





## 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



POWERED BY ICG®

# 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.





## IC8 POWER TRAINER

Inspired by the movement of road cycling, the IC8 is a high-performance indoor cycle for serious riders and a challenging power trainer for all athletes. With greater power accuracy, wattage and performance data than any other indoor cycle, the IC8 delivers superior results for facilities running cycle-specific coaching, high-intensity interval training and endurance training.

- WattRate® Power Meter [direct, +/-1% tolerance]
- WattRate® TFT Computer with polar view
- Coach By Color® intensity guide
- Connect Technology [Bluetooth & ANT+]
- Self-powered generator with LiPo battery
- 300 degree resistance control via dial
- Supported handlebar & saddle height adjustment
- Full cover shroud
- 0 - 3800W magnetic resistance
- Oversized chain with automated tensioning system
- Freewheel drivetrain
- Pro performance handlebars
- 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
- Padded unisex performance saddle
- Oversized stabilizer bars incl. leveling feet
- Premium protection/stretch plates
- Arc frame access



MAGNETIC  
RESISTANCE



WATTRATE®  
POWER



COACH BY  
COLOR®



CONNECT  
TECHNOLOGY



SELF POWERED  
GREEN ENERGY



WATTRATE®  
POLAR VIEW

**+/-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

155MM Q-FACTOR

# 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.



### 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

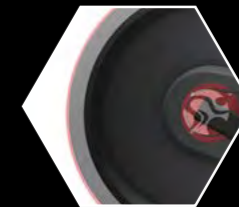
A striking aesthetic that's also easy to keep clean

# IC8 FEATURES



### 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

# 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.

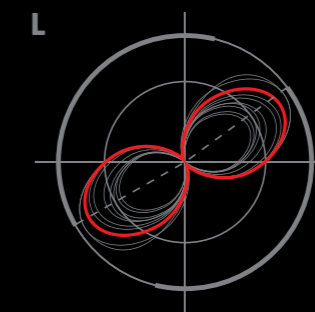
## Performance

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

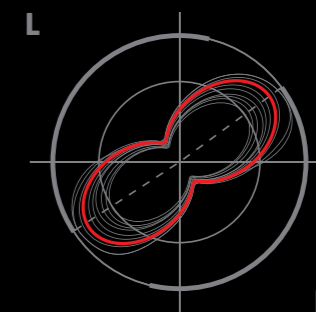
A customised Bluetooth® connection with the ICG® Training App tracks rides and data. ANT+ transmission enables power and cadence connection to a wide range of third party apps.

Compatible with:



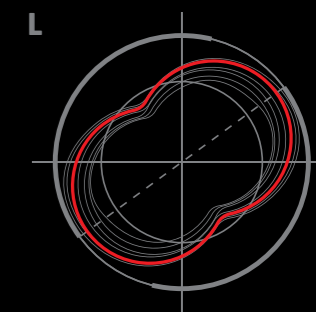
## BEGINNER

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.

# WATTRATE® POLAR VIEW

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.



# INDOOR CYCLES

POWERED BY ICG®



IC2



IC3



IC4



IC5



IC6



IC7



**IC7**  
POWERED BY ICG®



**2017**  
BODYLIFE AWARD WINNER



**2016**  
GERMAN DESIGN AWARD WINNER



**2015**  
ISPO AWARD WINNER



**2015**  
PLUS-X AWARD WINNER



**2014**  
REDDOT AWARD WINNER



## 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.

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



MAGNETIC  
RESISTANCE



WATTRATE®  
DIRECT POWER



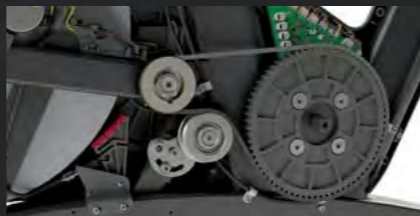
COACH BY  
COLOR®



CONNECT  
TECHNOLOGY

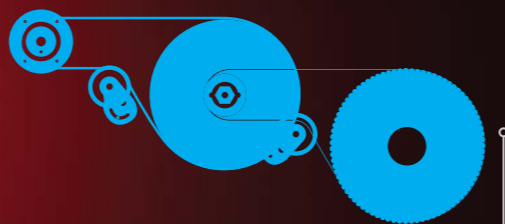


SELF POWERED  
GREEN ENERGY



## 2-STAGE DRIVETRAIN

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



## WATTRATE® DIRECT POWER METER

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

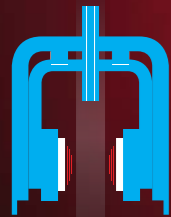


Uses photocells to directly measure the torsion (twisting force) of the spindle.

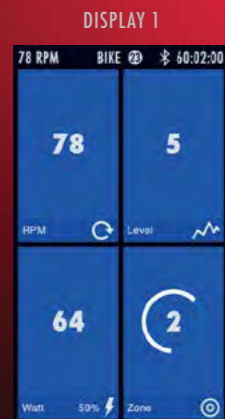
*LifeFitness*  
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*LifeFitness*  
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*LifeFitness*  
POWERED BY ICG®



A contactless positioning sensor to measure the magnet position for optimum resistance adjustment.



LIGHT RESISTANCE

0%



100%

HEAVY RESISTANCE



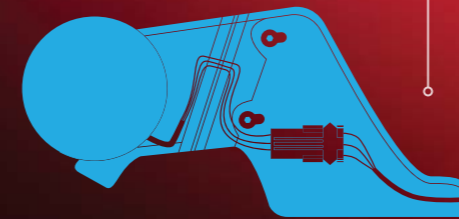
### 300-DEGREE MAGNETIC RESISTANCE

IC7's magnetic resistance is engineering at its best. The limited-to 300-degree dial offers 100 "clicked" increments and displays the resistance level as 0-100% on the WattRate® TFT computer; all at one flick of the user's wrist. This highly precise and visual design means your members will be able to dial into the perfect resistance quickly.



