



# THE HOME OF INDOOR CYCLING





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# WELCOME TO ICG®

ICG® is a global leader specializing in the design, manufacturing and programming of Indoor Cycling equipment. For over 25 years Team ICG® has globally motivated, mentored and measured positive change in the lives and rides of its instructors and community. We're not the many, but the few that make a difference. Believing in better. Striving together. Advancing together. We're your teammate and team leader. **Team** is everything we stand for. **ICG®** is who we are: Crew, Master Trainers and Fans. Team ICG® is woven into our jerseys and our daily attitude. It's our brand, our intent and our community.

**We ride UNITED as one global family.**





# MAKING FITNESS MORE COLORFUL

Coach By Color® standardizes and optimizes a user's indoor cycling training experience either in a group, personal or cardio floor setting allowing them to manage and maximize the results from whichever format they choose for their training. 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.

The Coach By Color® power program relies on color's natural stimulating properties to accurately coach a user's effort during a workout. It elicits the right psychological and physiological responses to encourage greater effort. It fosters connections among members and enhances instructor communication, and therefore increases social interaction while maximizing results. These benefits boost new member acquisition and retention. Coach By Color® is a very important part of the physical and digital ICG® products and is the link to the Team ICG® services. Coach By Color® makes Fitness more colorful!

Available for IC5-IC8



## VERY LIGHT

% FTP: <55%  
% HR<sup>MAX</sup>: <60%  
Time in zone:  
Infinity



## LIGHT

%FTP: 56-75%  
% HR<sup>MAX</sup>: 61-70%  
Time in zone:  
3- >8 H



## MODERATE

%FTP: 76-90%  
% HR<sup>MAX</sup>: 71-80%  
Time in zone:  
3-8 H



## HARD

%FTP: 91-105%  
% HR<sup>MAX</sup>: 81-90%  
Time in zone:  
10-60 Min



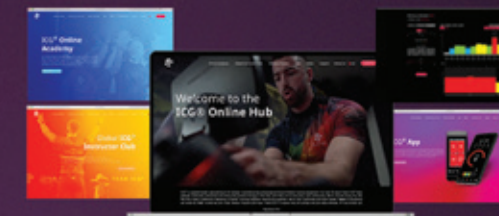
## MAXIMUM

%FTP: 106-120%  
% HR<sup>MAX</sup>: 91-100%  
Time in zone:  
1-8 Min



## ICG® COMMUNITY

Team ICG® passes on its passion for indoor cycling to thousands of instructors around the globe every year. Live global ride events happen every year uniting instructors and cycling enthusiasts keeping our ICG® community on the rise. Thanks to the Instructor Club, ICG® is able to provide fully trained instructors with expert knowledge and exclusive advantages. Through numerous events ICG® inspires people to take up indoor cycling.



## ICG® ONLINE HUB

The ICG® Online Hub is a unique platform for instructors and cycling enthusiasts around the world. Cycling fans have the opportunity to gain deeper cycling knowledge and training inspiration, use their Indoor Cycling know-how for creating powerful Coach By Color® workouts via the ICG® Workout Builder or to join the unique Global ICG® Instructor Club!



## ICG® INDOOR CYCLES

Inspired by the demands of customers around the world, the ICG® product family was developed. The ICG® bikes stand for high-quality technology, leading innovation and modern design. Absolute precise power measurement via the WattRate® sensor system (deviation +/- 1%) as well as the Coach By Color® function make training sessions on the ICG® Indoor Cycles effective and motivating.



## ICG® APP

Whether at home, on the gym floor or in a cycling class, the ICG® App is perfect for a general exerciser or advanced athlete! Based on the Coach By Color® system Instructor led Coach By Color® rides and Official pre-designed ICG® workouts can be recorded and tracked with the app. Users can easily share training results with friends via social media after a workout.



## ICG® CONNECT

The ICG® Connect System utilizes all the unique features of the ICG® products: Coach By Color® and Heat zones, animated interactive bike computers, forward motion video, gamification, and all the users training data is collected via the ICG® App. This complete ecosystem of group training inspires personal peak-performance and increases social interaction, the foundation for any successful group training format.



# INDOOR CYCLES

IC4

IC5

IC6

IC7







REDDOT AWARD  
WINNER



PLUS-X AWARD  
WINNER



ISPO PRODUCT  
OF THE YEAR



GERMAN DESIGN  
AWARD WINNER



IC7

# THE 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 and the instructor, maximum user comfort, easy servicing and data exchange with external devices makes the IC7 a one of a kind Indoor Cycle.

MAKING FITNESS MORE COLORFUL.



MAGNETIC  
RESISTANCE



WATTRATE®  
DIRECT POWER



COACH BY  
COLOR®



CONNECT  
TECHNOLOGY



SELF POWERED  
GREEN ENERGY

- WattRate® Power Meter (direct, +/-1% tolerance)
- WattRate® TFT Computer 2.0 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
- Rear lifting handle

- 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

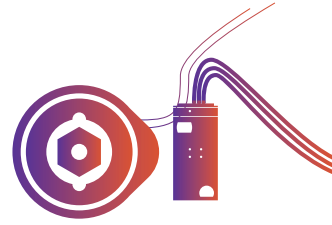
The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.



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

#### **WATTRATE® DIRECT POWER METER**

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.



**THE DESIGN NEVER  
REQUIRES RECALIBRATION  
AND IS FULLY RESISTANT TO  
EXTERNAL FACTORS SUCH AS  
TEMPERATURE, HUMIDITY AND  
TRANSPORTATION.**



**SMOOTH STEPLESS ADJUSTMENT  
RANGE FOR BOTH ATHLETES AND  
THE EVERYDAY EXERCISER.**

#### **USER-ASSIST POSTS**

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.



**SUPERIOR VERTICAL  
& HORIZONTAL BIKE  
ADJUSTMENTS**



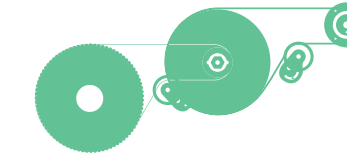




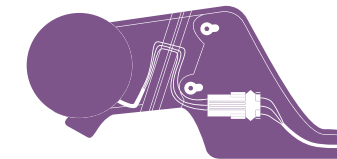
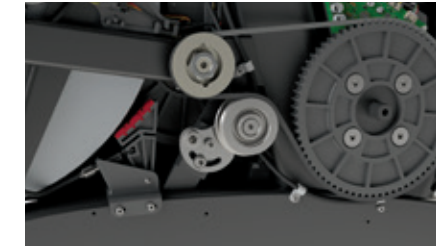
**ULTIMATE CONNECTION  
TO EVERY PEDAL STROKE**

### **TWO-STAGE DRIVETRAIN**

With an immense 1:11 gear ratio, this revolutionary design equipped with ICG's hybrid Poly-V and 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.**



**A COMPACT GENERATOR AT THE FLYWHEEL RECHARGES THE BIKE'S INTEGRATED LITHIUM POLYMER BATTERY**

### **SELF-POWERED GENERATOR**

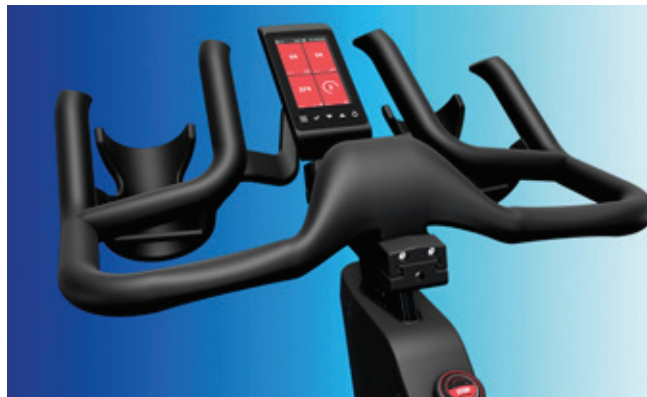
No batteries required. The compact generator at the flywheel captures the rider's energy and recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.



