsion (twisting force) of the spindle. The design never requires recalibration and is fully resistant to external factors such as temperature, humidity and transportation.

Uses photocells to directly measure the torsion (twisting force) of the spindle.





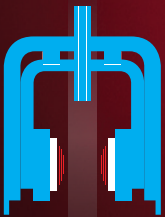
LIGHT RESISTANCE

0%

STOP
PUSH DOWN

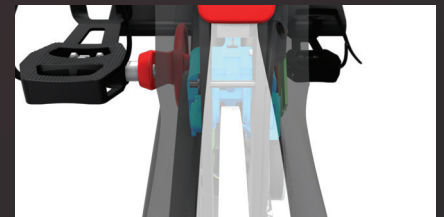
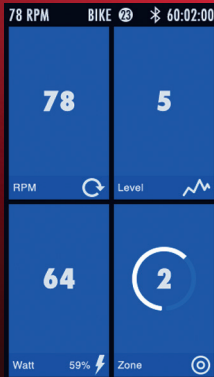
HEAVY RESISTANCE

100%



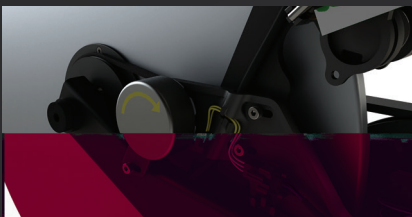
A contactless positioning sensor to measure the magnet position for optimum resistance adjustment.

DISPLAY 1



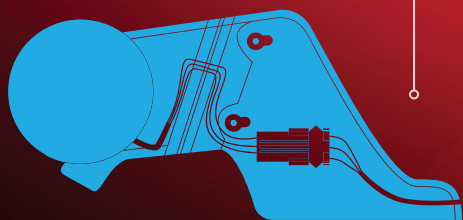
300-DEGREE MAGNETIC RESISTANCE

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 WattRate® TFT computer; all at one flick of the user's wrist.