### 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. This makes the bike independent from power grids and costly battery replacements.



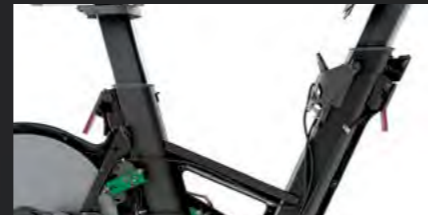
A compact generator at the flywheel recharges the bike's integrated lithium polymer battery.





**LifeFitness**  
POWERED BY ICG®

A gas assisted adjustment and over-cam flip levers are incorporated into the offset frame.



### "USER-ASSIST" POSTS

The gas assisted posts provide users with a smooth, stepless adjustment range. A system that allows the "athlete" set-up for optimum performance and the "fitness-user" for maximum comfort.



ERGO-FORMED  
HANDLEBAR

OVER-CAM FLIP  
LEVERS

SPD-COMPATIBLE  
PEDALS

PREMIUM  
PROTECTION  
PLATES



### ERGO-FORMED HANDLEBAR

Featuring the same impressive curves and soft PVC as the ergo-formed handlebar, this wider bar provides larger users more support, additional Time Trial bar-ends, central ride easy position and intelligently integrates the WattRate® TFT computer by not exposing any cables and allowing the consoles position to adjust in-line with the bars.



155MM  
Q FACTOR

ADVANCED  
BIKE-FIT

FULL FRAME  
SHROUD

OVERSIZED  
STABILIZER  
BARS

ARC FRAME ACCESS



### 155MM Q FACTOR

Offers superior biomechanics. 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 increased safety, comfort, and efficiency in every pedal stroke.



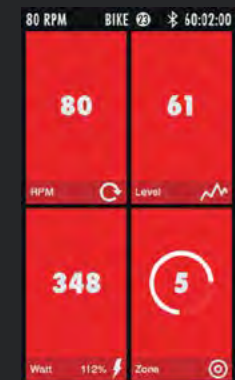
### ADVANCED BIKE-FIT

The new off-set frame design and stepless 4-way (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) slider and post technology offers superior biomechanics, accommodating the widest range of users and allows for the finest of fine-tuning. It's easy and fast.



# WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature simultaneously displays individual training intensity for the user and the trainer. 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® Training App).



## DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts, training zone and dynamic lap function.



## DISPLAY 2

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



## DISPLAY 3

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



## DISPLAY 4

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 have been burnt in each training zone.



CONSOLE DISPLAYS COACH BY COLOR®  
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED



# THE FRONT LED DISPLAY

By connecting instructors to their students, the patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.

MAXIMUM



VERY HARD



MODERATE



LIGHT



VERY LIGHT





IC6

POWERED BY ICG®



## IC6 INDOOR CYCLE

The IC6 combines innovative design with high-quality mechanical and electronic components. The WattRate® TFT computer with integrated power supply features performance indication in watts, data exchange with external devices as well as a Coach By Color® intensity guide for the user and instructor.

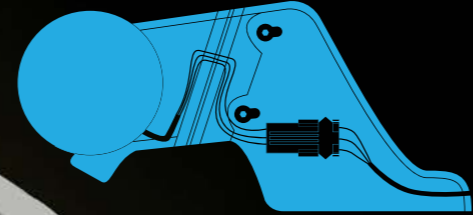
- WattRate® Power Meter
- WattRate® TFT Computer with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and 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





**LifeFitness**  
POWERED BY ICG®

IC6



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

ERGO-FORMED HANDLEBAR

SPD-COMPATIBLE PEDALS

PREMIUM PROTECTION PLATES



ADVANCED BIKE-FIT

155MM Q FACTOR

FULL FRAME SHROUD

OVERSIZED STABILIZER BARS



## 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.



## 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.



## MAGNETIC RESISTANCE

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



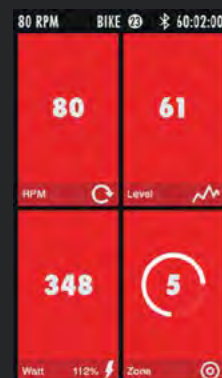
## "USER-ASSIST" POST

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



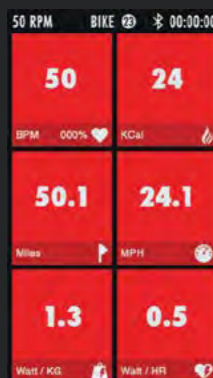
## WATTRATE® FULL COLOR TFT COMPUTER

The WattRate® Full Color TFT Computer features a bright, self-powered, fully integrated TFT screen and a front LED display. This patented feature simultaneously displays individual training intensity for the user and the trainer. 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® Training App).



### DISPLAY 1

Shows the user's "actual" performance data in one screen view, including rpms, resistance level, watts and training zone and dynamic lap function.



### DISPLAY 2

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



### DISPLAY 3

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



### DISPLAY 4

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 have been burnt in each training zone.



CONSOLE DISPLAYS COACH BY COLOR®  
PERFORMING IN THE MAXIMUM TRAINING ZONE - RED



## THE FRONT LED DISPLAY

By connecting instructors to their students, the patented display offers a motivating, easy-to-use, monitoring systems of your user's real-time effort during studio classes, gym-floor circuits, and personal or small group cycling in functional training areas. No Audio Visual equipment needed.

MAXIMUM



VERY HARD



MODERATE



LIGHT



VERY LIGHT



INDOOR CYCLES

IC6





IC5

POWERED BY ICG®



## IC5 INDOOR CYCLE

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

- WattRate® Power Meter
- WattRate® LCD Computer
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Magnetic brake system with position sensor
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and saddle
- Off-set frame geometry with 155 mm QFactor
- 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



MAGNETIC  
RESISTANCE



WATTRATE®  
POWER



COACH BY  
COLOR®

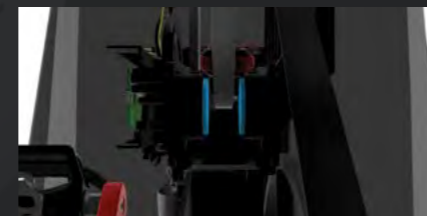


CONNECT  
TECHNOLOGY

**LifeFitness**  
POWERED BY ICG®

An integrated magnetic sensor measures the position of the magnet enabling to display the resistance level (0-100%) on the WattRate® computer. This way the resistance curve will be identical on all bikes.