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







### ERGO-FORMED HANDLEBAR

A wide, soft PVC bar provides larger users with more support. It features time trial bar ends, central ride easy position and it intelligently integrates the WattRate® TFT Computer 2.0 by not exposing any cables and allowing the computer position to adjust in-line with the bars.



### ADVANCED BIKE FIT

The offset 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.



### 155 MM Q-FACTOR

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 optimal biomechanical positioning, increased comfort and efficiency in every pedal stroke.



### MAGNETIC RESISTANCE

The resistance dial gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the 300-degree dial is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer 2.0.

### ERGO-FORMED HANDLEBAR

### ADVANCED BIKE-FIT

### SPD-COMPATIBLE PEDALS

### 155MM Q-FACTOR

### PREMIUM PROTECTION PLATES

### FULL FRAME SHROUD

### REAR LIFTING HANDLE

### OVERSIZED STABILIZER BARS





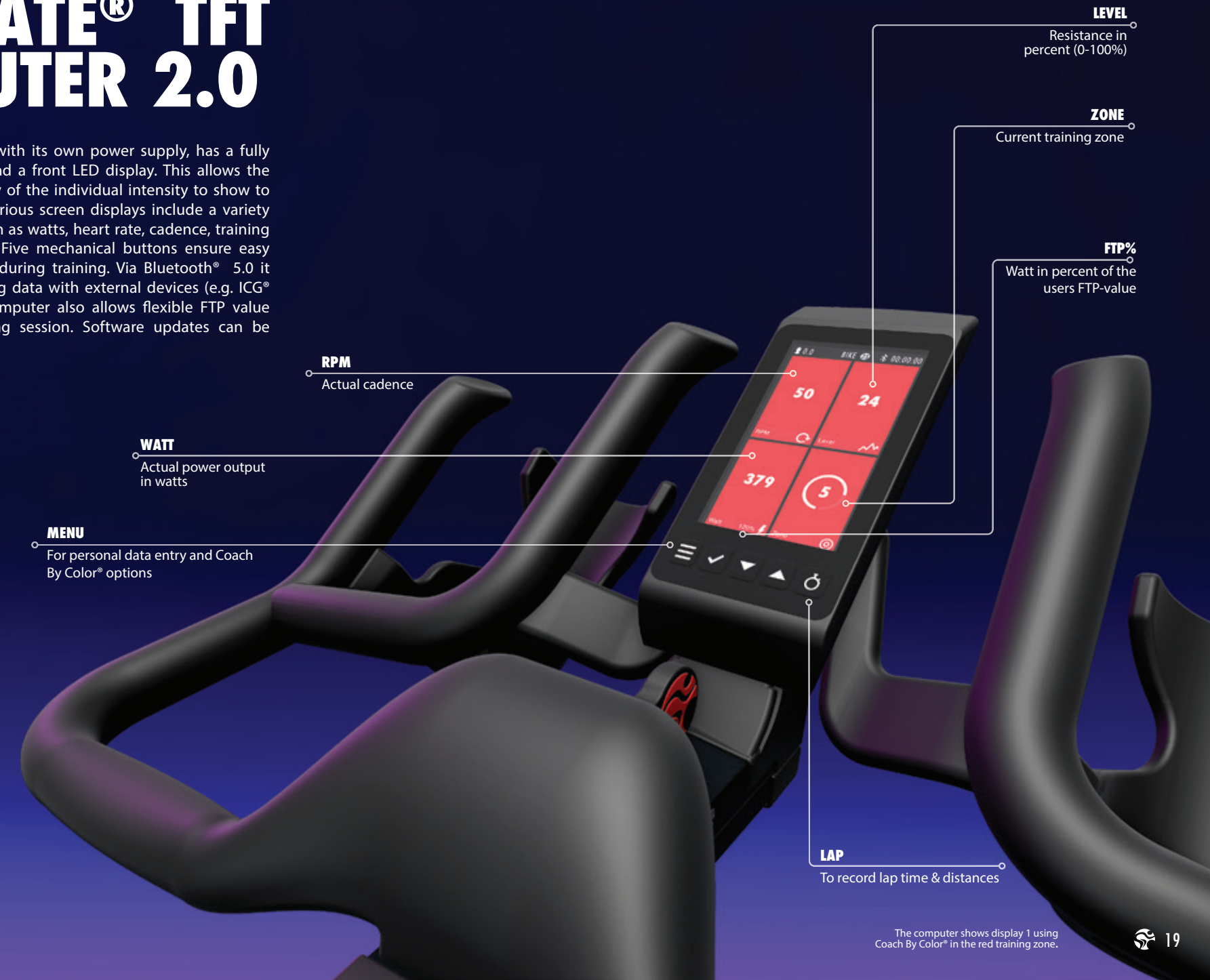
## LED FRONT DISPLAY WITH COACH BY COLOR®

The LED Front 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.



## WATTRATE® TFT COMPUTER 2.0

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 it is possible to exchange training data with external devices (e.g. ICG® App or ICG® Connect). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.



The computer shows display 1 using Coach By Color® in the red training zone.





IC6

# THE IC6 INDOOR CYCLE

The IC6 combines innovative design with high-quality mechanical and electronic components. The WattRate® TFT computer 2.0, 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.



**MAGNETIC  
RESISTANCE**



**WATTRATE®  
DIRECT POWER**



**COACH BY  
COLOR®**



**CONNECT  
TECHNOLOGY**



**SELF-POWERED  
GREEN ENERGY**

- WattRate® Power Meter
- WattRate® TFT Computer 2.0 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 height adjustment
- Full cover shroud

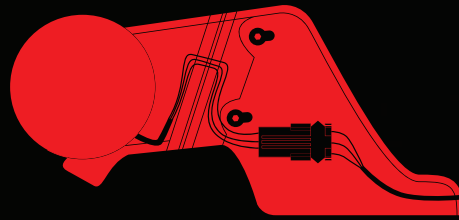
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar & saddle
- Off-set frame geometry with 155 mm Q Factor
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Standard stabilizer bars incl. leveling feet
- Premium protection/stretch plates

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.





This self-powering technology feeds all the bike's electronics and empowers the full color display on the WattRate® TFT computer 2.0 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.



#### MAGNETIC RESISTANCE

The resistance dial gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the 300-degree dial is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer 2.0.