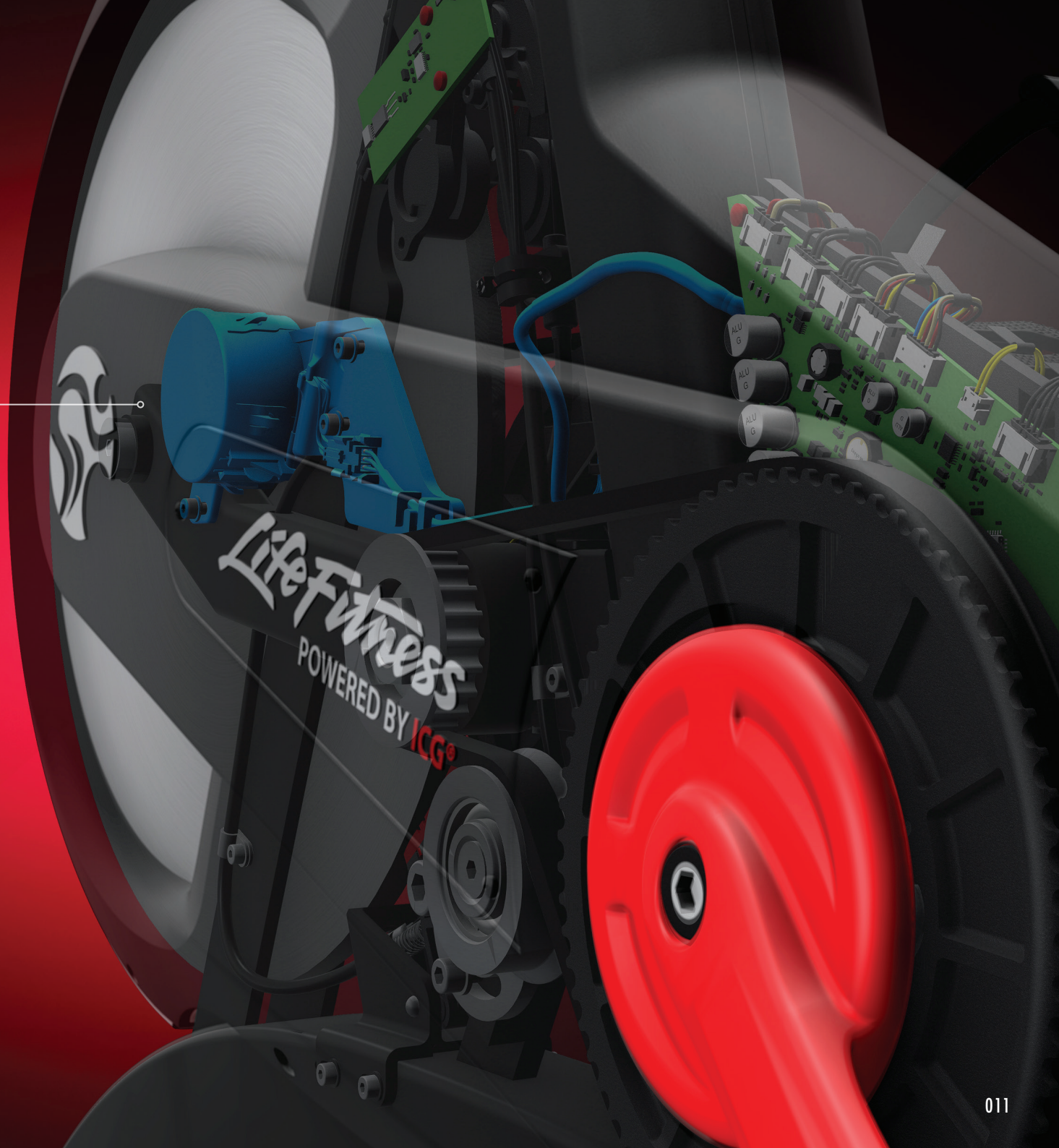


SELF-POWERED GENERATOR

Renewable, green-energy. No batteries required. Capturing the riders energy the compact generator at the flywheel recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.



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 with 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

OVER-CAM FLIP LEVERS

SPD-COMPATIBLE PEDALS

PREMIUM PROTECTION PLATES



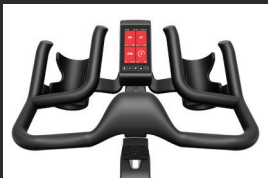
ADVANCED BIKE-FIT

155MM Q FACTOR

FULL FRAME SHROUD

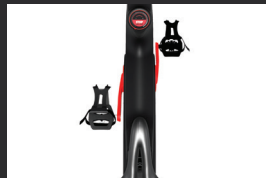
OVERSIZED STABILIZER BARS

ARC FRAME ACCESS



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 WattRate® TFT computer 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.

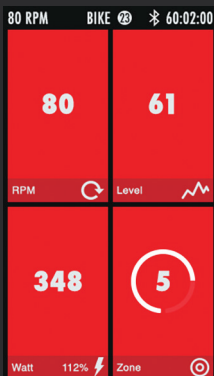


WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature displays individual training intensity for the user. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG® Connect & ICG® Training App).

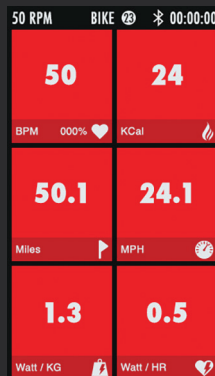


**CONSOLE DISPLAYS COACH BY COLOR®
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED**



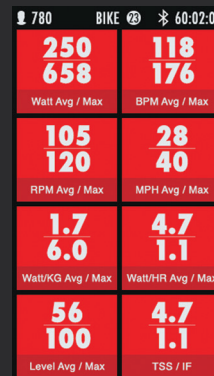
DISPLAY 1

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



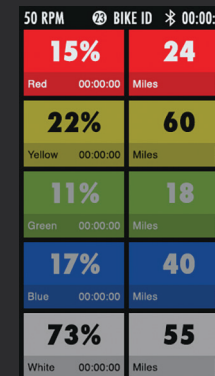
DISPLAY 2

Shows the user's further detailed "actual" performance data such as heart rate, watt / KG and watt / HR.



DISPLAY 3

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



DISPLAY 4

Displays real-time feedback of a user's time in each training zone – watt rate or heart rate training modes, along with how many miles and calories have been burnt in each training zone.



THE FRONT LED DISPLAY

The patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.





POWERED BY ICG®





IC6 INDOOR CYCLE

The IC6 combines innovative design with high-quality mechanical and electronic components. The WattRate® TFT computer with integrated power supply features performance indication in watts, data exchange with external devices as well as a Coach By Color® intensity guide for the user.

- WattRate® Power Meter
- WattRate® TFT Computer with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates



**MAGNETIC
RESISTANCE**



**WATTRATE®
POWER**



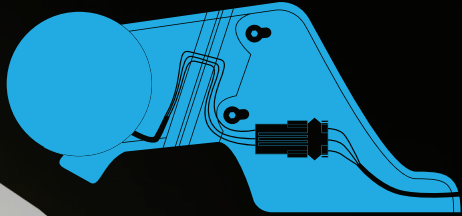
**COACH BY
COLOR®**



**CONNECT
TECHNOLOGY**



**SELF POWERED
GREEN ENERGY**



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



SELF-POWERED GENERATOR

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

ERGO-FORMED
HANDLEBAR

SPD-COMPATIBLE
PEDALS

PREMIUM
PROTECTION
PLATES



ADVANCED
BIKE-FIT

155MM
Q FACTOR

FULL FRAME
SHROUD

OVERSIZED
STABILIZER
BARS



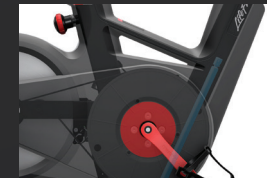
WATTRATE® POWER METER

The WattRate® Power Meter displays a precise measurement of the user's effort in watts. This precision is achieved by using the patent flywheel run down technology and while riding, a positioning sensor measures the resistance applied to the magnetic brake system.



MAGNETIC RESISTANCE

The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer.