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



## MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. A service-free technology that provides the user a greater resistance range and reduces operational down time and cost.



## 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.



## 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.



## "USER-ASSIST" POST

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

ERGO-FORMED  
HANDLEBAR

SPD-COMPATIBLE  
PEDALS

PREMIUM  
PROTECTION  
PLATES

ADVANCED  
BIKE-FIT

155MM  
Q FACTOR

FULL FRAME  
SHROUD

OVERSIZED  
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 screen 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® Training App).



BIKE 23 60:02:00	
RPM 80	LEVEL 61
WATT 348	ZONE 5
112%	

## DISPLAY 1

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

BIKE 23 60:02:00	
♥ 100% 165	KCAL 100
MILES 120	MPH 05
WATT/KG 1.2	WATT/HR 0.5

## DISPLAY 2

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

BIKE 23 60:02:00	
WATT MAX 658	WATT AVG 250
♥ MAX 183	♥ AVG 152
RPM MAX 120	RPM AVG 102
MPH MAX 40	MPH AVG 28

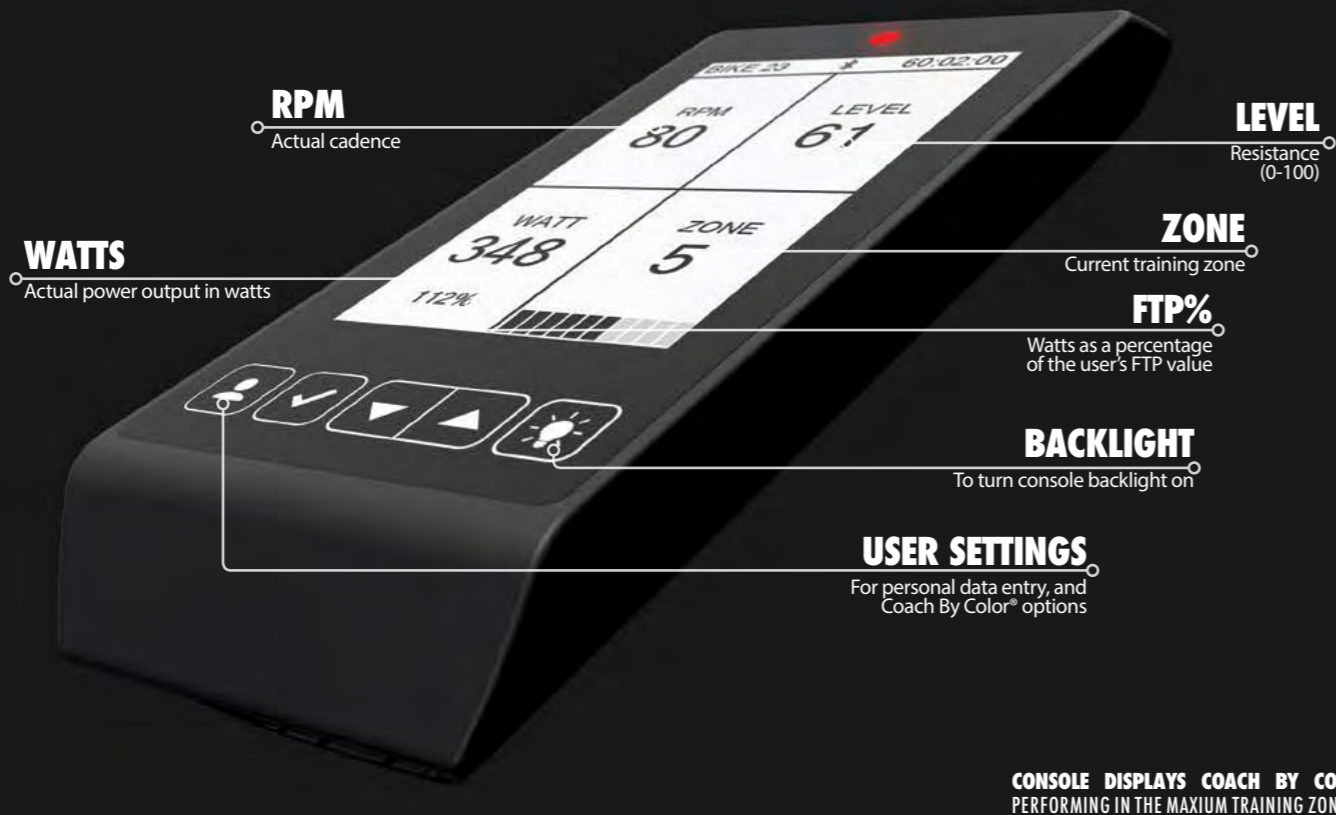
## DISPLAY 3

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

BIKE 23 60:02:00	
106-150+% ZONE 5 00:10:00	10 %
91-105% ZONE 4 00:15:00	20 %
76-90% ZONE 3 00:25:00	40 %
56-75% ZONE 2 00:12:00	15 %
< 55% ZONE 1 00:12:00	15 %

## DISPLAY 4

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



CONSOLE DISPLAYS COACH BY COLOR®  
PERFORMING IN THE MAXIUM TRAINING ZONE - RED



# THE LED INDICATOR

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 control and give participants greater understanding of their training.

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





**IC4**

POWERED BY ICG®



## 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 brake system
- Resistance control via lever
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 4-way adjustment of handlebar and 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





A gas assisted adjustment and pop-pin levers are incorporated into the offset frame.