#### USER-ASSIST POST

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



#### 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.

#### ERGO-FORMED HANDLEBAR



#### ADVANCED BIKE-FIT

#### SPD-COMPATIBLE PEDALS

#### 155MM Q-FACTOR

#### FULL FRAME SHROUD

#### OVERSIZED STABILIZER BARS

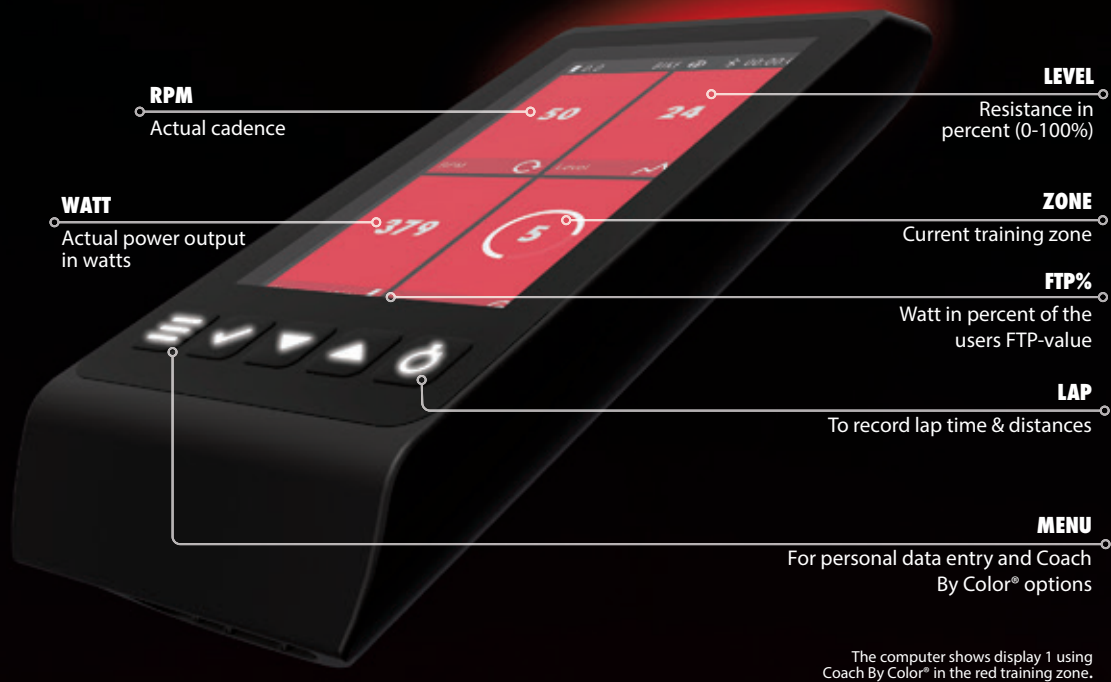
#### PREMIUM PROTECTION PLATES





# WATTRATE® TFT COMPUTER 2.0

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 screens 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 it is possible to exchange training data with external devices (e.g. ICG® App or ICG® Connect). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.



## LED FRONT DISPLAY WITH COACH BY COLOR®

The LED Front 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.

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



**DISPLAY 01**  
Shows the user's "actual" performance data, including RPMs, resistance level, watts, training zone and dynamic lap function.



**DISPLAY 02**  
Shows further detailed "actual" performance data such as heart rate, watt/KG and watt/HR.



**DISPLAY 03**  
Provides the user with a quick review of "maximum" and "average" performance values during the workout along with lap statistics.



**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







IC5

# THE IC5 INDOOR CYCLE

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



**MAGNETIC  
RESISTANCE**



**WATTRATE®  
POWER**



**COACH BY  
COLOR®**



**CONNECT  
TECHNOLOGY**

- WattRate® Power Meter
- WattRate® LCD Computer
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Magnetic brake system with position sensor
- 300 degree resistance control via dial
- Supported handlebar height adjustment
- Full cover shroud

- 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
- Standard stabilizer bars incl. leveling feet
- Premium protection/stretch plates

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.





#### 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.



#### MAGNETIC RESISTANCE

The resistance dial gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the 300-degree dial is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer.



#### USER-ASSIST POST

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



#### 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.



#### ERGO-FORMED HANDLEBAR

#### SPD-COMPATIBLE PEDALS

#### 155MM Q-FACTOR

#### PREMIUM PROTECTION PLATES

#### ADVANCED BIKE-FIT

#### FULL FRAME SHROUD

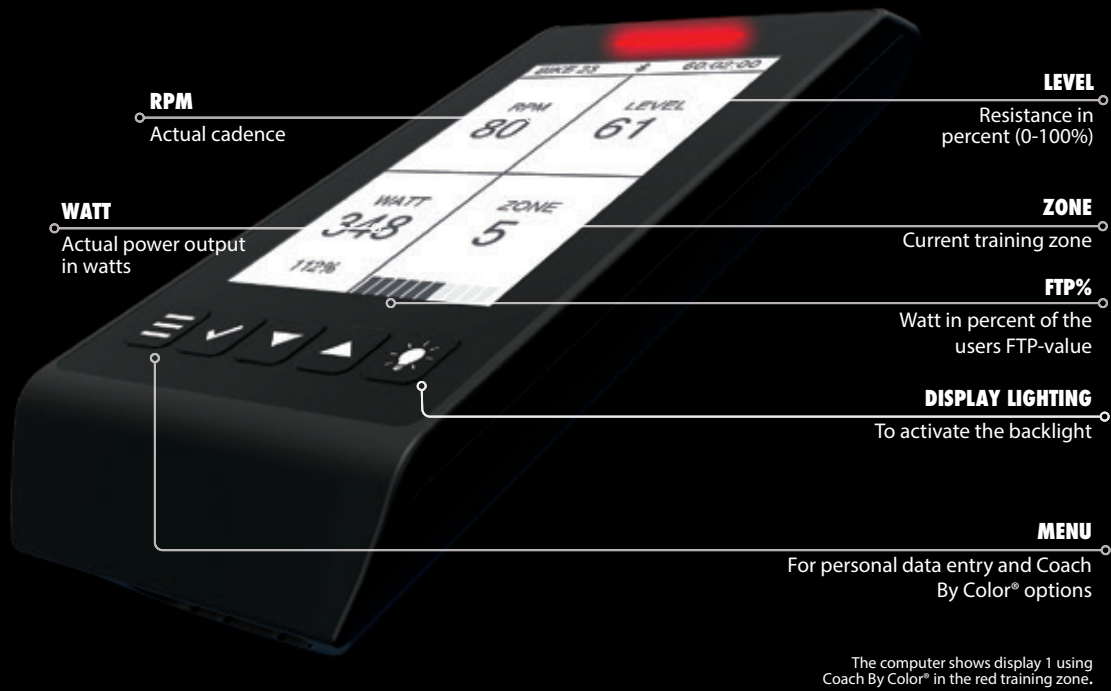
#### STANDARD STABILIZER BARS





# 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 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® App).



## LED INDICATOR WITH COACH BY COLOR®

The LED indicator above the main display provides the option to workout using the Coach By Color® intensity guide. The individual's training zones, based on either watts output or heart rate, is displayed in colors, as a way to motivate, manage training intensity and give participants greater understanding of their training.



**DISPLAY 01**  
Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts and training zone.



**DISPLAY 02**  
Shows the user's further detailed "actual" performance data such as heart rate, watt / KG and watt / HR.



**DISPLAY 03**  
Provides the user with a quick review of "maximum" and "average" performance values during the workout.



**DISPLAY 04**  
Displays real-time feedback of a user's time in each training zone – watt rate, or heart rate training modes.





