



**FOR THE ATHLETE
IN ALL OF US**



**ANJA
BERANEK**

2 X IRONMAN CHAMPION & EUROPEAN CHAMPION

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A NEW STANDARD IN POWER TRAINING

Inspired by the movement of road cycling, triathlon and Crossfit® endurance training, the unique design of the IC8 Power Trainer makes it the #1 bike for cyclists and indoor trainer for sports and fitness athletes. Built to feel and ride just like an outdoor road bike, and with greater Power accuracy and wattage than any other indoor cycle, the IC8 Power Trainer delivers superior results for cycle-specific training, Crossfit® endurance WODs, High Intensity Interval Training [HIIT], fitness testing, rehabilitation, and more.





THE WORLD'S LEADER IN POWER TRAINING

Elite coach Hunter Allen and ICG have been in lock-step on designing an Indoor Cycle for athletes since 2015. The legendary cycling coach, co-author of *Training and Racing with a Power Meter* and *Cutting-Edge Cycling*, co-developer of TrainingPeaks' WKO+ software, and founder of Peaks Coaching Group, shares ICG's vision to deliver – through the IC8 – a world-class alternative to traditional indoor trainers.



“THE IC8 IS THE
HALO OF INDOOR
POWER BIKES”

“If you're a cyclist, and you want to improve, this is your indoor trainer. Team ICG's dedication to riding indoors is incredible and felt every time I'm clipped into the pedals. The IC8 is the halo of indoor power bikes. Ride after ride, you can trust in the accuracy of its power meter, feel the precision in its German engineering, and enjoy the magic of its amazing computer. ICG's first step into the sport of professional cycling is a giant one and Peaks Coaching Group and I are along for the ride”
- Hunter Allen

NILS FROMMHOLD

CHALLENGE ROTH CHAMPION
IRONMAN ARIZONA CHAMPION
IRONMAN SOUTH AFRICA CHAMPION
IRONMAN 70.3 SWITZERLAND CHAMPION
IRONMAN 70.3 POLAND CHAMPION



ANJA BERANEK

2 X IRONMAN CHAMPION & EUROPEAN CHAMPION

MAKING YOUR FAST FASTER

PERFORMANCE

With direct power accuracy of +/-1%, right and left leg power measurement, and 0 to 3800 watts, this bike brings unlimited potential to peak power, FTP and active recovery training. The IC8 displays over 40 performance metrics and displays five personalized and color-coded training zones. For training the perfect pedal stroke, there's a display of pedaling symmetry.

AUTHENTICITY

Train on an Indoor Cycle engineered to deliver the ergonomics, drive and feel of both a road and triathlon bike. Be as relaxed or as aggressive as training dictates and – with the chain-driven freewheel – experience total control of quick accelerations and coasting to recover.

CONNECTIVITY

Save and share performance data. Through Bluetooth® you can connect the IC8 to the ICG Training App for iOS and Android™ to access workouts, create training plans and to save and analyze workout data. ANT+ wireless connectivity allows for monitoring of power and cadence. The IC8 is also compatible with most Garmin computers, and with third-party apps like Strava, Zwift, Sufferfest and Trainer Road.

IC8 POWER TRAINER



IC8 FEATURES

- WATTRATE® DIRECT POWER METER
- WATTRATE® TFT COMPUTER WITH L/R LEG POWER
- 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



+/-1% ACCURACY

WATTRATE DIRECT POWER METER

WattRate is the market's most accurate power meter and offers a direct measuring tolerance of +/- 1%, and accuracy that 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 resistant to external factors such as temperature and humidity.

PRO PERFORMANCE BARS

Road and Triathlon inspired handlebar design incl. drops, hoods and time trial forearm rests