"USER-ASSIST" POSTS

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

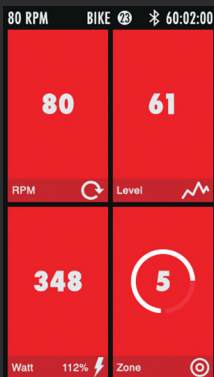


WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature displays individual training intensity for the user. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG® Connect & ICG® Training App).

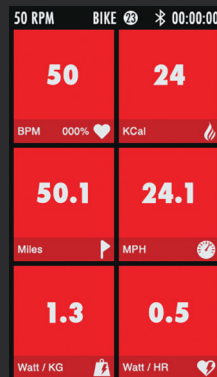


CONSOLE DISPLAYS COACH BY COLOR®
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED



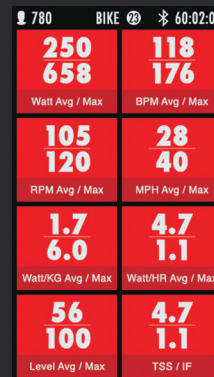
DISPLAY 1

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



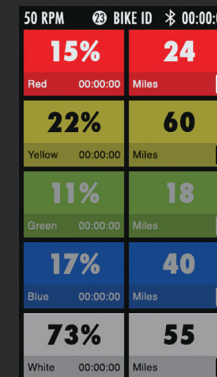
DISPLAY 2

Shows the user's further detailed "actual" performance data such as heart rate, watt / KG and watt / HR.



DISPLAY 3

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



DISPLAY 4

Displays real-time feedback of a user's time in each training zone - watt rate or heart rate training modes, along with how many miles and calories have been burnt in each training zone.



THE FRONT LED DISPLAY

The patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.

MAXIMUM



VERY HARD



MODERATE



LIGHT



VERY LIGHT





POWERED BY ICG®





IC5 INDOOR CYCLE

The IC5 combines innovative design with high-quality mechanical components. Thanks to the WattRate® LCD computer, IC5 features performance displayed in watts, data exchange with external devices as well as the Coach By Color® intensity guide (for the user only).

- WattRate® Power Meter
- WattRate® LCD Computer
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates



**MAGNETIC
RESISTANCE**



**WATTRATE®
POWER**



**COACH BY
COLOR®**



**CONNECT
TECHNOLOGY**



An integrated magnetic sensor measures the position of the magnet enabling to display the resistance level (0-100%) on the WattRate® computer. This way the resistance curve will be identical on all bikes.

The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.



MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. A service-free technology that provides the user a greater resistance range and reduces operational down time and cost.

ERGO-FORMED HANDLEBAR

SPD-COMPATIBLE PEDALS

PREMIUM PROTECTION PLATES



ADVANCED BIKE-FIT

155MM Q FACTOR

FULL FRAME SHROUD

OVERSIZED STABILIZER BARS



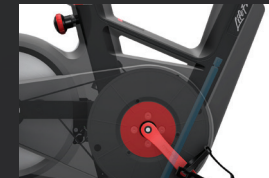
WATTRATE® POWER METER

The WattRate® Power Meter displays a precise measurement of the user's effort in watts. This precision is achieved by using the patent flywheel run down technology and while riding, a positioning sensor measures the resistance applied to the magnetic brake system.



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.