IC4

# THE 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.

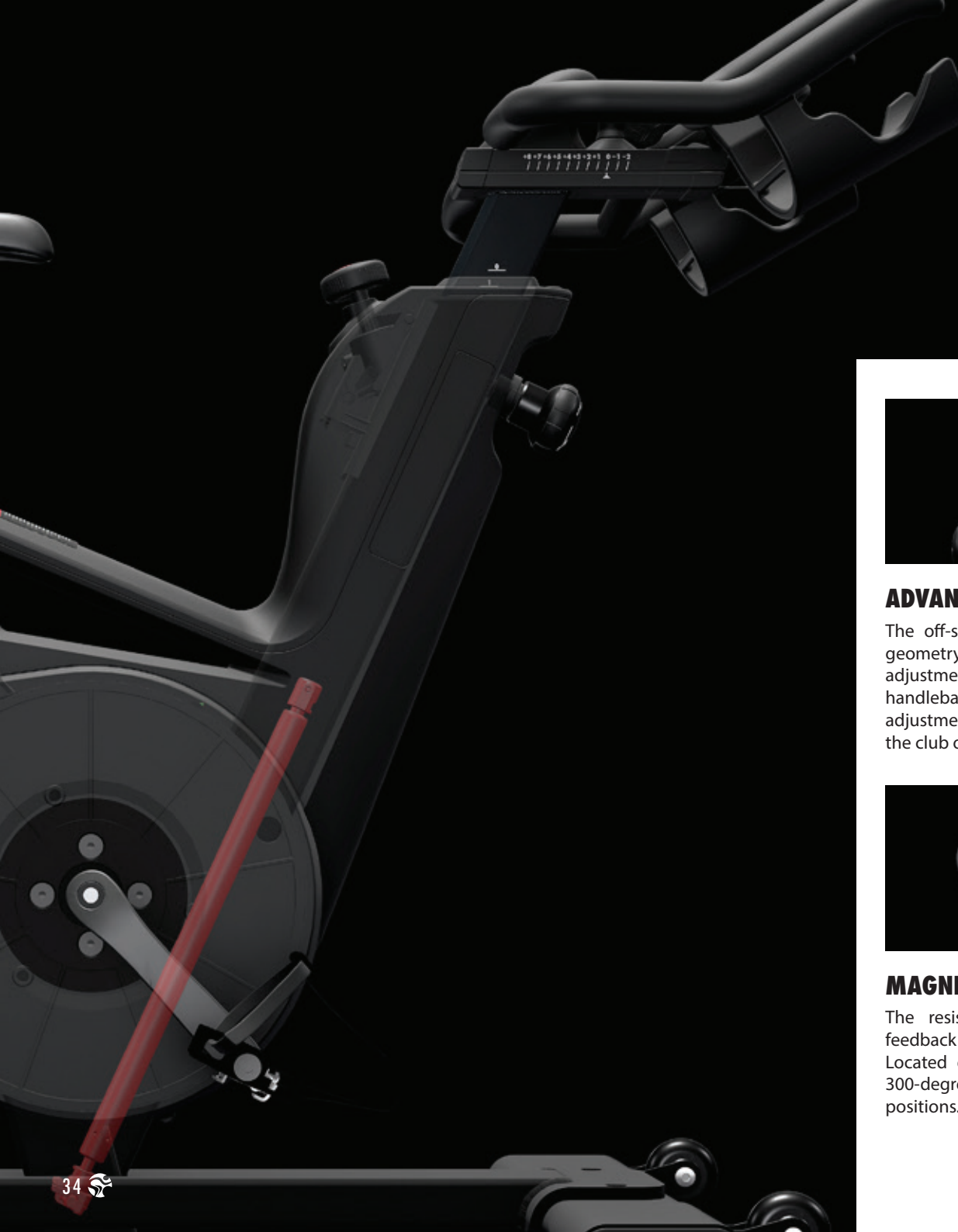


**MAGNETIC  
RESISTANCE**

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

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.





#### 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 for the club owner.



#### MAGNETIC RESISTANCE

The resistance dial gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the 300-degree dial is easy to reach from all riding positions.



#### USER-ASSIST POST

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



#### 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.

#### ERGO-FORMED HANDLEBAR

#### SPD-COMPATIBLE PEDALS

#### PREMIUM PROTECTION PLATES

#### ADVANCED BIKE-FIT

#### 155MM Q-FACTOR

#### FULL FRAME SHROUD

#### STANDARD STABILIZER BARS





COMPUTER FEATURES

FEATURES	IC5	IC6/IC7
WATTRATE® FULL COLOR TFT COMPUTER SCREEN		•
WATTRATE® 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		•
MECHANICAL TACTILE TOUCH BUTTONS	•	•
BACK-LIT BUTTONS		•
BACKLIGHT FEATURE ON DEMAND	•	
PERMANENT BACKLIGHT		•
LAP FEATURE		•
QUICK START MODE	•	•
WATTRATE® POWER MODE	•	•
HEART RATE MODE	•	•
POWER TESTING (FTP TESTS)	•	•
INTERACTIVE WORKOUT ANIMATIONS		•
CUSTOM USER DATA INPUT	•	•
ICG® APP COMPATIBLE	•	•
COMPUTER BATTERY POWERED	•	
COMPUTER GENERATOR POWERED		•



IC5  
WATTRATE® LCD COMPUTER



IC6/IC7  
WATTRATE® TFT COMPUTER 2.0



BIKE SPECIFICATIONS

DETAILS	IC4	IC5	IC6	IC7
POWER MEASUREMENT (WATT)	No	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	No	WattRate® LCD Computer	WattRate® TFT Computer 2.0	WattRate® TFT Computer 2.0
COMPUTER POWER SUPPLY	No	Batteries	Self-powered generator with LiPo battery	Self-powered generator with LiPo battery
TRAINING INTENSITY GUIDE	No	Coach By Color® (user)	Coach By Color® (user & instructor)	Coach By Color® (user & instructor)
CONNECT TECHNOLOGY	No	Bluetooth and ANT+	Bluetooth and ANT+	Bluetooth and ANT+
WORKOUT TRACKINGN	No	ICG® App	ICG® App	ICG® App
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	Rear, aluminum, evenly-weighted
DRIVETRAIN	Poly-V belt	Poly-V belt	Poly-V belt	2-Stage Hybrid Poly-V & tooth belt
DRIVETRAIN GEAR RATIO	1:10	1:10	1:10	1:11
FRAME COLOR	Charcoal black	Charcoal black	Charcoal black	Charcoal black
FRAME MATERIAL	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Full frame	Full frame
FRAME DESIGN	Off-set	Off-set	Off-set	Off-set
ADJUSTMENT TYPE	Dials & levers	Dials & levers	Dials & levers	Levers
POSTS & SLIDERS	Black Aluminum, pin-to-lock adjustment	Black Aluminum, pin-to-lock adjustment	Black Aluminum, pin-to-lock adjustment	Black anodized Aluminum, stepless adjustment
USER ASSIST ADJUSTMENTS	Handlebar assisted	Handlebar assisted	Handlebar assisted	Handlebar and saddle assisted
Q FACTOR	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"
CRANK TYPE	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"
PEDAL TYPE	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
HANDLEBAR	Ergo-formed, multi position, soft PVC	Ergo-formed, multi position, soft PVC	Ergo-formed, multi position, soft PVC	Ergo-formed, multi position, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
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	Standard	Standard	Standard	Oversized, hidden bolts & fixings
PROTECTION & STRETCH PLATES	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Molded form-fit with stretch plate	Molded form-fit with stretch plate
MAX USER WEIGHT	150 kg / 330 lbs	150 kg / 330 lbs	150 kg / 330 lbs	150 kg / 330 lbs
ASSEMBLED WEIGHT	50 kg / 110 lbs	51 kg / 112 lbs	51 kg / 112 lbs	54 kg / 119 lbs
ASSEMBLED DIMENSIONS	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"
LEVELING FEET	4	4	4	4
TRANSPORT	2 front wheels	2 front wheels	2 front wheels	2 front wheels & rear lifting handle





# **ICG® CONNECT SYSTEM**



## **YOUR ICG® CONNECTED CYCLING EXPERIENCE**

More than a brand of virtual products, the ICG® digital ecosystem is a fast-paced immersive technology program powered by ICG®. Our goal is to deliver the world's most interconnected and advanced interactive media experience to enrich your indoor cycling offering.

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 video-based fitness programming for your cycling studio.





## EXCITING NEW PROGRAM ADDITIONS

Just as the needs of today's riders are evolving, the ICG® Connect System builds on this success to stay at the forefront of delivering digital content that keeps the instructor in control and riders coming back for more.

The ICG® Connect System comes to market with exciting new program additions as well as a new hardware format, these include;

- Changes to the app content to meet the needs of personal and group users.
  - Additions to the program options allowing instructors to offer even more interactive content in their classes.
- The floor standing unit allows for greater interaction between the instructor and riders and easier programming by the instructor.



# WHY? WHO? HOW?

## WHY?

The ICG® Connect System is the interactive multimedia system that brings experiential fitness to the heart of your group cycle offering. It drives purposeful goals and fitness targets by unifying the bikes' interactive animated consoles, instructor music, choreography, forward motion video, real time data along with team and individual gaming.

## WHO?

### STUDIO MANAGERS

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.

### INSTRUCTORS

Instructors can offer diverse and enhanced live cycling formats - stunning outdoor imagery, data combined gamification and all the programming options instructors will have along with their choreography and music creates a synergy of experience that lifts indoor cycling to new heights.