AERO BARS

For triathlon and track



AERO PADS

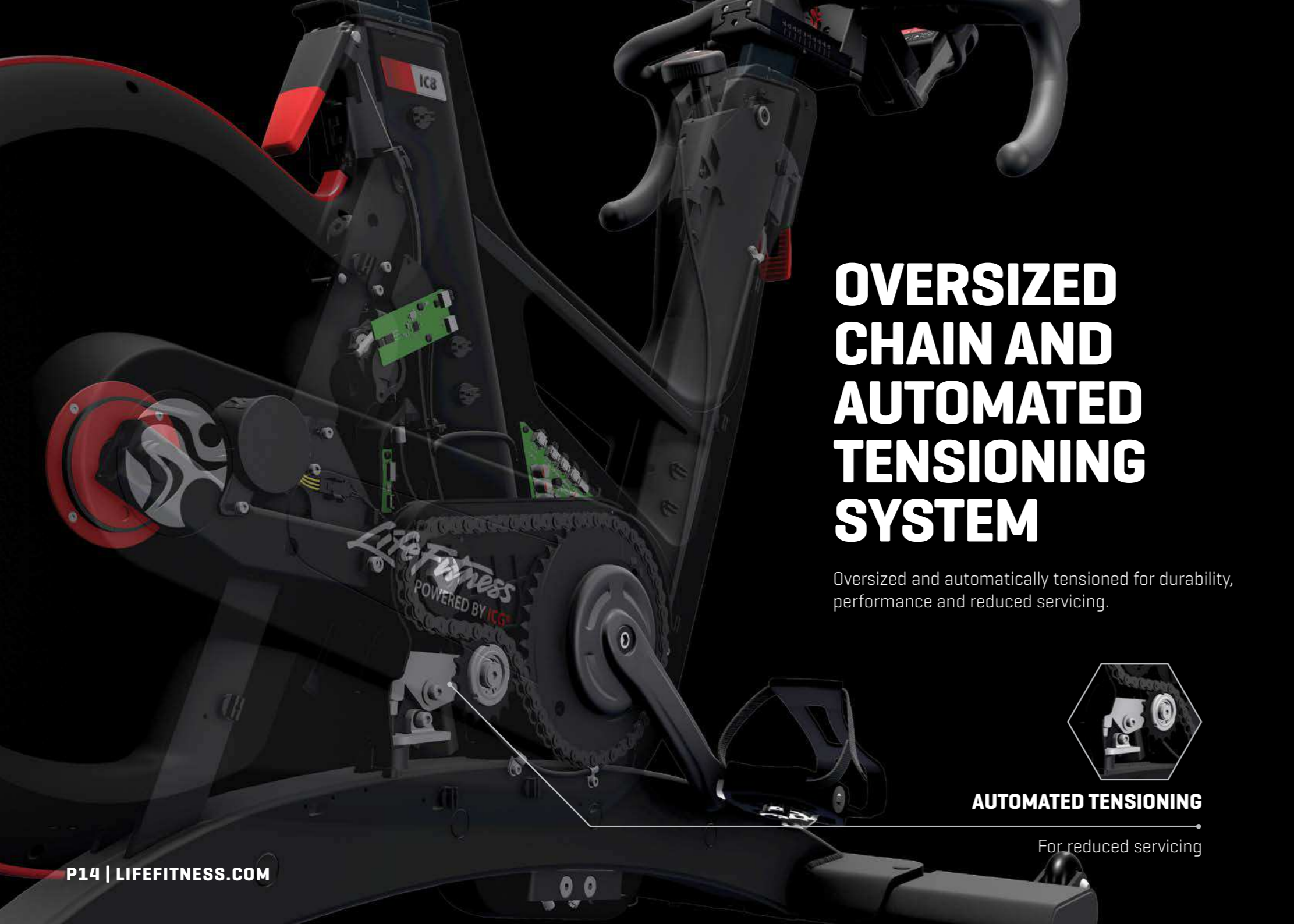
For triathlon and track



DROPS & HOODS

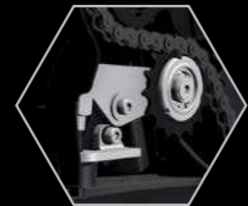
For road and track





OVERSIZED CHAIN AND AUTOMATED TENSIONING SYSTEM

Oversized and automatically tensioned for durability, performance and reduced servicing.



AUTOMATED TENSIONING

For reduced servicing



4-WAY STEPLESS ADJUSTMENT

For the finest of tuning



OFFSET FRAME

For maximum comfort and performance

ADVANCED BIKE FIT

The offset frame's range and post angles, 155 mm Q-Factor, and 4-way stepless adjustment allows you to set up as relaxed or aggressive as your training dictates.