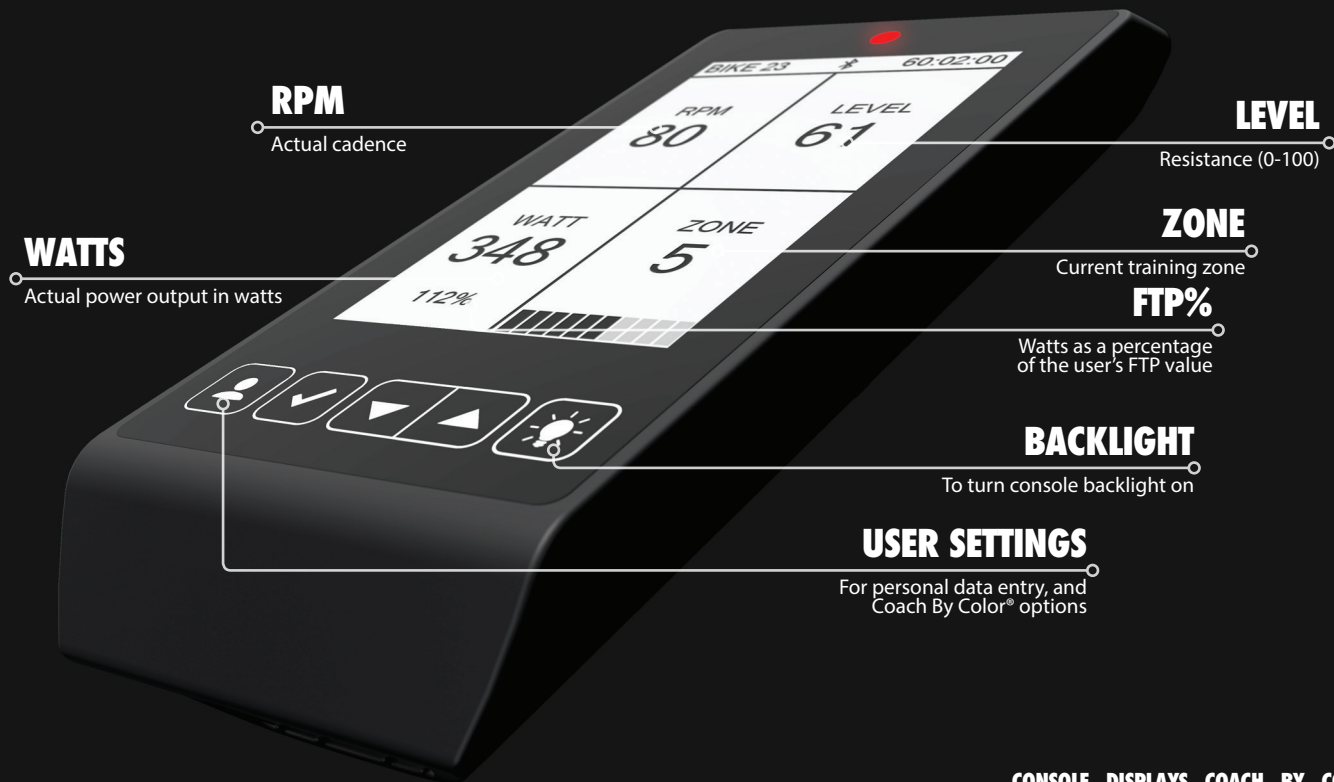
"USER-ASSIST" POSTS

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



WATTRATE[®] LCD COMPUTER

The WattRate[®] LCD Computer features a fully integrated LCD screen with on demand backlight function. A LED indicator located above the LCD screen 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. The five touch sensor buttons ensure a fast and intuitive operation of the computer, even during workouts. It's now possible to capture training related data to external devices via Bluetooth and ANT+ (including ICG[®] Connect & ICG[®] Training App).



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

BIKE 23		60:02:00	
RPM	LEVEL	80	61
WATT	ZONE	348	5
112%			

DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts and training zone.

BIKE 23		60:02:00	
♥ 100%	KCAL	165	100
MILES	MPH	120	05
WATT/KG	WATT/HR	1.2	0.5

DISPLAY 2

Shows the user's further detailed "actual" performance data such as heart rate, watt / KG and watt / HR.

BIKE 23		60:02:00	
WATT MAX	WATT AVG	658	250
♥ MAX	♥ AVG	183	152
RPM MAX	RPM AVG	120	102
MPH MAX	MPH AVG	40	28

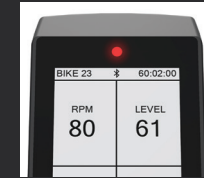
DISPLAY 3

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

BIKE 23		60:02:00	
106-150+% ZONE 5	▶ 00:10:00	10 %	
91-105% ZONE 4	00:15:00	20 %	
76-90% ZONE 3	00:25:00	40 %	
56-75% ZONE 2	00:12:00	15 %	
< 55% ZONE 1	00:12:00	15 %	

DISPLAY 4

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



THE LED INDICATOR

The LED indicator above the main screen displays Coach By Color® intensity training. The user's training zones are displayed in colors to motivate riders and guide the workout.

MAXIMUM ●

VERY HARD ●

MODERATE ●

LIGHT ●

VERY LIGHT ●



POWERED BY ICG®





IC4 INDOOR CYCLE

The IC4 combines modern design with high-grade mechanical components, making it the best premium bike in its class. The belt drivetrain and the magnetic brake system is virtually maintenance-free and also provides a superior ride.

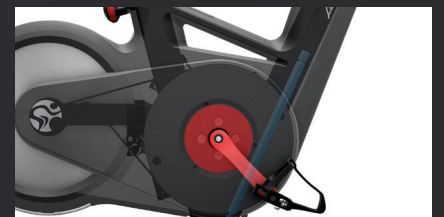
- Magnetic brake system
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates



MAGNETIC
RESISTANCE



A gas assisted adjustment and pop-pin levers are incorporated into the offset frame.



"USER-ASSIST" POSTS

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

ERGO-FORMED
HANDLEBAR

SPD-COMPATIBLE
PEDALS

PREMIUM
PROTECTION
PLATES



ADVANCED
BIKE-FIT

155MM
Q FACTOR

FULL FRAME
SHROUD

OVERSIZED
STABILIZER
BARS



MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.



POLY-V BELT DRIVETRAIN

The drivetrain equipped with Poly-V belt can transfer extreme levels of torque smoothly and its 1:10 gear ratio generates an incredibly fast flywheel speed.



ADVANCED BIKE FIT

The off-set frame design provides a perfect geometry enabling a wide range of bike adjustments. High-grade aluminum seat and handlebar posts reduce weight, making user-adjustments easier, safer and more durable.



POWERED BY ICG®





IC2 INDOOR CYCLE

A simple feature set, without compromise on proven engineering, gives you an incredible ride at an incredible value. The Life Fitness IC2 offers a Poly-V belt drivetrain, dual sided pedals and an optional console to measure your exercise output.