### MEMBERS

Diverse, purposeful and fun indoor cycling classes increase the appeal to a wider range of members enabling them to get fitter, faster while loving every minute of it. Our ICG® Connect System programs and live options appeal to every kind of member, no matter how fit, how much time they have or what class style they prefer!

## HOW?

The ICG® Connect System utilizes all the unique features of the ICG® products: Coach By Color® and Heat zones, animated interactive bike computers, forward motion video, gamification, and all the users training data is collected via the ICG® App. This complete ecosystem of group training inspires personal peak-performance and increases social interaction, the foundation for any successful group training format.





# 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.

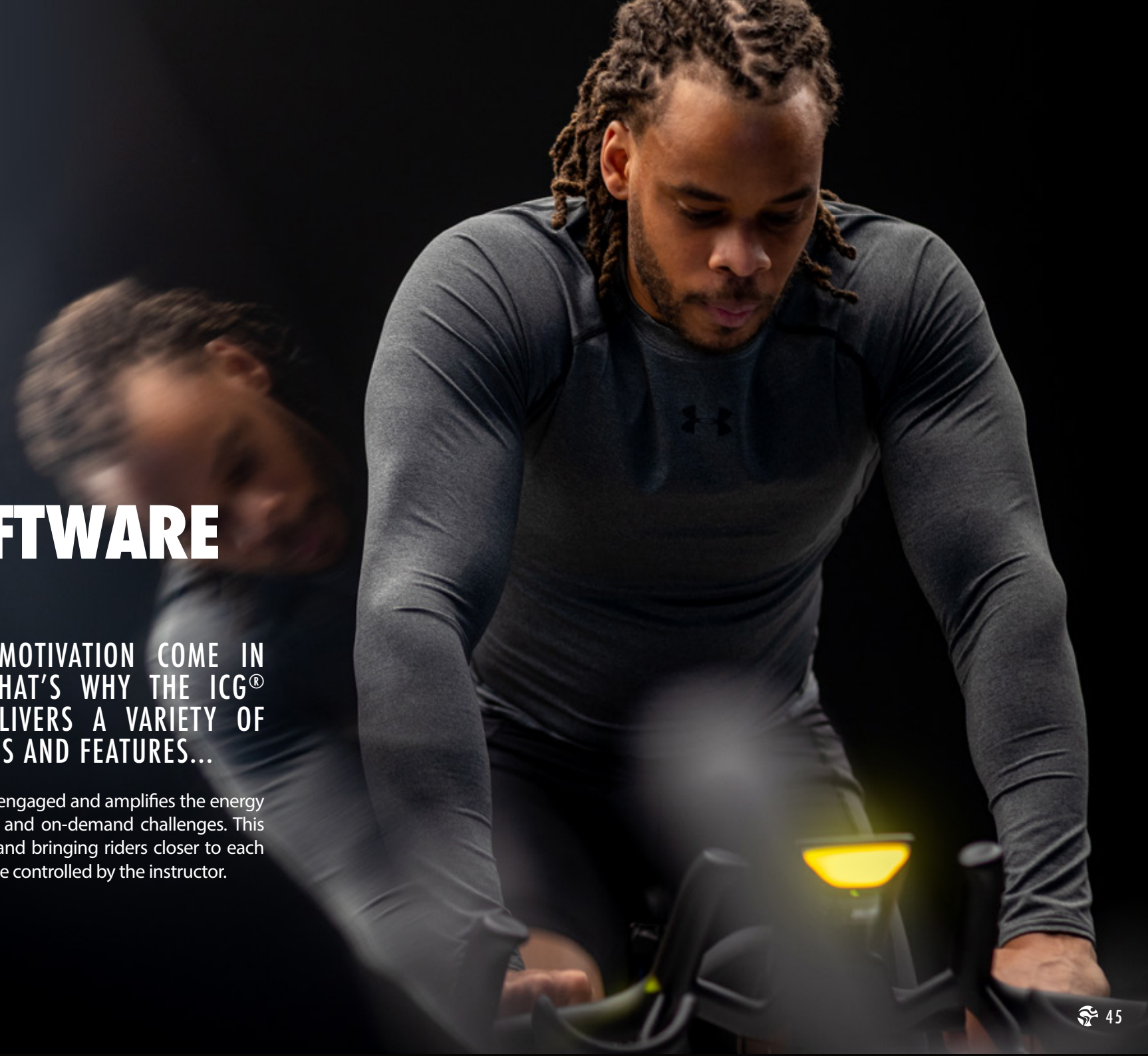
The user's connected bike computer, the instructor display and the group's large screen all mirror the same performance metrics, user interface and beautiful animations to make coaching and following instruction highly motivational and flawless. The immersive interactive qualities of this interconnected experience drive greater training engagement for members and trainers in a cycling session.



# THE SOFTWARE

MEASUREMENT AND MOTIVATION COME IN DIFFERENT FORMS, THAT'S WHY THE ICG® CONNECT SYSTEM DELIVERS A VARIETY OF PROGRAMS, MODES AND FEATURES...

To get all indoor cycling fanatics engaged and amplifies the energy of the class through animations and on-demand challenges. This improves the riding experience and bringing riders closer to each other. All workout options are controlled by the instructor.



