

# Welcome to the Home of Indoor Cycling

*LifeFitness*  
POWERED BY  ICG



# ICG Ecosystem

## Community

Events for cycling enthusiasts and exclusive clubs for educated Instructors bringing our community on the rise.

## Online Hub

A global unique platform for instructors and cycling enthusiasts around the world, with an array of tools to help gain deeper cycling knowledge and training inspiration.

## Training App

Your personal cycling trainer. Based on the Coach By Color® System, features free workouts, records training data and is able to share achievements on social media - no wonder this is the most popular indoor cycling app in the world.

## Indoor Bikes

Best in class global award-winning bikes, making fitness more powerful, colorful and connected.

## Connect System

Interactive multimedia system unifying bikes animated consoles, forward-motion video, groups real-time data with team and individual gaming.

## Virtual Cycling App

For fitness clubs. Empowering managers and trainer teams in creating virtual class schedules as quick as 60 seconds. Anytime. Anywhere.





# 2024 Indoor Cycles Overview



## IC5 Entry

- Offset Frame
- Belt Drive
- Magnetic Resistance
- 300° Precision Resistance Dial
- Onboard Generator to Capacitor
- LCD+ Full Color Console
- BLE / ANT+ Connectivity
- Instructor Facing Color LED
- Calculated Power
- Four-way User Adjustments
- Handlebar Gas Assist
- Sprint Pro Handlebar Design
- Coach by Color®, Training App, Connect System



## IC6 Mid Level

- Offset Frame
- Belt Drive
- Magnetic Resistance
- 300° Precision Resistance Dial
- Onboard Generator to Lipo
- TFT Full Color Console
- BLE / ANT+ / Wifi / NFC
- Instructor Facing Color LED
- Calculated Power
- Four-way User Adjustments
- Handlebar Gas Assist
- Sprint Pro Handlebar Design
- Coach by Color®, Training App, Connect System