- 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)



POWERED BY ICG®





IC1 INDOOR CYCLE

The Life Fitness IC1 brings an incredible indoor cycling experience to your home. Our entry-level cycle offers a simplified feature-set without compromise on premium grade materials, proven engineering, or aesthetics.

- Poly-V belt drivetrain system
- Chrome plated posts
- Perimeter-weighted flywheel
- Regular pedals
- Sweat guard
- Built-in handlebar sensors
- Wired on-board computer



POWERED BY ICG®





IC8 POWER TRAINER

Inspired by the movement of road cycling, triathlon and athletic performance training, the IC8 is an indoor power trainer with greater power accuracy and wattage than any other indoor trainer.

- Wattrate® Direct Power Meter
- Wattrate® TFT Computer with Polar View
- Bluetooth® & ANT+ Connection
- 0 - 3800W Magnetic Resistance
- Oversized Chain with Automated Tensioning System
- Freewheel Drivetrain
- Pro Performance Handlebars
- Advanced Bike Fit
- Self-Powered
- User Assist Posts
- Full-Cover Shroud
- Arc Frame Access
- Oversized Stabilizer Bars with Leveling Feet
- Padded Unisex Performance Saddle
- SPD Dual-Sided Pedal with Toe Cage



**MAGNETIC
RESISTANCE**



**WATTRATE®
DIRECT POWER**



**COACH BY
COLOR®**



**CONNECT
TECHNOLOGY**



**SELF POWERED
GREEN ENERGY**



OVERSIZED CHAIN AND AUTOMATED TENSIONING

Inspired by the movement of road cycling, triathlon and athletic performance training, the IC8 is an indoor power trainer for serious riders and all athletes. With greater power accuracy and wattage than any other indoor trainer, the IC8 delivers superior results.

Automated tensioning for
reduced servicing



USER ASSIST
POSTS

FULL-COVER SHROUD

155MM
Q FACTOR



4-WAY STEPLESS
ADJUSTMENT

OFFSET FRAME

SELF POWERED



0-3800W MAGNETIC RESISTANCE

The IC8 delivers up to 3800 watts through a single resistance dial that provides a rider with instant control of their intensity by moving from 0 to 100 percent of maximum resistance in less than one turn.



FREEWHEEL DRIVETRAIN

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



WATTRATE® DIRECT POWER METER

The most accurate power meter offers a direct measuring tolerance of +/- 1%.



POWERED BY ICG®

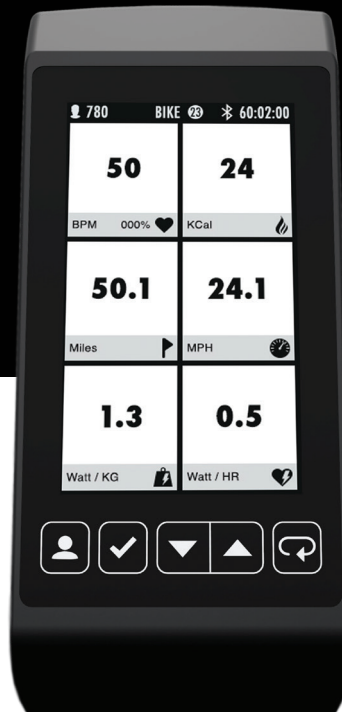
PERFORMANCE INSIGHT, DONE RIGHT

With the IC8 Power Trainer, access all the data you need when you need it. See lap and workout summary information directly on the screen. Let Coach By Color® zones guide your intensity. Monitor Intensity Factor (IF) and Training Stress Score (TSS) to keep you on track.



DISPLAY 1

Shows actual performance data in one screen view, including rpm, resistance level, watts, training zone and dynamic lap function.



DISPLAY 2

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



DISPLAY 3

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

Console displays Coach By Color® performing in the very light training zone – White



DISPLAY 4

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



DISPLAY 5

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



SUMMARY

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

WATTRATE®

WHY POWER?

Power meter training on Indoor Cycles heralds a new era. Like heart rate monitors that were used by pro riders they soon became mainstream, power meters are now widespread amongst pro riders, are used by many amateur riders and the great news is they have finally made it to Indoor Cycling for fitness.

WattRate® is ICG's technology to measure the user's power output displayed in watts. This performance data can be applied in training programs to maximize workout results.

FTP: ONE NUMBER THAT COUNTS

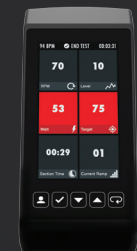
Functional Threshold Power is one of the key factors of your power cycling armory but what is it? It's generally agreed that FTP is the maximal power output that can be sustained for the duration of one hour, the classic time trial. FTP is the best single marker for fitness in cycling. The higher your FTP is, the stronger you are, and workouts are recorded as a percent of FTP. This means that when your FTP increases, the workouts get harder to maintain the same difficulty.

FUNCTIONAL THRESHOLD (FTP) POWER TEST

IN THE
ZONE



OUT OF
ZONE



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 "FTP (Power) Test" is a highly engaging, rewarding workout.