### "USER-ASSIST" POST

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



### MAGNETIC RESISTANCE

ICG's magnetic resistance is engineering at its best. The resistance lever gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the vertical adjustment lever is easy to reach from all riding positions.



### 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.



### 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.

ERGO-FORMED  
HANDLEBAR

SPD-COMPATIBLE  
PEDALS

PREMIUM  
PROTECTION  
PLATES



ADVANCED  
BIKE-FIT

155MM  
Q FACTOR

FULL FRAME  
SHROUD

OVERSIZED  
STABILIZER  
BARS





**IC3**  
POWERED BY ICG®



## INCREDIBLE RIDE, INCREDIBLE VALUE. THE LIFE FITNESS IC3 PROVIDES THREE CRITICAL COMPONENTS FOR IMPROVING USERS' CYCLING PERFORMANCE

155mm Q Factor, ergonomic handlebar, and advanced geometry. For club-owners, there's ICG's Poly-V belt drivetrain technology for maximum durability and reduced servicing. Take the IC3 for a ride and you'll be a believer.

- 155mm Q Factor
- High Inertia Flywheel
- Ergo-formed Handlebar
- 4-Way Bike Fit
- Poly-V Belt Drivetrain
- Integrated Dual Bottle Holder
- Aluminum Posts
- Dual-sided SPD-Compatible Pedals
- Premium Protection Plates
- Protection Post Insert
- Oversized Stabilizer Bars
- ANT+ Console (Optional)

**IC2**  
POWERED BY ICG®



AS ICG'S ENTRY-LEVEL CYCLE, THE LIFE FITNESS IC2 OFFERS A SIMPLIFIED FEATURE-SET WITHOUT COMPROMISE ON PREMIUM GRADE MATERIALS, PROVEN ENGINEERING PROCESS AND STYLING.

The IC2 is a rock-solid product, suitable for high footfall commercial use and offers leading industry warranties.

- Poly-V Belt Drivetrain
- Aluminum Posts
- Perimeter-Weighted Flywheel
- Dual-Sided SPD-Compatible Pedals
- Sweat Guard
- 4-way Saddle Adjustment
- Handlebar Bottle Holder (Optional)
- ANT+ Console (Optional)

WATTRATE®

## WHY POWER?

Power meter training on Indoor Cycles heralds a new era. Like heart rate monitors that were used by pro riders they soon became mainstream, power meters are now widespread amongst pro riders, are used by many amateur riders and the great news is they have finally made it to Indoor Cycling for fitness.

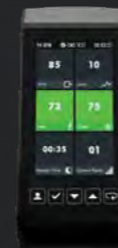
WattRate® is ICG's technology to measure the user's power output displayed in watts. This performance data can be applied in training programs to maximize workout results.

## FTP: ONE NUMBER THAT COUNTS

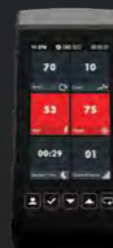
Functional Threshold Power is one of the key factors of your power cycling armory but what is it? It's generally agreed that FTP is the maximal power output that can be sustained for the duration of one hour, the classic time trial. FTP is the best single marker for fitness in cycling. The higher your FTP is, the stronger you are, and workouts are recorded as a percent of FTP. This means that when your FTP increases, the workouts get harder to maintain the same difficulty.

## FUNCTIONAL THRESHOLD (FTP) POWER TEST

IN THE ZONE



OUT OF ZONE



### WHAT?

A test used to help measure a user's fitness and establish their 5 colored training zones.

### HOW?

Every 4 minutes the WATTs target will increase 25 watts, all the rider has to do is "keep it green" for as long as they can.

### WHY?

More than establishing the perfect Coach By Color® training zones for your riders, The "FTP (Power) Test" is a highly engaging, rewarding workout. Its unique color guidance and personal challenge has established a new type of class experience, empowering the opportunity of one instructor monitoring and motivating a large group of users to find their own fitness level together.



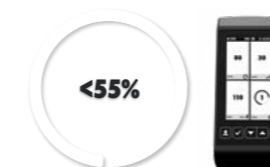
## WHY COACH BY COLOR®

To Coach By Color® is to bring a simple and intuitive form of communication to Group Cycling to improve the riders experience and to achieve their fitness results in less time. The Coach By Color® power program combines accurate zonal training with stimulating color to help coach a member's effort during the workout. Coaching with the addition of Coach By Color® stimulates both a psychological and physiological response. Participants 'go for' greater maximal effort and come to understand the reward of recovery effort. The Coach By Color® system increases the group dynamic amongst members and enhances instructor communication. Simply; Coach By Color® increases social interaction while it maximizes training results, this means members enjoy the process more and reach their goals quicker. Those are the kinds of benefits that boost new-member acquisition and retention.

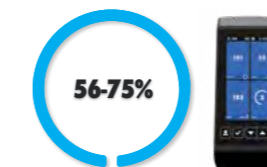
## TRAINING ZONES

COACH BY COLOR® HAS FIVE COLORED TRAINING ZONES: WHITE, BLUE, GREEN YELLOW & RED.

These zones can be linked to WattRate® (Power) and Functional Threshold Power® (FTP), or heart rate and percentage of Heart Rate Max (HRM). FTP represents the workload above which an individual cannot sustain prolonged exercise. Similar to HRM, once an individual's FTP is known, users are assigned the 5 colored zones to accurately coach their effort for the best customized results.



