RIDE CX
INDOOR BIKE

ICG®

ICG® RIDE CX INDOOR BIKE

The ICG® Ride CX Indoor Bike draws on the company's decades of experience in the global fitness industry. With more than 25 years of innovation and quality whilst working alongside instructors, the result is an Indoor Bike that meets every requirement for a high quality workout. The built in unique Coach By Color® training system is based on your individual needs and will help you reach your training goals faster and more effectively. Use either your ICG® App or an alternative fitness app. The choice is yours!

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A WORKOUT EXPERIENCE THAT WILL KEEP YOU COMING BACK FOR MORE

For over 25 years, ICG® has been focusing on developing cycling products and services, and is one of the world leaders in the fitness sector. Its award winning bikes are synonymous with the highest quality, innovation and user friendliness. These same characteristics combined can also be found in the ICG® Ride CX Indoor Bike. Drawing on our decades of global experience in indoor cycling courses and working with and training countless instructors, we have designed optimal training programs for every fitness level and every workout goal.

The ICG® Ride CX Indoor Bike features the unique Coach By Color® training system, integrated directly into the bike's LCD computer. Based on your individual workout, you can view key information about your training zones so that you can precisely tailor your intensity to your personal training goals, all while using a workout program or application of your choice.

We want to be there as you smash your training goals. Our free ICG® App offers a wealth of free features and workouts designed to meet your needs without the need for any paid subscription! Alternatively, train with the very best of our ICG® Master Trainer team or ride to beautiful outdoor scenery workout videos as part of our additional paid subscription service.

- **Integrated LCD bike computer with Coach By Color® training system and connect technology for efficient workouts.**

- **Professional and commerical grade quality.**

- **Built and designed by the world's leading indoor cycling supplier with more than 25 years experience.**

- **Free ICG® app to record your workouts, plus optional additional features.**

- **No additional costs and subscriptions required with the purchase of the ICG® Ride CX Indoor Bike.**

- **The connect technology integrated into the bikes computer allows you to use your preferred fitness apps and workout programs*.**

*The computer is compatible with a wide range of external apps. Please contact your dealer for further information.

WATTRATE® LCD COMPUTER WITH COACH BY COLOR® AND CONNECT TECHNOLOGY

WATTRATE® POWER METER TO DISPLAY THE EFFORT IN WATTS WITH A HIGH ACCURACY

FULL COVER SHROUD AND POLY-V BELT DRIVETRAIN SYSTEM FOR SUPER SILENT RIDING

MAINTENANCE FREE MAGNETIC BRAKE SYSTEM WITH 300-DEGREE RESISTANCE DIAL

INTEGRATED HANDLEBAR USER ASSIST SYSTEM TO ENSURE AN EASY BIKE SETUP

SUPERIOR 4-WAY ADJUSTMENTS ENSURE A FINELY TUNED FIT FOR ALL RIDERS

A DEVICE TRAY SECURELY MOUNTS YOUR PHONE OR TABLET WITH AN ADJUSTABLE VIEWING ANGLE

MULTI HAND POSITION HANDLEBAR WITH INTEGRATED DUAL BOTTLE HOLDERS

TWO FRONT WHEELS FOR EASY TRANSPORTATION

LEVELING FEET WITH A CONVENIENTLY LOCATED HANDLE AND PREMIUM PROTECTION/ STRETCH PLATES

Q-FACTOR OF 155MM MAKES THE INDOOR BIKE FEEL MORE LIKE A REAL BIKE

DUAL FUNCTION PEDALS ALLOW TO SLIDE IN WITH REGULAR SHOES OR LOCK INTO SPD CLIPS

LEVEL
Resistance in percent (0-100%)

RPM
Actual cadence

ZONE
Current training zone

WATT
Actual power output in watts

FTP%
Watt in percent of the users FTP-value

MENU
For personal data entry and Coach
By Color® options

DISPLAY LIGHTNING
To activate the backlight

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^{MAX}: 50-60%

LIGHT
%FTP: 56-75%
% HR^{MAX}: 61-70%

MODERATE
%FTP: 76-90%
% HR^{MAX}: 71-80%
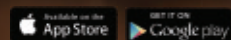
HARD
%FTP: 91-105%
% HR^{MAX}: 81-90%

MAXIMUM
%FTP: >106%
% HR^{MAX}: 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

ICG® ONLINE HUB

The ICG® Online Hub is a unique platform for indoor cycling enthusiasts around the world. Here you can take your indoor cycling knowledge to another level via the ICG® Online Academy. Use your knowledge to create Coach By Color® workouts through the ICG® Workout Builder or join our global community, the Global ICG® Instructor Club.

Real-time synchronization between the ICG® Workout Builder and the ICG® App (same login details) means that any Coach By Color® workouts you create are easily transferred to your ICG® app account. These workouts can then be quickly and easily used and shared. After completing each training session, you can compare your progress using the dashboard in the ICG® App or in the ICG® Online Hub, and you will always be up to date.

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SPECIFICATIONS

Power Measurement (Watt)	WattRate® Power Meter (ISO 20957-10)
Computer	WattRate® LCD Computer
Computer Power Supply	Batteries
Training Intensity Guide	Coach By Color® (user)
Connect Technology	Bluetooth and ANT+
Workout Tracking	ICG® App
Resistance System	Magnetic
Emergency Stop	Push (EN ISO 20957-10)
Flywheel	Rear, aluminum, evenly-weighted
Drivetrain	Poly-V belt
Drivetrain Gear Ratio	1:10
Frame Color	Charcoal black
Frame Material	Steel
Shrouds/Guards	Full frame
Frame Design	Off-set
Adjustment Type	Dials & levers
Posts & Sliders	Black aluminum, pin-to-lock adjustment
User Assist Adjustments	Handlebar Assisted
Q Factor	155mm / 6.1"
Crank Type	Crmo 172,5mm / 6.79"
Pedal Type	Dual-Sided Spd & Toe Cage
Handlebar	Ergo-Formed, Multiposition, Soft Pvc
Handlebar Adjustments	Vertical & Horizontal
Saddle	Unisex Padded Sport Saddle
Saddle Adjustments	Vertical & Horizontal
Water Bottle Holder	Dual, Integrated On Handlebar
Frame Stabilizer Bars	Standard
Protection & Stretch Plates	Molded Form-Fit With Stretch Plate
Max User Weight	150 Kg / 330 Lbs
Assembled Weight	51 Kg / 112 Lbs
Assembled Dimensions	132 X 52 X 102cm / 52 X 20.5 X 40.2"
Leveling Feet	4
Transport	2 Front Wheels & Rear Lifting Handle

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