



9:41

Studio Coach 01

01:15:05



Actual

1250 54 150  
Watt  
38  
RPM

64 33  
RPM Level  
80 2  
FTP % Zone

Target

68 SE HSPO  
RPM (Seated Hillspeed  
OverTake)  
80 2  
FTP % Zone

Next in 03:03

64 Ju  
RPM (jumps)  
86 3  
FTP % Zone



ICG®



APP



# ICG® APP YOUR MORE COLORFUL, POWERFUL PERSONAL TRAILER

Kick your training up a level with the new ICG® App. Get fit and motivated with our expertly designed free workouts. The ICG® App is perfect for training at home, on the gym cardio floor, or during an indoor cycling class. It's for everyone and all fitness levels. You can select, customize and even share workouts between friends while also exchanging your workout data with external apps. Are you a personal trainer? Providing your members with powerful workouts has never been so easy. With the new ICG® App, your fitness goals are always within reach - colorful workouts, powerful results. It's free! Available for iOS® and Android™ on your smartphone or tablet.





# OPTIMIZE YOUR WORKOUTS WITH THE UNIQUE COACH BY COLOR® TECHNOLOGY

Coach By Color® optimizes training management in indoor cycling courses, on the training floor and during home workouts. ICG® is the only provider to combine the individual FTP value (functional threshold power in watts) with five colored training zones through the Coach By Color® training management system. Coach By Color® enhances the workout experience and helps achieve individual training goals by tapping into one of the most intuitive and effective forms of communication. Colors influence human reactions and interactions (psychological and physiological) in many areas of our lives.

The ICG® Ride CX Indoor Bike also features the unique Coach By Color® training management system, integrated directly into the bike's LCD computer. Based on your individual workload, you receive important information about your training zone. The various fitness tests included in the computer are used to calculate your personal FTP result. This allows you to perfectly adjust your intensity to your training goals.



## VERY LIGHT

% FTP: <55%  
% HR<sup>MAX</sup>: 50-60%



## LIGHT

% FTP: 56-75%  
% HR<sup>MAX</sup>: 61-70%



## MODERATE

% FTP: 76-90%  
% HR<sup>MAX</sup>: 71-80%



## HARD

% FTP: 91-105%  
% HR<sup>MAX</sup>: 81-90%



## MAXIMUM

% FTP: >106%  
% HR<sup>MAX</sup>: 91-100%



# FREE ICG® APP FEATURES



## For your smartphone or tablet

Simply connect your bike's computer to your smartphone or tablet via Bluetooth. The app dashboard displays your performance at a glance.



## Choose from over 200 workouts

In the "Free Workouts" category, you can find Coach By Color® based workouts created by ICG® experts for five different training goals.



## Colors are your coach

The guided workouts based on your fitness level (FTP), pedal speed, riding technique and color zone guarantee an optimal workout every time, whether you are a beginner or a professional cyclist.



## Record your workout

You can record your individual workout in Open Goal, providing a clear overview of your key training data in a single screen whenever you need it.



## Track your workouts

Within the calendar function you can analyze and manage your activities in detail. This means you always have a clear picture of your workouts.



## Log and share your successes

Save and share the workouts you're most proud of via the sharing function on social media or directly with your friends.





#### Scenic Coach Series

Ride through stunning terrain footage from around the globe guided by engaging beat driven music and Coach By Color®.



#### Studio Coach Series

Instructor led rides with motivational music and Coach By Color® guidance that drives results.



#### Music Coach Series

130+ Music and Coach By Color® guided workouts for variety in your ride routines.



#### Target Training

Be Your Own Hero – set your individual goals and time to achieve them for even more motivation.



#### Track Your Heart Rate

View and compare Coach By Color® heart rate and power zones in real time together with new riding and summary screens.



#### Truth in the Data

Collect, analyze, and compare all your activities and export this performance data for all your coaching and training needs.

# ICG® APP PREMIUM FEATURES

**DOWNLOAD NOW.**  
**AVAILABLE IN 18 LANGUAGES.**



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