VERY LIGHT



LIGHT



MODERATE



VERY HARD



MAXIMUM

\*Training zone values shown as %FTP

## COMPUTER FEATURES

FEATURES	IC5	IC6 /7	IC8
WATRATE® FULL COLOR TFT COMPUTER SCREEN		•	•
WATRATE® DOT MATRIX LCD COMPUTER SCREEN	•		
WATRATE® POLAR VIEW			•
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		•	•
USER TOUCH SENSOR BUTTONS	•	•	•
BACKLIGHT FEATURE ON DEMAND	•		
PERMANENT BACKLIGHT		•	•
LAP FEATURE		•	•
QUICK START MODE	•	•	•
WATRATE® POWER MODE	•	•	•
HEART RATE MODE	•	•	•
POWER TESTING (FTP TEST)	•	•	•
ICG® HEAT WORKOUT ANIMATIONS		•	•
CUSTOM USER DATA INPUT	•	•	•
ICG® TRAINING APP COMPATIBLE	•	•	•
COMPUTER BATTERY POWERED	•		
COMPUTER GENERATOR POWERED		•	•



**IC5**  
WATRATE® LCD COMPUTER



**IC6/7**  
WATRATE® TFT COMPUTER



**IC8**  
WATRATE® TFT COMPUTER  
WITH POLAR VIEW



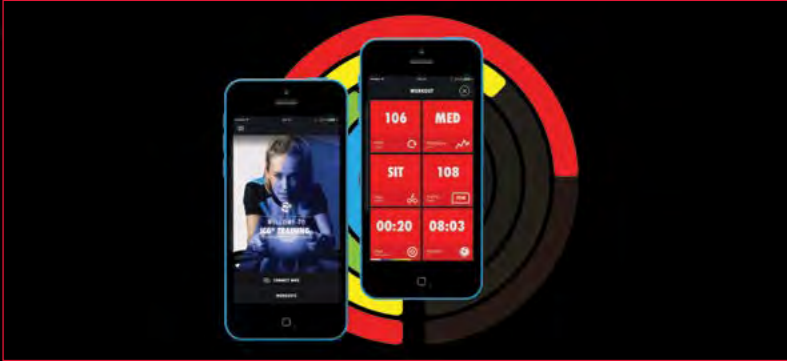
## BIKE SPECIFICATIONS

DETAILS	IC4	IC5	IC6	IC7	IC8
POWER MEASUREMENT (WATT)	No	WattRate® Power Meter (ISO 20957-10)	WattRate® Power Meter (ISO 20957-10)	WattRate® Direct Power Meter (+/-1%)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	No	WattRate® LCD Computer	WattRate® TFT Computer	WattRate® TFT Computer	WattRate® TFT Computer with Polar View
COMPUTER POWER SUPPLY	No	Batteries	Self-powered generator with LiPo battery	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)	Coach By Color® (user & instructor)
CONNECT TECHNOLOGY	No	Bluetooth & ANT+	Bluetooth & ANT+	Bluetooth & ANT+	Bluetooth & ANT+
WORKOUT TRACKING	No	ICG® Training App	ICG® Training App	ICG® Training App	ICG® Training App
RESISTANCE SYSTEM	Magnetic	Magnetic	Magnetic	Magnetic	0 - 3800W magnetic resistance
EMERGENCY STOP	Push (EN-957-10)	Push (EN-957-10)	Push (EN-957-10)	Push (EN-957-10)	N/A
FLYWHEEL	Rear, aluminum , evenly-weighted	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	2-stage hybrid chain & Poly-V belt, freewheel
DRIVETRAIN GEAR RATIO	1 : 10	1 : 10	1 : 10	1:11	1:13,75
FRAME COLOR	Matte slate	Matte slate	Matte slate	Matte slate	Matte slate
FRAME MATERIAL	Steel	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Full frame	Full frame	Full frame
FRAME DESIGN	Off-set	Off-set	Off-set	Off-set with arc frame access	Off-set with arc frame access
ADJUSTMENT TYPE	Dials & levers	Dials & levers	Dials & levers	Levers	Levers
POSTS & SLIDERS	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment	Aluminum, stepless adjustment	Aluminum, stepless adjustment
USER ASSIST ADJUSTMENTS	Handlebar assisted	Handlebar assisted	Handlebar assisted	Handlebar and saddle assisted	Handlebar and saddle assisted
Q-FACTOR	155mm	155mm	155mm	155mm	155mm
CRANK TYPE	CrMo 172,5mm	CrMo 172,5mm	CrMo 172,5mm	CrMo 172,5mm	CrMo 172,5mm
PEDAL TYPE	Dual-sided SPD & toe cage	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	Pro performance handlebar, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	4-way stepless, vertical & horizontal	4-way stepless, vertical & horizontal
SADDLE	Unisex padded sport saddle	Unisex padded sport saddle	Unisex padded sport saddle	Unisex padded sport saddle	Unisex padded performance saddle
SADDLE ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	4-way stepless, vertical & horizontal	4-way stepless, vertical & horizontal
WATER BOTTLE HOLDER	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Single, integrated on handlebar
FRAME STABILIZER BARS	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings	Oversized, hidden bolts & fixings
PROTECTION AND 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	Molded form-fit with stretch plate
MAX USER WEIGHT	150 kg	150 kg	150 kg	150 kg	150 kg
ASSEMBLED WEIGHT	50 kg	51 kg	51 kg	54 kg	54 kg
ASSEMBLED DIMENSIONS	L132xB52xH120cm	L132xB52xH120cm	L132xB52xH120cm	L132xB52xH102cm	L144xB52xH103cm
LEVELING FEET	4	4	4	4	4
TRANSPORT WHEELS	2	2	2	2	2