IC8 FEATURES



FULL-COVER SHROUD

Offering maximum sweat protection and long life



0 - 3800W MAGNETIC RESISTANCE

The 300-degree dial offers 100 clicked increments and displays the resistance level as 0-100 on the WattRate TFT computer



ARC FRAME ACCESS

A striking aesthetic that's also easy to keep clean

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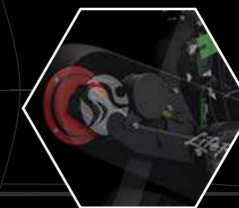
USER ASSIST POSTS

Gas assisted handlebar and saddle height for quick and easy adjustment



FREEWHEEL DRIVETRAIN

Emulating 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



SELF-POWERED

A compact generator recharges an integrated lithium polymer battery that powers all electronics



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WATTRATE TFT COMPUTER

Designed by cyclists and built on Linux, WattRate delivers unparalleled data, performance and connectivity.

Data

Presented over 5 screens, with the orientation of zooming into more data as you scroll, the User Interface keeps life simple whilst offers up over 40 performance metrics. At the end of your sessions view a comprehensive summary of your training including each and every lap.

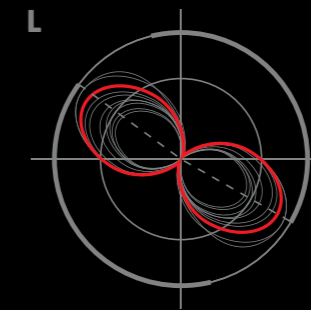
Performance

A full-color screen with a color changing front LED for coaches. Customizable screen flows, designs and training zone animations provide engagement and motivation during training.

Connectivity

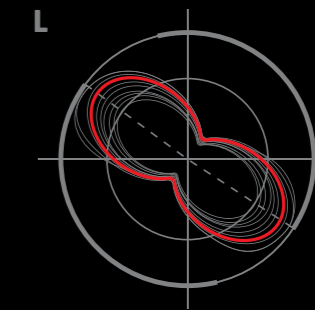
A customised Bluetooth® connection with the ICG Training App tracks rides and data. ANT+ transmission enables power and cadence connection to a wide range of third party apps.

Compatible with:



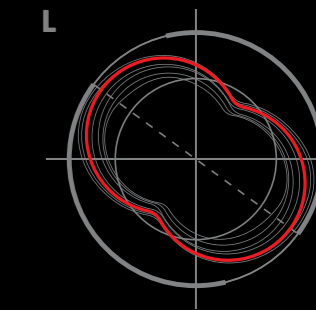
BEGINNER

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.

LEFT/RIGHT LEG POWER

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.

PERFORMANCE INSIGHT, DONE RIGHT

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.



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

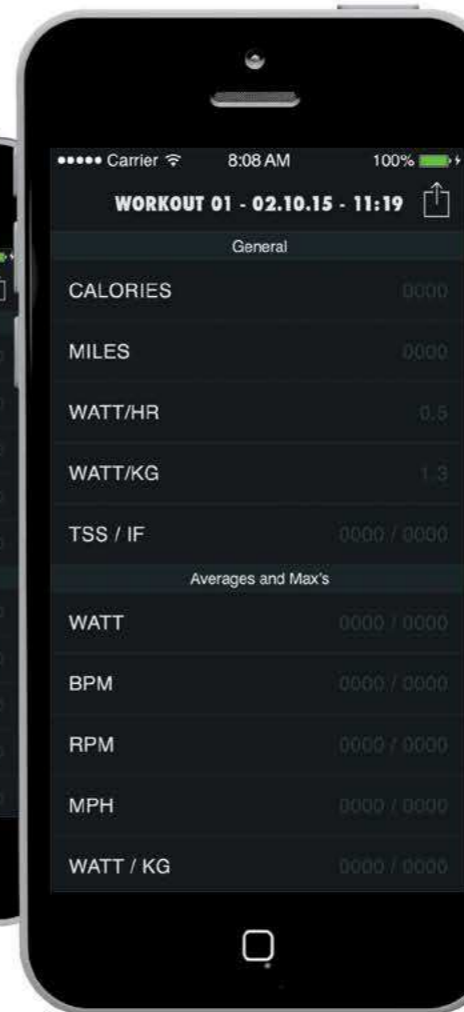
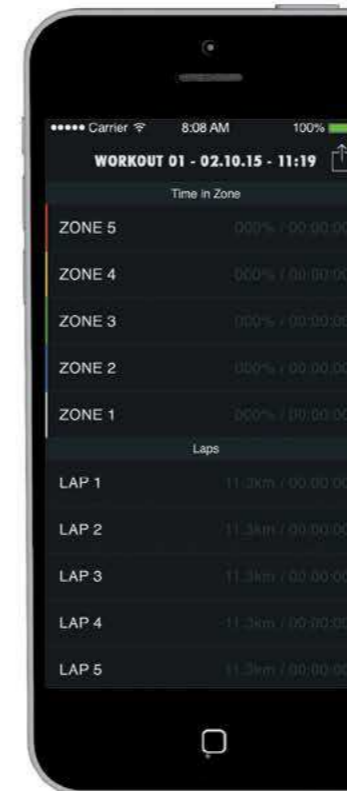
Shows the user's lap times average and max power in watts.