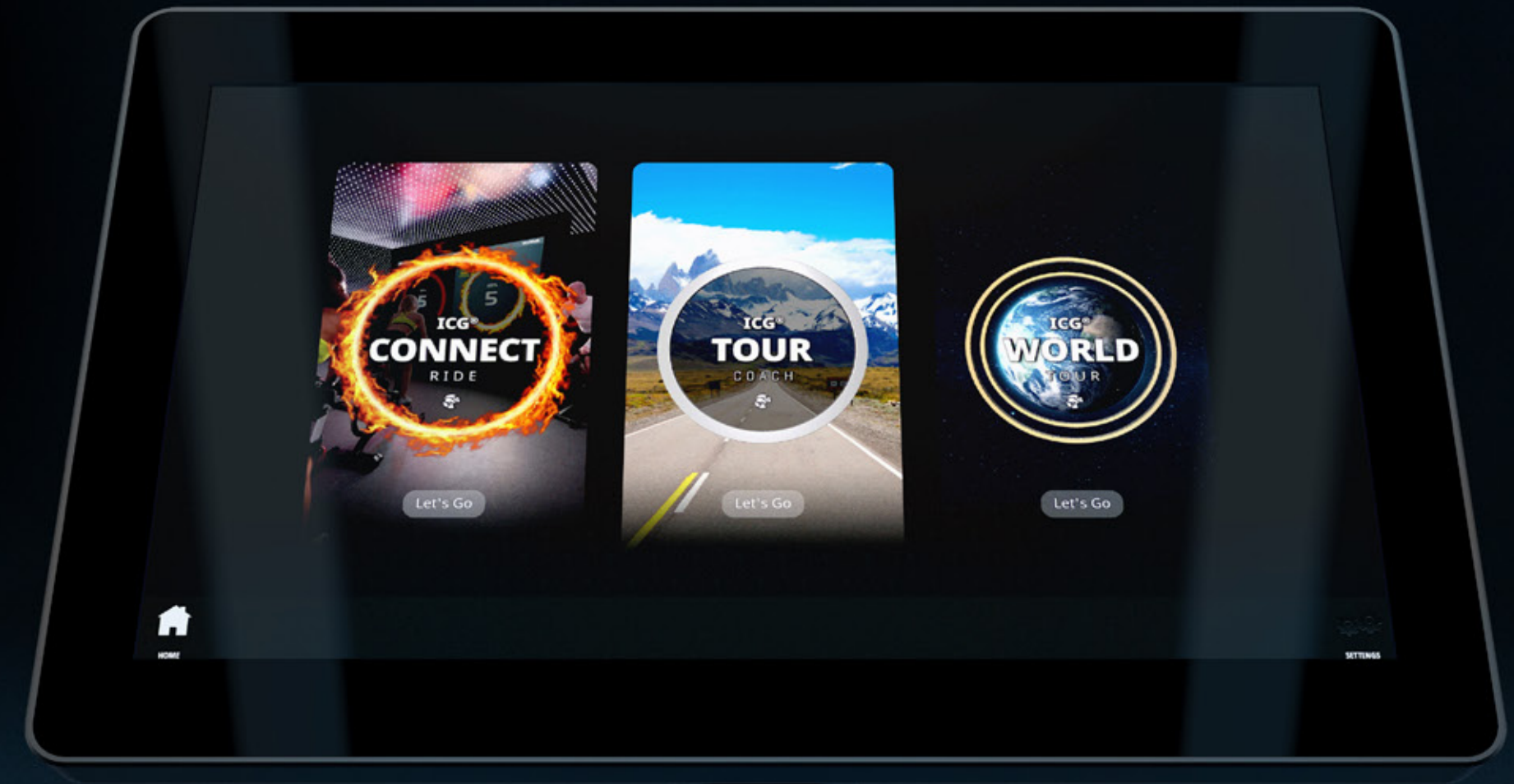


# THE EXPERIENCE

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

ICG® Connect System technology elevates the class energy by making it visible and the emotional experience created brings riders to their goals and each other.

# APPS



## CONNECT RIDE

Built for instructors who want to deliver workouts using a variety of programs and features to engage all indoor cycling fanatics.

## TOUR COACH

Forward-motion video that delivers ICG®'s pioneering simulation, interaction and teaching methods.

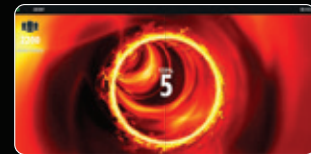
## WORLD TOUR

Pre-choreographed workouts featuring stunning terrain focused footage that deliver engaging, interactive experiences.

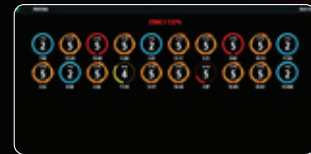


# CONNECT RIDE

Connect Ride is for instructors to deliver workouts using a variety of programs, modes and features to engage all indoor cycling fanatics. Measurement and motivation come in different forms and Connect Ride amplifies the class energy by visualising it, allowing riders to react to what they see, bringing riders closer to their personal and team goals.



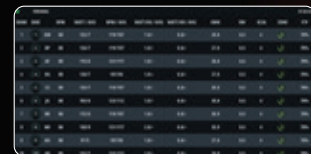
GROUP MODE



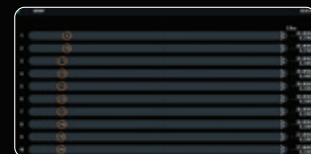
PERSONAL MODE



SCENIC MODE



PRO MODE



PERSONAL RACE



TEAM RACE





# CONNECT RIDE

## GROUP MODE

Coach By Color® zones capturing all the riders effort and collective group data.









# CONNECT RIDE

## SCENIC MODE

Creating a group immersive journey with forward motion road video footage.





# CONNECT RIDE

## PERSONAL RACE

Individuals race against each other over a specified distance. Who can get to the finish line first?



# CONNECT RIDE

## TEAM RACE

Teams race against each other over a specified distance to see which team can get to the finish line first.

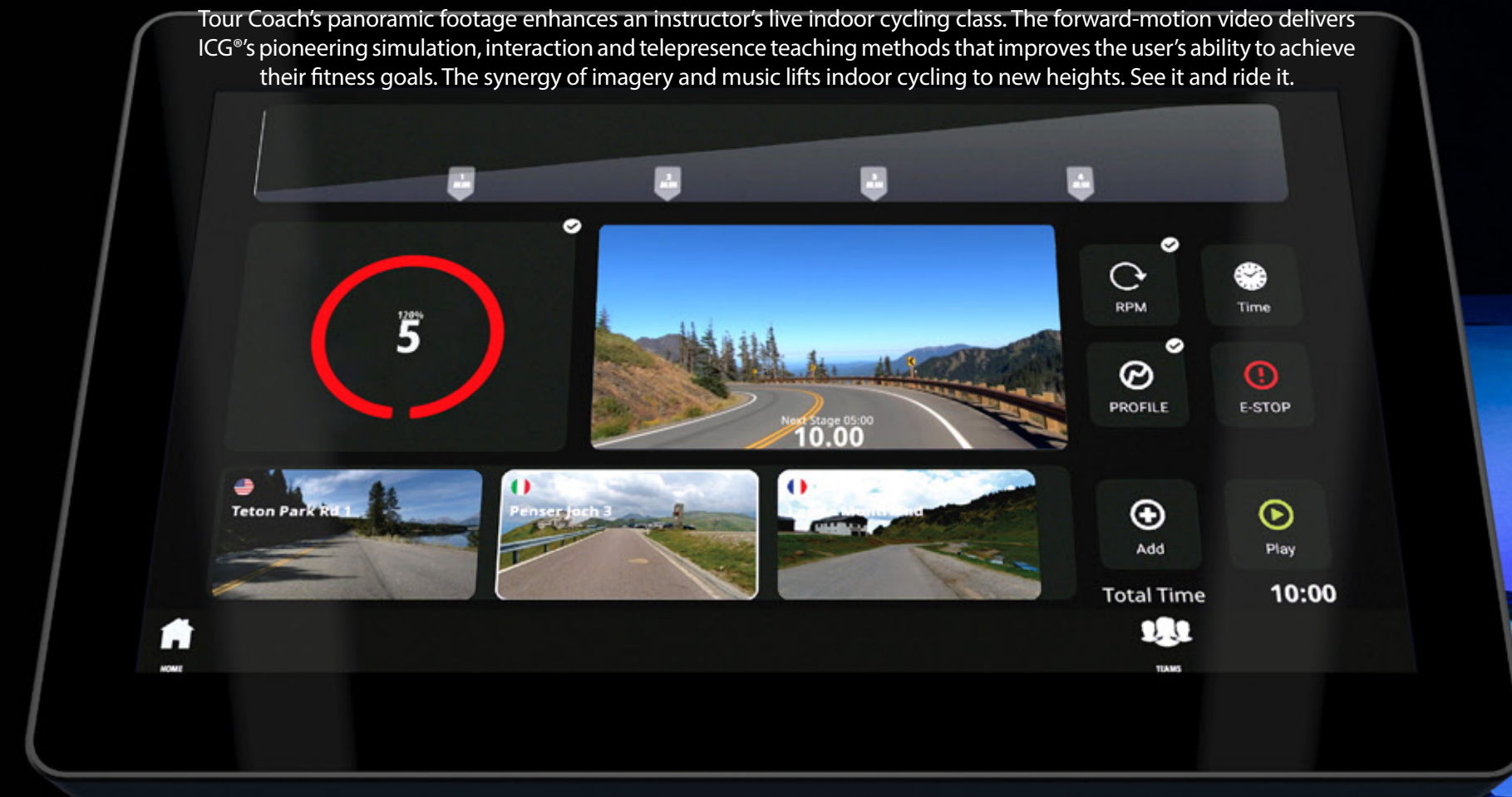




# TOUR COACH

OVER 500 UNIQUE LOCATIONS  
FILTERED BY TERRAIN

Tour Coach's panoramic footage enhances an instructor's live indoor cycling class. The forward-motion video delivers ICG's pioneering simulation, interaction and telepresence teaching methods that improves the user's ability to achieve their fitness goals. The synergy of imagery and music lifts indoor cycling to new heights. See it and ride it.





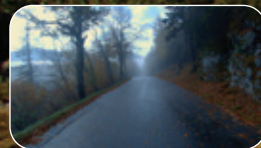
# WORLD TOUR

## PRE-CHOREOGRAPHED WORKOUTS READY TO RIDE

World Tours pre-choreographed workouts feature stunning terrain focussed footage that delivers engaging, interactive workouts that are built for the instructor and enthusiast alike. Ride it as if you're actually there, free of distraction and immerse yourself in beautiful scenery from all over the world. Instructors can create their own music playlist and ride choreography to the pre-designed footage.