**DIGITAL**  
POWERED BY ICG®



**ICG® TRAINING APP**



**ICG® CONNECT**



**MYRIDE VX® PERSONAL**



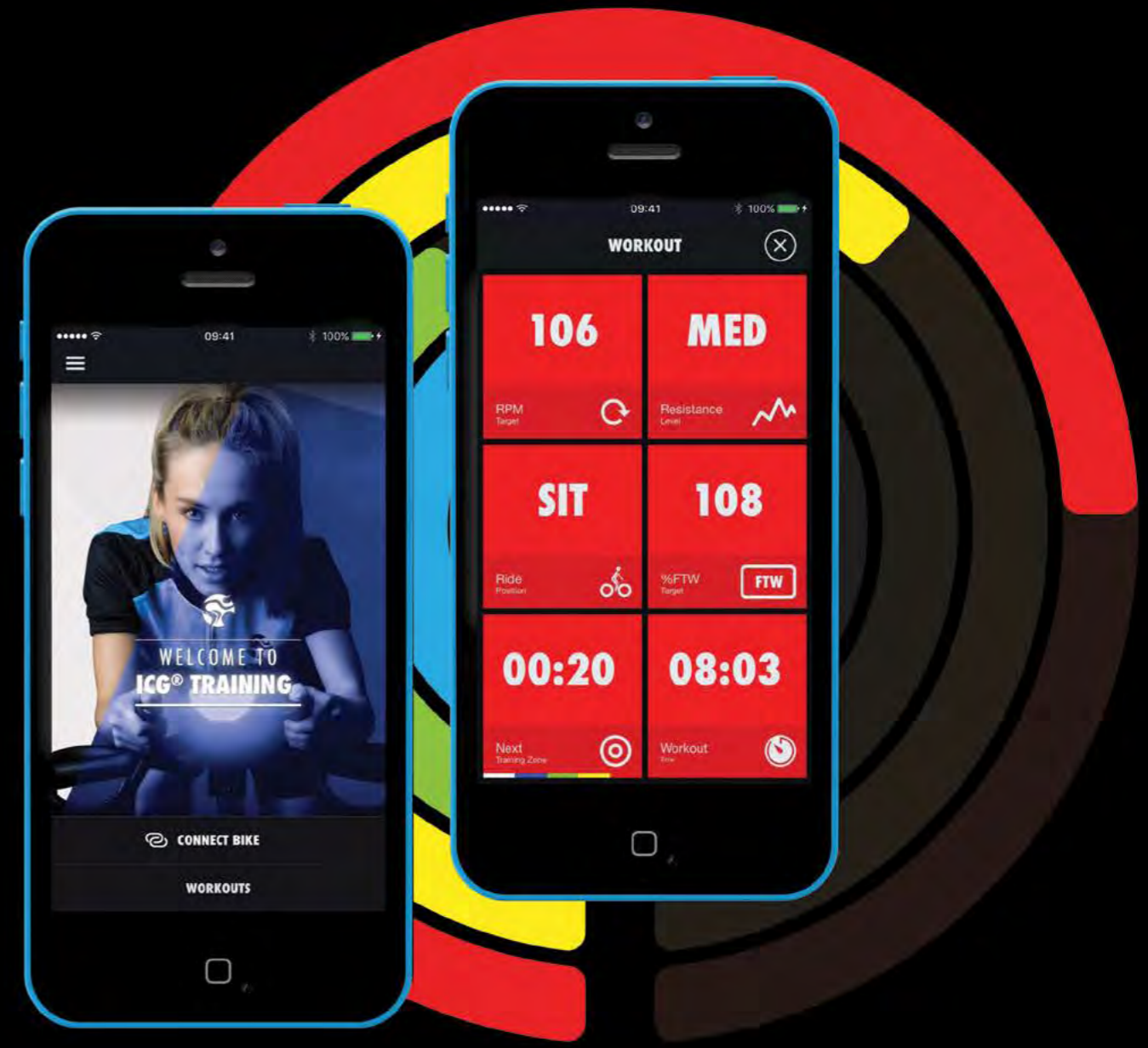
**MYRIDE VX® GROUP**

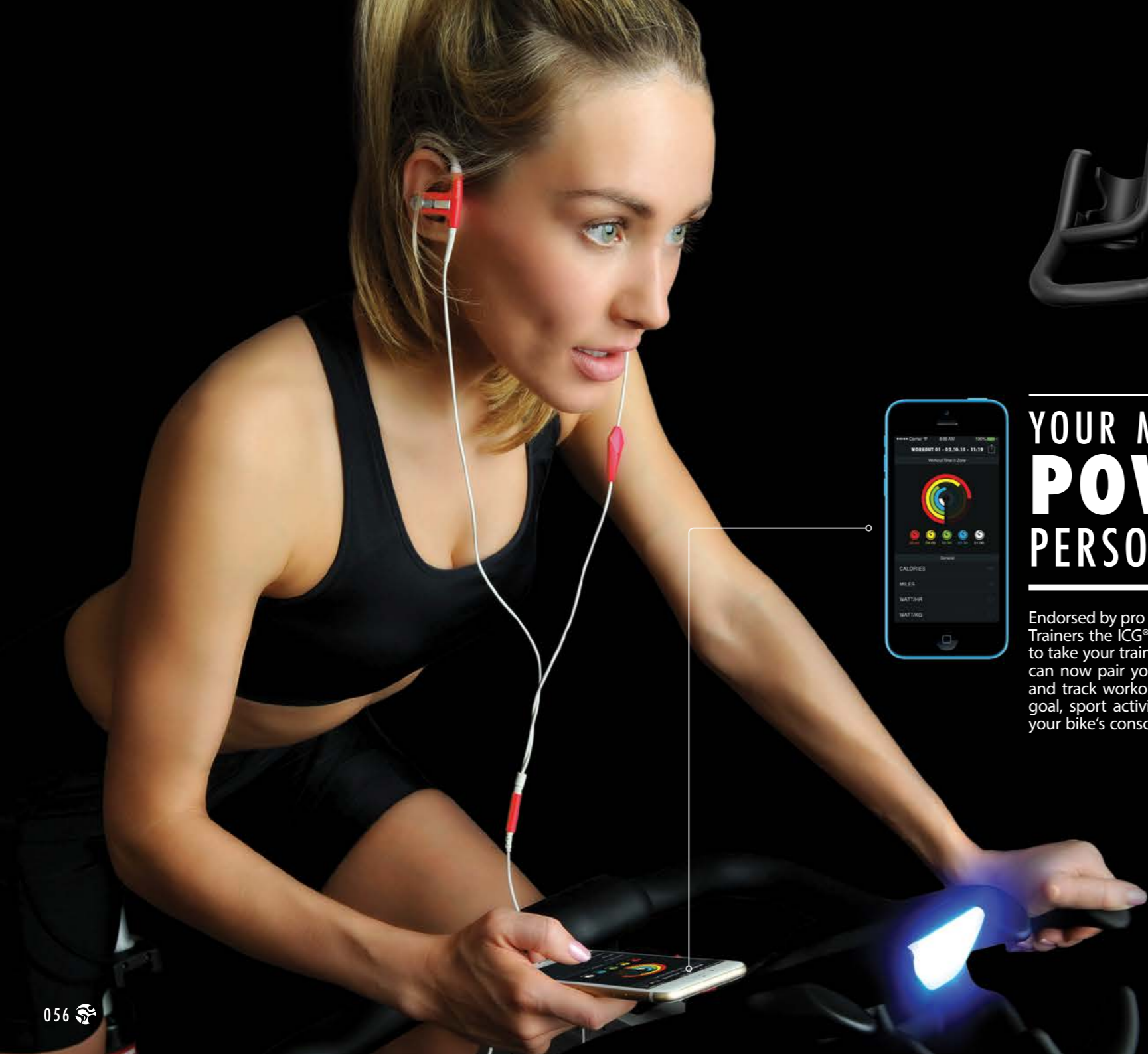


# ICG® TRAINING APP

## YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

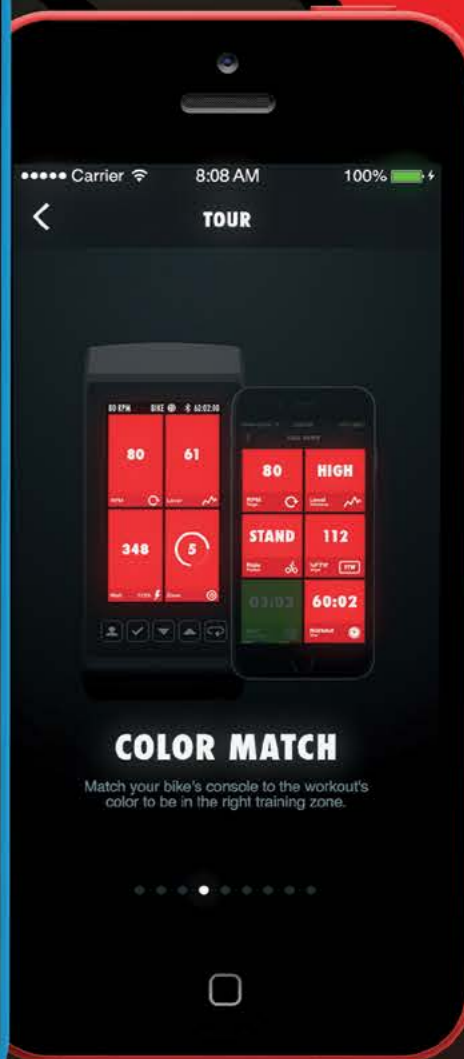
Provide your members with free workouts - endorsed by pro athletes, and designed by ICG Master Trainers - to take their training to the max. Available in the App Store and Google Play NOW!!





## YOUR MORE COLORFUL **POWERFUL** PERSONAL TRAINER

Endorsed by pro athletes, and designed by ICG® Master Trainers the ICG® Training App provides free workouts to take your training to the max. Via Bluetooth 4.0 you can now pair your training applications to view, save and track workout history. Select workouts by fitness goal, sport activity or specialist program then match your bike's console to the workout's color to be in the right training zone.





## ICG® TRAINING APP USERS CAN SELECT, CUSTOMIZE, SAVE AND EVEN SHARE WORKOUTS BETWEEN FRIENDS.

These same, intuitive features have been designed to empower personal trainers to send workouts to their clients, and group instructors to create or select routines, sync music and playback in their classes. Providing your members with powerful workouts has never been so easy.

- Select workouts by fitness goal, sport activity or specialist program
- Color Match – it's the easiest way to train with power, and guarantees results
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Ready, steady, go - fast user data transfer onto the WattRate® Computer