WHY COACH BY COLOR®

Coach By Color® is to bring a simple and intuitive form of communication to Group Cycling to improve the riders experience and to achieve their fitness results in less time. The LED indicator above the main screen displays Coach By Color® intensity training. The user's training zones are displayed in colors to motivate riders and guide the workout.

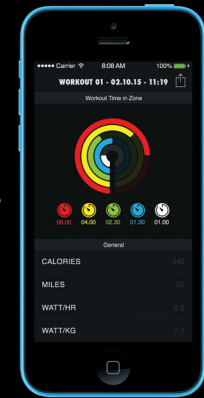
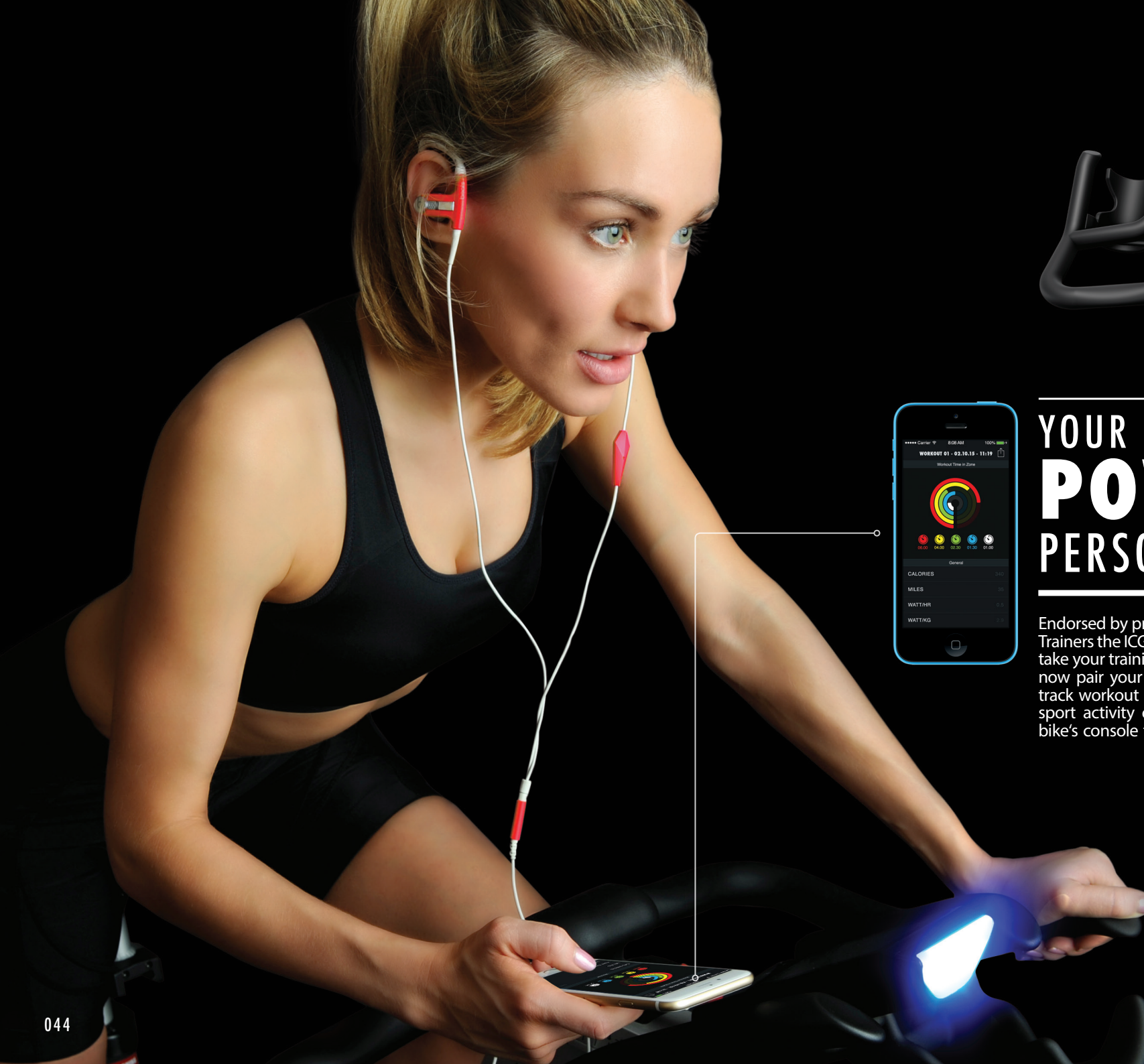
TRAINING ZONES

COACH BY COLOR® HAS FIVE COLORED TRAINING ZONES: WHITE, BLUE, GREEN YELLOW & RED.

These zones can be linked to WattRate® (Power) and Functional Threshold Power® (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the 5 colored zones to accurately coach their effort for the best customized results.