ICG TRAINING APP

SELECT, CUSTOMIZE, SAVE AND EVEN SHARE TRAINING SESSIONS.

- Select workouts by fitness goal, sport activity or specialist program
- Ride to colored FTP training zones
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Automatically sync your personal data to the WattRate TFT computer
- Record your workouts and view in real time or after the session
- Coaches can build and send workouts to clients to keep them on track



IC8 WITH ICG CONNECT POWERFUL PACK PERFORMANCE

Whether you're training for a long climb, or putting in a powerful HIIT session, ride with a pack for maximum motivation, results and camaraderie. ICG Connect allows you to:

- Battle your buddies
- Lead the leaderboard
- Take the scenic route
- Train as a team
- Be part of a group



ICG CONNECT MODES AND FEATURES



GROUP

Captures the collective efforts of all riders



PERSONAL

Encourages individual achievement



SCENIC

Creates an immersive group journey



BATTLE

To stimulate peak performance through healthy competition



LEADERBOARD

Rewarding the top riders in class



TEAM POINTS

A single metric to achieve group goals



ATHLETE VIEW

A closer look at the group's performance

OUR USERS



HIGH PERFORMANCE RIDERS

For professional cyclists and fitness athletes, monitoring your speed can only tell you so much about a ride, heart-rate monitors can add more insight about your body's stress, but knowing your power output is a highly accurate and repeatable assessment of how hard you're actually working. Removing the guesswork from your training intensity makes session planning and performance less haphazardous, whilst studying your power curve and pedalling will assist identifying physiological and technical weaknesses to improve on.

"THE IC8 IS ALL ABOUT RESULTS AND ITS COMMUNITY IS MADE OF FITNESS AND SPORTING ATHLETES."



CROSSFIT ATHLETES

CrossFit Endurance (CFE) is an endurance sports training program dedicated to improving performance, fitness and endurance sports potential. As one of the early CrossFit "specialties" to emerge, CFE seeks to eliminate unnecessary volume of training while increasing intensity, thereby developing power and speed, two things extremely valuable in the fitness and endurance world. CFE follows the CrossFit model while adding precise training protocols for endurance, focusing on effective recovery strategies and injury prevention.

Power bikes are used in fitness testing, part of controlled warm ups and cool downs, and for specific workout drills



“DELIVERS SUPERIOR RESULTS FOR FACILITIES RUNNING CYCLE SPECIFIC COACHING”



HEALTH CLUB MEMBERS

Understanding the ICB delivers unique training that appeals to the sporting world and a new breed of fitness consumer that values challenging experience and demands faster results, the ICB supports: Boutique studios targeting group athletic performance, personal trainers looking to deliver optimal customised results, and larger more traditional clubs venturing to design new services (e.g. performance zones) to compete in a highly fragmented market to advance membership acquisition and retention.



PEOPLE IN REHABILITATION

By knowing exactly how much strain your body is undertaking second by second, ride after ride, power meters help prevent injuries attributed to over training and are an essential tool whilst performing in a rehabilitation programme. Training at the right intensity, duration and frequency is critical to recovery and getting back to full strength sooner.

IC8 SPECIFICATIONS

SIZE AND WEIGHT

Dimensions:

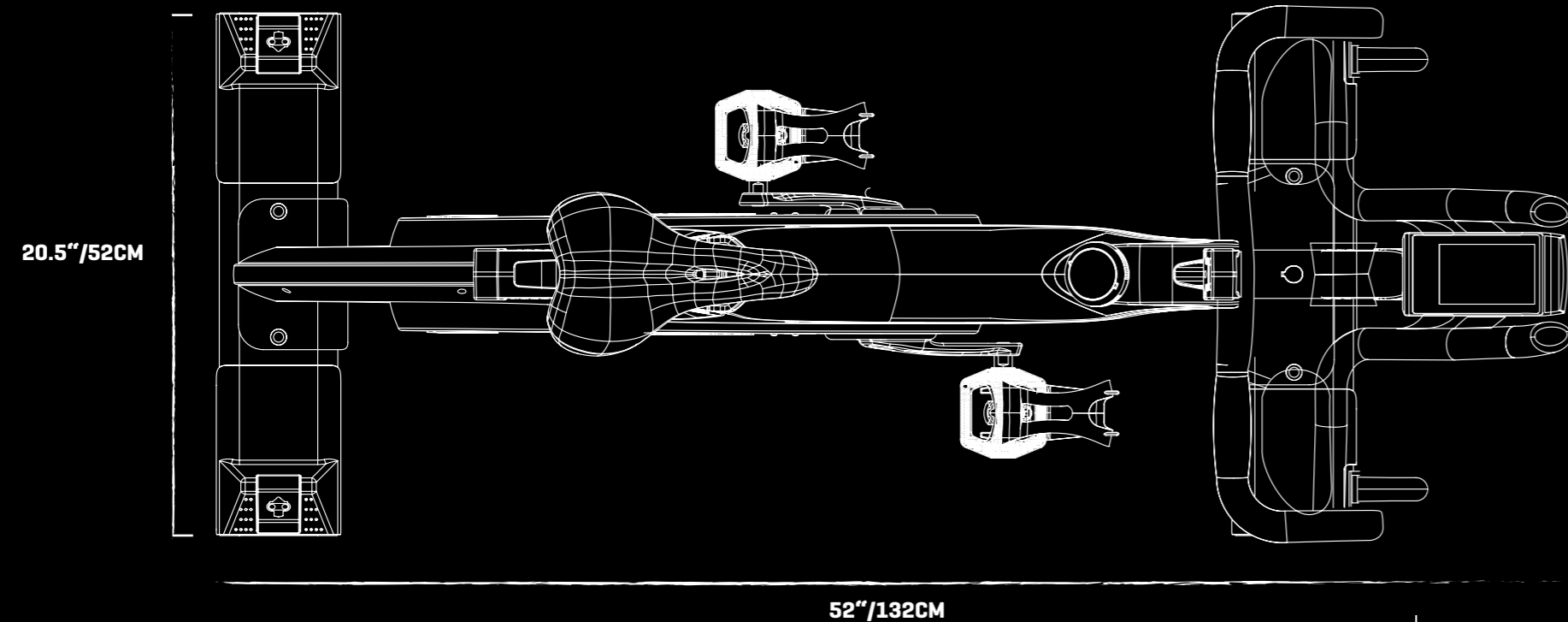
56.7 inches [144cm] wide
20.5 inches [52cm] deep
40.5 inches [103cm] high

Weight:

119lbs [54kg]

Max User Weight:

330lbs [150kg]



Life Fitness | INDOOR CYCLING GROUP

SPECIFICATIONS

IC8

Power Measurement [Watt]	WattRate Direct Power Meter (+/-1%)
Computer	WattRate TFT Computer with L/R leg power
Computer Power Supply	Self-powered, generator with LiPo battery
Training Intensity Guide	Coach By Color (user & instructor)
Connect Technology	Bluetooth and ANT+
Workout Tracking	ICG Training App
Resistance System	0 - 3800W magnetic resistance (via 300° dial)
Flywheel	Rear, aluminum, evenly weighted
Drivetrain	2-stage hybrid chain & Poly-V belt, freewheel
Drivetrain Gear Ratio	1:13.75
Frame Color	Matte slate
Frame Material	Steel
Shrouds and Guards	Full-cover shroud
Frame Design	Off-set with arc frame access
Adjustment Type	Levers
Posts and Sliders	Black anodized aluminium
User Assist Adjustments	Handlebar and saddle assisted
Q-Factor	6.1" / 155mm
Crank Type	CrMo 6.79" / 172.5mm
Pedal Type	Dual-sided SPD and toe cage
Handlebar	Pro performance handlebar, soft PVC
Handlebar Adjustments	4-way stepless, vertical and horizontal
Saddle	Unisex padded performance saddle
Saddle Adjustments	4-way stepless, vertical and horizontal
Water Bottle Holder	Single, integrated on handlebar
Frame Stabilizer Bars	Oversized, hidden bolts and fixings
Protection & Stretch Plates	Molded form-fit with stretch plate
Max User Weight	330lbs / 150 kg
Assembled Weight	119lbs / 54 kg
Assembled Dimensions	56.7" x 20.5" x 40.5" / 144 x 52 x 103 cm
Leveling Feet	4
Transport Wheels	2

LifeFitness

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