- Data exchange with external devices - save & track your fitness results after every workout
- Personal trainer? Build and send workouts to your clients to keep them on track
- Group instructor? Make life easier, select ready-to-go workouts or create and store all your routines with synced music on one device

## SELECT CUSTOMIZE & SHARE



DOWNLOAD NOW  
APP.TEAMICG.COM



**ICG® CONNECT**

# YOUR CONNECTED CYCLING EXPERIENCE

Introducing ICG® Connect, a digital platform created to deliver data-visualisation and gaming to unite riders by tracking group performance, providing team competition and rewarding group leaders whilst celebrating individual achievement.





## ICG® CONNECT.

Unboxed and installed in the studio, Connect devices collectively monitor, manage, and control the group's workout data to drive the connected experience.

- 10.1" HD Touch Screen
- Media Server
- Router / ANT+ Receivers



## CONNECTED APP.

ICG® Training adjusts connected bikes to your members' personal settings and identifies them to Connect. Participants can record activity, view results, and share with friends and coaches.

- A faster way to personalise connected bikes
- Personally identifies participants to connect for leaderboards
- Records activity and connects riders to friends and coaches beyond the class



## CONNECTED BIKES.

Train smarter with up to 40 performance metrics transmitted every second to Connect, and displayed on the personal computer of each bike.

- IC5 Indoor Cycle
- IC6 Indoor Cycle
- IC7 Indoor Cycle
- IC8 Power Trainer



## CONNECTED TRAINING.

Instructors will receive guidance on Connect's Power, Heart Rate and QuickStart training modes to deliver inspired connected classes.