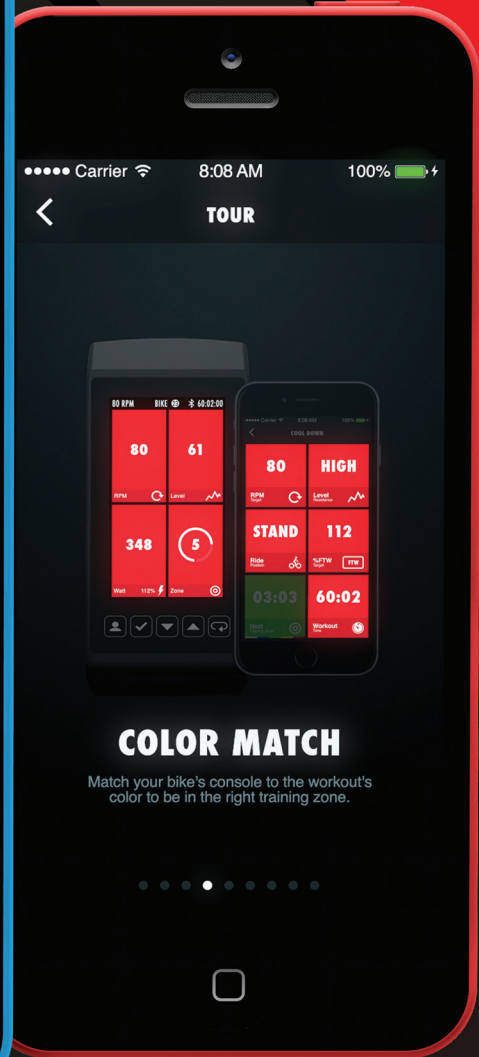


*Training zone values shown as %FTP



YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

Endorsed by pro athletes, and designed by ICG® Master Trainers the ICG® Training App provides free workouts to take your training to the max. Via Bluetooth 4.0 you can now pair your training applications to view, save and track workout history. Select workouts by fitness goal, sport activity or specialist program then match your bike's console to the workout's color to be in the right training zone.





ICG[®] TRAINING APP USERS CAN SELECT, CUSTOMIZE, SAVE AND EVEN SHARE WORKOUTS BETWEEN FRIENDS.

- Select workouts by fitness goal, sport activity or specialist program
- Color Match – it's the easiest way to train with power, and guarantees results
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Ready, steady, go - fast user data transfer onto the WattRate[®] Computer
- Data exchange with external devices - save & track your fitness results after every workout



SELECT CUSTOMIZE & SHARE



ICG TRAINING



DOWNLOAD NOW

APP.TEAMICG.COM



Available on the
App Store



GET IT ON
Google play





myride

RIDE

EVERYWHERE
ANYTIME

MYRIDE® VX BRINGS YOU THE
BEST IN IMMERSIVE, VIDEO-BASED
FITNESS PROGRAMING



MYRIDE® VX GIVES OUR AWARD WINNING INDOOR CYCLES A FULL BOOST OF ADRENALINE.

Adding immersive, video-based instruction directly to the handlebar redefines the bike's user experience. Unlike bikes that only offer "exertainment", or bikes that focus on pure performance data, our Indoor Cycles with Myride VX does both, and better; advanced data accuracy, results-orientated coaching, and stunning footage from around the globe.

* Myride VX is compatible with IC5, IC6 and IC7



MYRIDE®

WORLD VIEW



RIDE FREE OF ANY DISTRACTION AND GET IMMERSED IN THE STUNNING VIEW AHEAD.

Enhance your workout with footage from over 500 unique locations from around the world, from the Italian alps to road trails in California.



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 languages include English, German, Spanish and Polish.



MYRIDE®

STUDIO COACH



IMMERSIVE ON-SCREEN COACHED WORKOUTS DELIVER RESULTS.

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

Available languages include English, German, Spanish and Polish.





ALL OUR MYRIDE VX “VIRTUALLY INSTRUCTED APPS” FEATURE COACH BY COLOR® INSTRUCTION — SO YOU KNOW EXACTLY HOW MUCH EFFORT TO GIVE WHEN RIDING OUR INDOOR CYCLES.

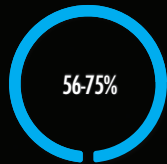
Such easy-to-follow, and engaging coaching takes the category of “virtual” workouts to a new level, and this is only the start.*