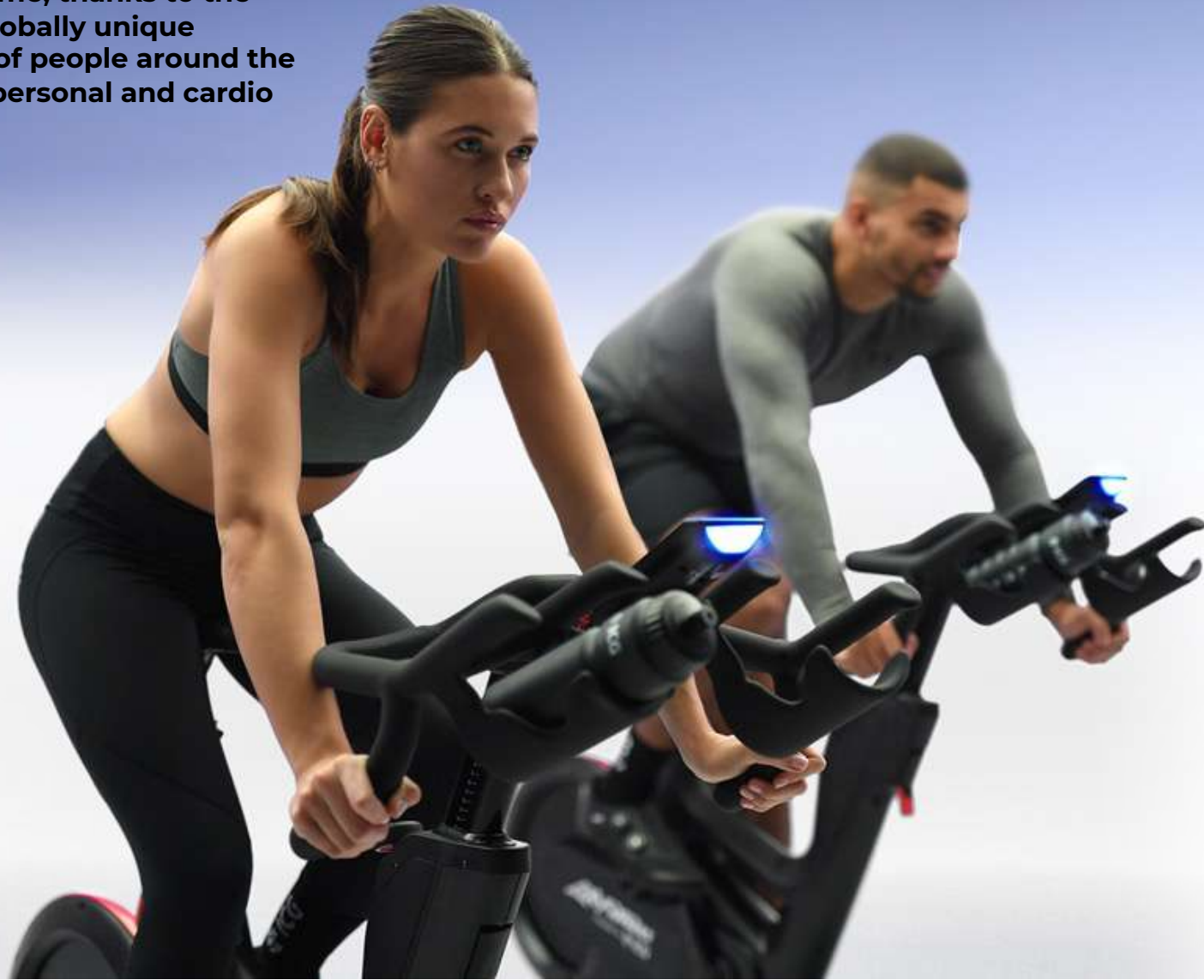
## IC7 Premium

- Performance Offset Frame Design
- Two Stage (belts) Drive Train
- Magnetic Resistance
- 300° Precision Resistance Dial
- Onboard Generator - Lipo
- TFT Full BLE / ANT+ / Wifi / NFC
- Color Console
- Instructor Facing Color LED
- Direct Power Meter (99%)
- Flip Lever User Adjustments
- Pedal Efficiency Graph
- Seat & Handlebar Gas Assist
- Sprint Pro Handlebar Design
- Coach by Color®, Training App, Connect System

# Unique Coach By Color® Program

All fitness levels - in one class - are welcome, thanks to the original ICG Coach By Color® system, a globally unique coaching methodology exciting millions of people around the world, advancing and optimizing group, personal and cardio floor setting.

- Universal method for coaching intensity
- Customized ride based on FTP or MHR
- Training zones displayed in color
- Inclusive for every participant
- Instructor sees front LED display
- Results based programming



# IC5 Bike console features

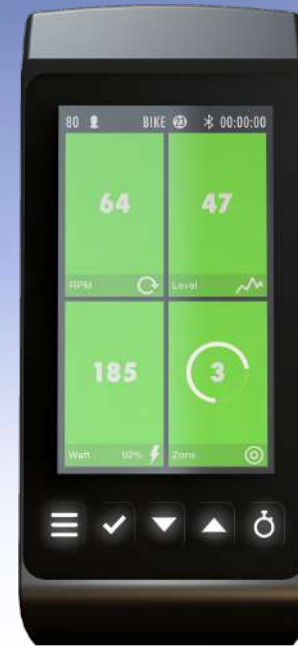
IC5



- LCD+ Dot Matrix screen display with Coach by Color intensity guidance
- Front LED facing instructor allowing for coaching cues
- Light button on console panel to change light display viewing options

# IC6 Bike console features

IC6



- TFT High-Def Pixel screen display with Coach by Color intensity guidance
- Front LED facing instructor allowing for coaching cues
- Lap button on console panel for recording lap intervals



# IC7 Bike console features



IC7



- TFT High-Def Pixel screen display with Coach by Color intensity guidance
- Front LED facing instructor allowing for coaching cues
- Lap button on console panel for recording lap intervals
- Left/Right Leg Independent Power Measurement for analyze pedaling efficiency

**The Global Award Winning IC7 has been in the market for 10 years as our Flagship indoor cycle.**



**Life Fitness**  
POWERED BY ICG

This data is for general communication (no restriction).

# ICG Training App

Your More Colorful, Powerful Personal Trainer.

Whether on the cardio space or in the cycling class, the ICG Training App is perfect for every cycling enthusiast. Training results can be easily tracked & shared.





# ICG Connect System

- Digital interactive gaming system allowing for bike data and scenic content to be projected
- Elevates motivational response from participants and enhances the group class experience
- Various mode options including Leaderboards, Team Races, Scenic Road footage and more



# ICG Virtual Cycling App

- Virtual class solution for small and large group settings
- Compliments & strengthens CBC programming
- App Stores - \$99/month
- Navigate by Phone / Tablet / Computer (web browser)
- Create Virtual Class Schedules Plays on the days / times scheduled
- Stream to a TV or Projector – Amazon Web Service



**Cardio Floor**



**Cycling Room**





# ICG Online Hub

- Tools for Instructor Support
- Online Education Courses
- CEC Certificates
- Global Instructor Club
- Workout Builder
- Live Event Schedules
- Training App Info
- Support Platform

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