WORLD



NORTH AMERICA



SOUTH AMERICA



EUROPE



ASIA PACIFIC





46"  
116.0 cm

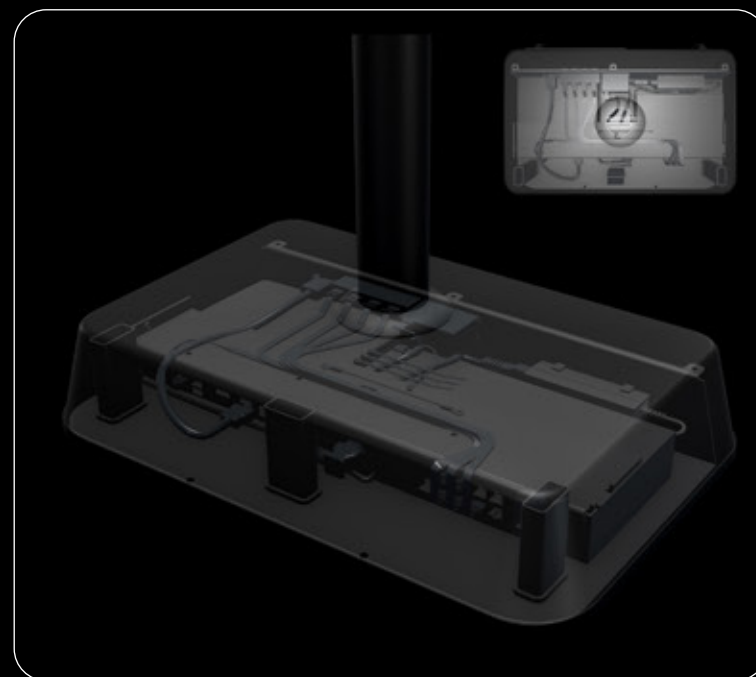


22" / 53.5 cm

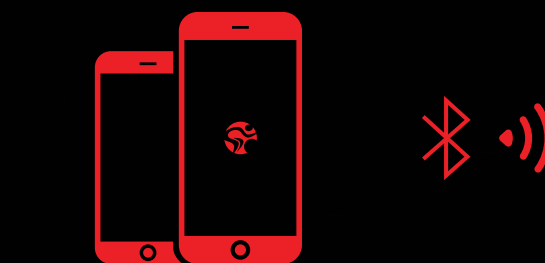


14" / 36 cm

# SPECIFICATIONS



<b>ASSEMBLED DIMENSIONS</b>	53.5 x 36 x 116 CM / 22 x 14 x 46"
<b>ASSEMBLED WEIGHT</b>	23 KG / 51 LBS
<b>OPERATING SYSTEM (OS)</b>	ICG® Customized Linux OS
<b>COMPUTER</b>	AMD Ryzen R1505 APU
<b>ASPECT RATIO</b>	16:9 (External Screen)
<b>SCREEN VIEWING POSITION</b>	Adjustable - Tilt & Pivot (rotation)
<b>INTERNET CONNECTIVITY</b>	Wired, RJ45 LAN cable
<b>SOFTWARE UPDATE</b>	Wired Internet / USB flash drive
<b>USB 2.0</b>	1
<b>HDMI 1.3</b>	1
<b>AUDIO PORT</b>	1 x 3.5MM input
<b>ETHERNET PORTS (RJ45)</b>	3
<b>DISPLAY TYPE</b>	15.6" Touch Screen
<b>POWER REQUIREMENTS</b>	110-220v AC input
<b>LEVELLING FEET</b>	2
<b>TRANSPORT WHEELS</b>	2
<b>WARRANTY (PARTS)</b>	1 Year



CONNECTED APP



CONNECTED BIKES



GROUP SCREEN

HDMI  
CABLES

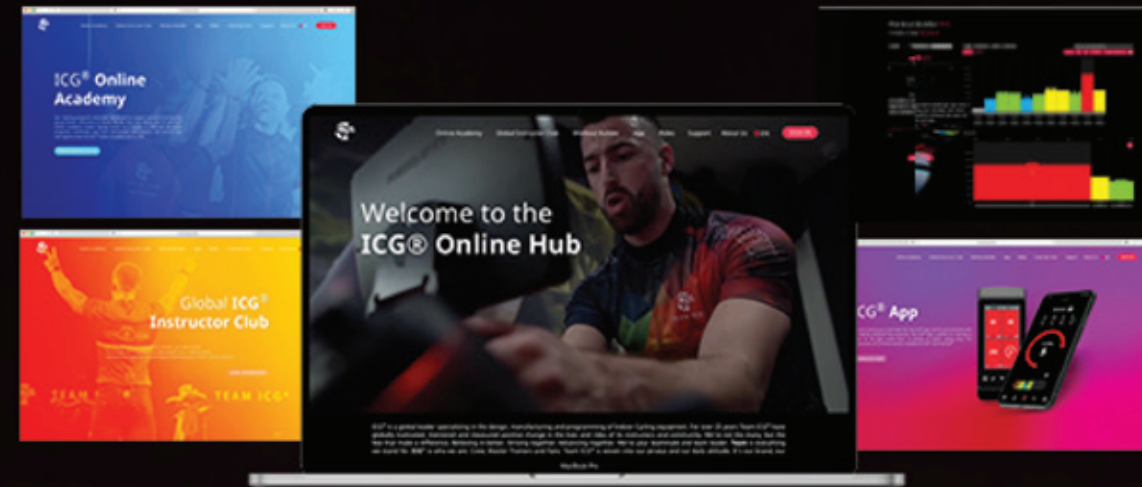
ETHERNET  
CABLES

FOR A CLOSER LOOK AT CONNECT'S SOFTWARE, OR FOR MORE INFORMATION ON CONNECTED BIKES, APP, AND TRAINING  
PLEASE VISIT [WWW.TEAMICG.COM](http://WWW.TEAMICG.COM)



## ICG® ONLINE ACADEMY

Being part of the ICG® Online Academy means having access to a variety of different education programs, workshops and more everywhere and anytime.



## ICG® WORKOUT BUILDER

The ICG® Workout Builder is a unique tool to build professional workout routines. Providing club members and clients with powerful workouts has never been so quick and easy.

## ICG® ONLINE HUB

The ICG® Online Hub is a unique platform for instructors and cycling enthusiasts around the world. In addition to cycling know-how and training inspiration, the ICG® Online Hub offers a perfect exchange opportunity for all cycling fans around the globe.

[www.teamicg.online](http://www.teamicg.online)

## GLOBAL ICG® INSTRUCTOR CLUB

Members of the Global ICG® Instructor Club have access to a unique set of benefits that will help deepen the understanding and technical expertise in planning and delivering indoor cycling sessions.

## NEW ICG® APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG® App is perfect for hobby athletes or athletes! It's for everyone and all fitness levels. **Available for iOS® and Android™.**





# ICG® ONLINE ACADEMY

The ICG® training programs have been developed to support personal trainers and group fitness instructors in doing the job they love. Being part of the ICG® Online Academy means having access to a variety of different education programs, workshops and more everywhere and anytime.