<55%



VERY LIGHT



56-75%



LIGHT



76-90%



MODERATE



91-
105%



VERY HARD



106-
150+%



MAXIMUM

* Training zone values shown as % FTP

SPECIFICATIONS

	IC1	IC2	IC4
POWER MEASUREMENT (WATT)	No	No	No
COMPUTER	Wired on-board computer	ANT+ Computer (optional)	No
COMPUTER POWER SUPPLY	Batteries	Batteries	No
TRAINING INTENSITY GUIDE	No	No	No
CONNECT TECHNOLOGY	No	No	No
WORKOUT TRACKING	No	No	No
RESISTANCE SYSTEM	Friction	Friction	Magnetic
EMERGENCY STOP	Push	Push (EN-957-10)	Push (EN-957-10)
FLYWHEEL	Front, steel, 40 lbs. (18 kg)	Front, steel, 33 lbs. (15 kg)	Rear, aluminum , evenly-weighted
DRIVETRAIN	Poly-V belt	Poly-V belt	Poly-V belt
DRIVETRAIN GEAR RATIO	1:3	1:3	1 : 10
FRAME COLOR	Matte slate	Matte slate	Matte slate
FRAME MATERIAL	Steel	Steel	Steel
SHROUDS/GUARDS	Drivetrain & resistance technology	Drivetrain & resistance system	Full frame
FRAME DESIGN	Parallel	Parallel	Off-set
ADJUSTMENT TYPE	Dials & levers	Dials & levers	Dials & levers
POSTS & SLIDERS	Chrome plated, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment
USER ASSIST ADJUSTMENTS	No	Handlebar assisted	Handlebar assisted
Q FACTOR	6.81" (173mm)	6.81" (173mm)	6.1" (155mm)
CRANK TYPE	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)
PEDAL TYPE	Regular & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
HANDLEBAR	Multi position, PVC	Multi position, PVC	Ergo-formed, multi position, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical	Vertical	Vertical & horizontal
SADDLE ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
WATER BOTTLE HOLDER	Single, on frame	Single, on frame	Dual, integrated on handlebar
FRAME STABILIZER BARS	Standard	Standard	Oversized, hidden bolts
MAX USER WEIGHT	287 lbs (130 kg)	287 lbs (130 kg)	330 lbs (150 kg)
ASSEMBLED WEIGHT	112 lbs (51 kg)	106 lbs (48 kg)	110 lbs (50 kg)
ASSEMBLED DIMENSIONS	45.3"L x 21.7"W x 43.3"H (115 cm x 55 cm x 110 cm)	47"L x 21"W x 43"H (120 cm x 53 cm x 110 cm)	52"L x 20.5"W x 47.2"H (132 cm x 52 cm x 120 cm)

SPECIFICATIONS

	IC5	IC6	IC7	IC8
POWER MEASUREMENT (WATT)	WattRate® Power Meter (ISO 20957-10)	WattRate® Power Meter (ISO 20957-10)	WattRate® Direct Power Meter (+/-1%)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	WattRate® LCD Computer	WattRate® TFT Computer	WattRate® TFT Computer	WattRate® TFT Computer with Polar View
COMPUTER POWER SUPPLY	Batteries	Self-powered generator with LiPo battery	Self-powered generator with LiPo battery	Self-powered generator with LiPo battery
TRAINING INTENSITY GUIDE	Coach By Color®	Coach By Color®	Coach By Color®	Coach By Color®
CONNECT TECHNOLOGY	Bluetooth and ANT+	Bluetooth and ANT+	Bluetooth and ANT+	Bluetooth and ANT+
WORKOUT TRACKING	ICG Training App	ICG Training App	ICG Training App	ICG Training App
RESISTANCE SYSTEM	Magnetic	Magnetic	Magnetic	0-3800W Magnetic Resistance
EMERGENCY STOP	Push (EN-957-10)	Push (EN-957-10)	Push (EN-957-10)	No
FLYWHEEL	Rear, aluminum , evenly-weighted	Rear, aluminum , evenly-weighted	Rear, aluminum , evenly-weighted	Rear, aluminum, evenly weighted
DRIVETRAIN	Poly-V belt	Poly-V belt	2-Stage Hybrid Poly-V & tooth belt	2-stage hybrid chain & Poly-V belt, freewheel
DRIVETRAIN GEAR RATIO	1 : 10	1 : 10	1:11	1:13.75
FRAME COLOR	Matte slate	Matte slate	Matte slate	Matte slate
FRAME MATERIAL	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Full frame	Full-cover shroud
FRAME DESIGN	Off-set	Off-set	Off-set	Off-set with arc frame access
ADJUSTMENT TYPE	Dials & levers	Dials & levers	Levers	Levers
POSTS & SLIDERS	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment	Aluminum, stepless adjustment	Black anodized aluminum
USER ASSIST ADJUSTMENTS	Handlebar assisted	Handlebar assisted	Handlebar and saddle assisted	Handlebar and saddle assisted
Q FACTOR	6.1" (155mm)	6.1" (155mm)	6.1" (155mm)	6.1" (155mm)
CRANK TYPE	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)
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	Pro performance handlebar, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	4-way stepless, vertical and horizontal
SADDLE ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	4-way stepless, vertical and horizontal
WATER BOTTLE HOLDER	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Single, integrated on handlebar
FRAME STABILIZER BARS	Oversized, hidden bolts	Oversized, hidden bolts	Oversized, hidden bolts	Oversized, hidden bolts and fixings
MAX USER WEIGHT	330 lbs (150 kg)	330 lbs (150 kg)	330 lbs (150 kg)	330 lbs (150 kg)
ASSEMBLED WEIGHT	112 lbs (51 kg)	112 lbs (51 kg)	119 lbs (54 kg)	119 lbs (54 kg)
ASSEMBLED DIMENSIONS	52"L x 20.5"W x 47.2"H (132 cm x 52 cm x 120 cm)	52"L x 20.5"W x 47.2"H (132 cm x 52 cm x 120 cm)	52"L x 20.5"W x 40.2"H (132 cm x 52 cm x 102 cm)	53.7"L x 20.5"W x 40.5"H (144 cm x 52 cm x 103 cm)

LifeFitness

Kapcsolat:

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