## Online Certification

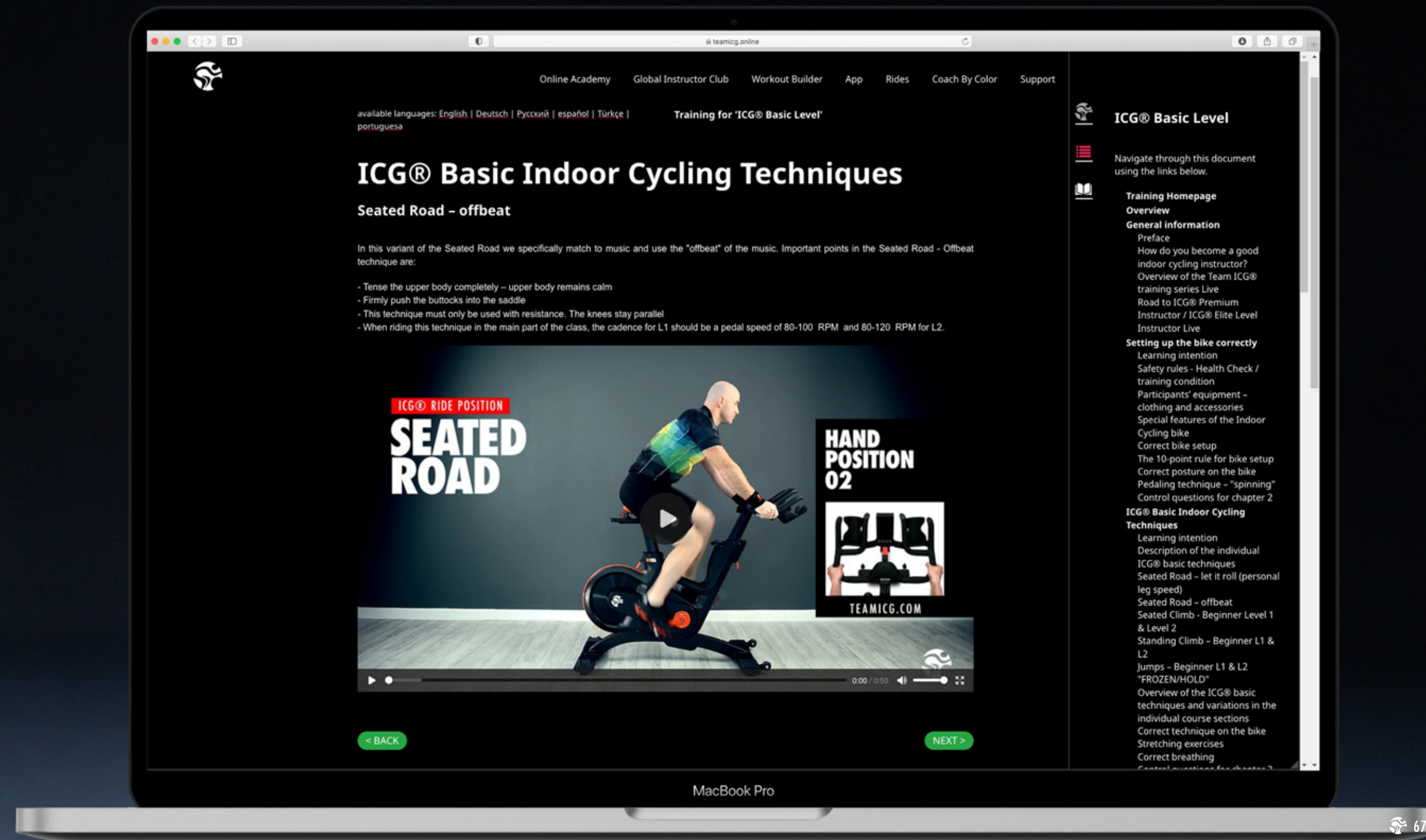
Like all good training regimens, it's important to build a solid foundation - this is where the ICG® Basic Level online training begins. After establishing a strong base during the first online education, more certifications become available to discover and build upon the instructor's knowledge. The ICG® Pro Level certification delivers more advanced applications to keep the training alive and relevant. There are several certifications waiting for instructors to advance their training!

## Continuing Education Credits (CEC's) Workshops

With ICG® Workshops, instructor skills can be extended. Group exercise classes and personal training sessions can be advanced by learning the principles behind coaching a team, or individuals participating in competitive cycling. There are a lot of workshops to discover!

## Programs

Exclusively for ICG® products, the ICG® programs are designed for Group Exercise Instructors, Team Coaches and Personal Trainers to help create more advanced training based around ICG® specific technology. From understanding how to work with and deliver classes using power and zones to combining music and video to influence performance, ICG® programs add knowledge and versatility to your education.





# GLOBAL ICG® INSTRUCTOR CLUB

## One global family riding united.

The Global ICG® Instructor Club is a dedicated community of certified and passionate Indoor Cycling instructors. Members receive access to the latest licensed music, class profiles, choreographies, newsletters, ICG® updates and given access to education and training content that all combines to elevate the content of their cycling workouts to the highest standard.

## BENEFITS



### Music Compilations

Club Members will be provided with global licensed music compilations on a bimonthly basis, and are free to download the mp3 files in the ICG® Online Hub. Along with the music, members are provided with 5 different class profiles and choreographies that are perfectly matched with the music.



### Free Online Educations

Members benefit from a free online education to keep their teaching skills up to date and earn credits.



### Workout Builder Pro

As a member of the Global ICG® Instructor Club, the Workout Builder Pro version will allow you to create even more detailed workouts to enhance your rides.



### Benefits of the ICG® App

A club member benefits from special class profiles, designed by the ICG® experts. Those profiles will be directly available in their ICG® App account. These Coach By Color® workouts include chart topping music synchronized perfectly with the choreography. With the new app music player members are perfectly prepared to start their next Indoor Cycling class.



# ICG® WORKOUT BUILDER

**A unique tool to build professional workout routines quick and easy.**

The Workout Builder allows for the preparing and sharing of indoor cycling classes with group classes, personal training clients or even with friends. The workouts automatically sync with the ICG® App for instant ride and record compatibility. The direct share option via the ICG® App Facebook group allows the ICG® global community to ride the created workout instantly.

## BASIC

The ICG® Workout Builder Basic allows for:

- Building workout profiles to ride through the ICG® App synched in real time by saving
- Specifying the exact timing in workout sections
- Adding chosen RPM or personal leg speed
- Adding chosen riding position
- Adding chosen Coach by Color® intensity zone
- Sharing to social media for everyone to download and ride through the ICG® App
- Using heart rate information as part of the profile

## PRO

All the same features as the Basic Version plus these key features for creating the most engaging workouts:

- Editing each track to specific riding techniques, RPMs or intensity zones
- Entering the FTP value in percent and the Coach by Color® Heat triggers via the FTP-Slider





# ICG® APP

## Your More Colorful, Powerful Personal Trainer

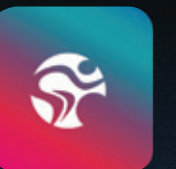
Whether at home, on the training floor in the studio or in the cycling class, the ICG® App is perfect for both amateurs and athletes! Training results can be easily shared with friends via social media after a workout. Data exchange with external Apps such as Google Fit™, Apple Health™ or Strava™ is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



## Benefits of the ICG® App:

- Fast data exchange between ICG® App and WattRate® computer
- Coach By Color® as an individual fitness coach
- A large selection of free, different pre-designed workouts created by the ICG® experts
- Easy creation of individual workouts as well as the possibility of direct sharing with friends, course participants or clients
- Sharing of training successes via social media sharing function
- Personal dashboard on the home screen with all important training data
- Clear display of all activities via an integrated training calendar
- Data exchange with third-party apps such as Apple Health™, Google Fit™ or Strava™

**DOWNLOAD NOW**  
TEAMICG.ONLINE



ICG®





# ICG® EVENTS

With numerous indoor cycling events around the world, Team ICG® inspires countless exercisers. Once a year the team organizes one of the largest indoor cycling events in the industry, the ICG® Evolution Ride with more than 800 participants. In addition to this, Team ICG live streams monthly throughout the Head Quarters Showroom in Germany to home exercisers around the world, free of charge for everyone to join. #unitedweride

ICG® Evolution Ride 2019, Nuremberg, Germany

ICG® Evolution Ride 2019, St Ives, United Kingdom





Climate neutral company 2021



**LIFEFITNESS**  
FAMILY OF BRANDS



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