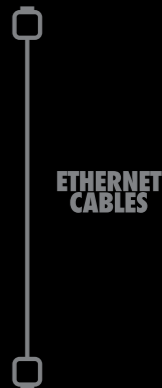
- Live Coach By Color® courses / Online resources
- Pre-designed workouts on ICG® Training



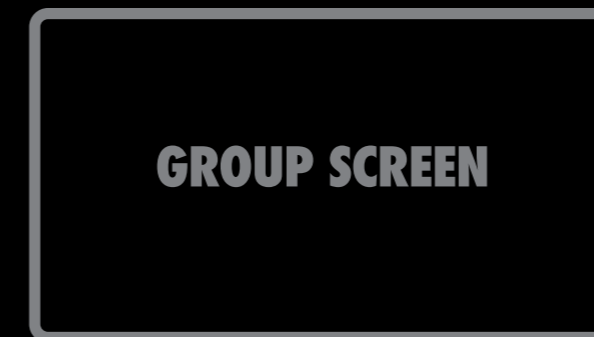
### CONNECTED APP



### CONNECTED BIKES



ETHERNET  
CABLES



GROUP  
SCREEN



HDMI  
CABLE



Wi-Fi



ETHERNET  
CABLE



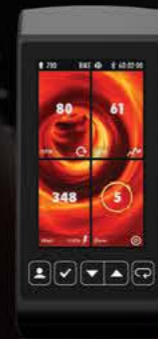
FOR A CLOSER LOOK AT CONNECT'S SOFTWARE, OR FOR MORE INFORMATION ON CONNECTED BIKES, APP, AND TRAINING  
PLEASE VISIT [WWW.TEAMICG.COM](http://WWW.TEAMICG.COM)

# 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 users' connected bike computer, the instructor's tablet and the group's large display all mirror the same performance metrics, User Interface (UI) and animations to make coaching and following instruction flawless.

Moreover, the immersive qualities of this interconnected experience drive greater training engagement.



BIKE  
COMPUTER



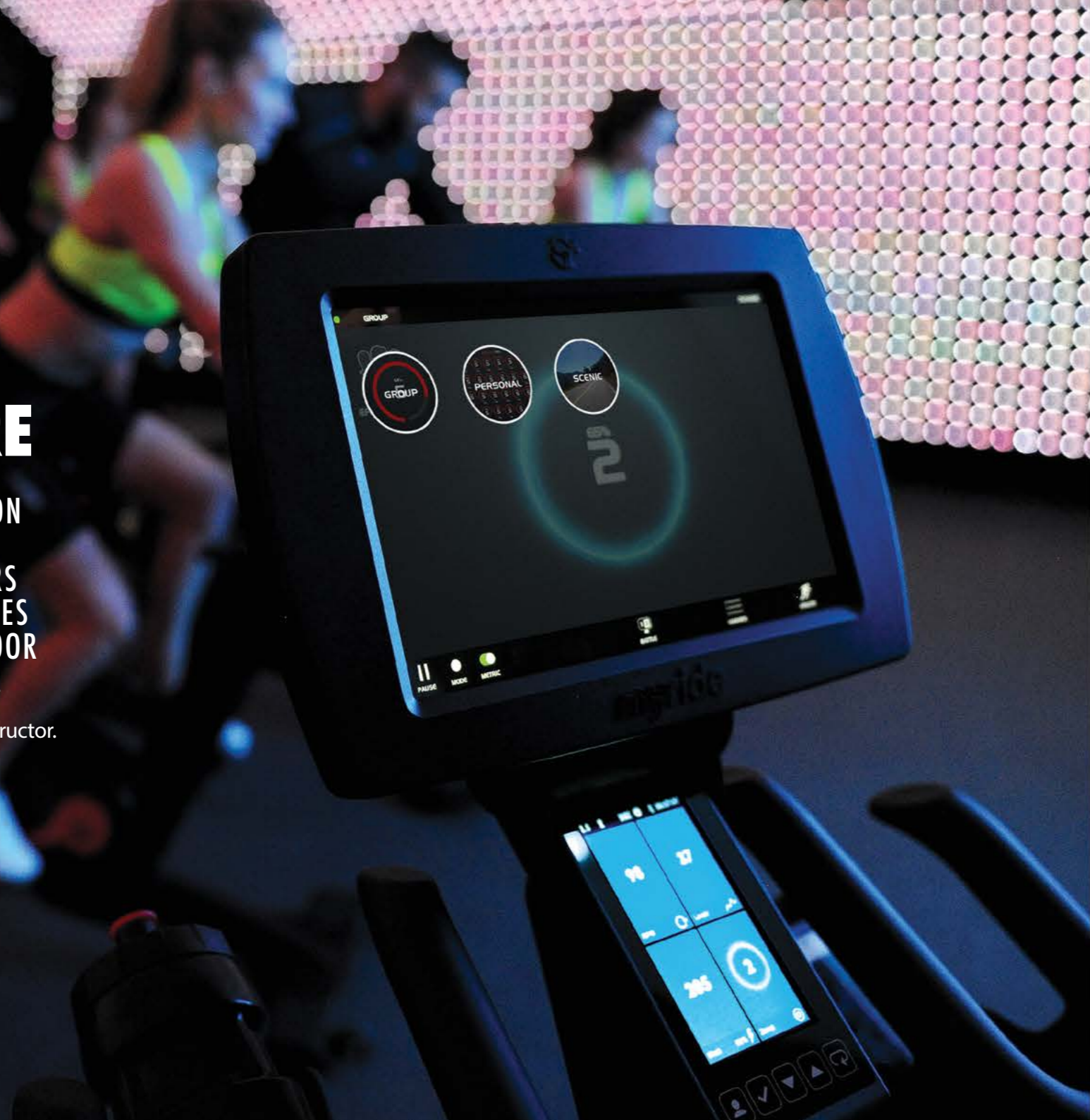
INSTRUCTOR  
TABLET



## THE SOFTWARE

MEASUREMENT AND MOTIVATION COME IN DIFFERENT FORMS, THAT'S WHY CONNECT DELIVERS A VARIETY OF PROGRAMS, MODES AND FEATURES TO GET ALL INDOOR CYCLING FANATICS ENGAGED.

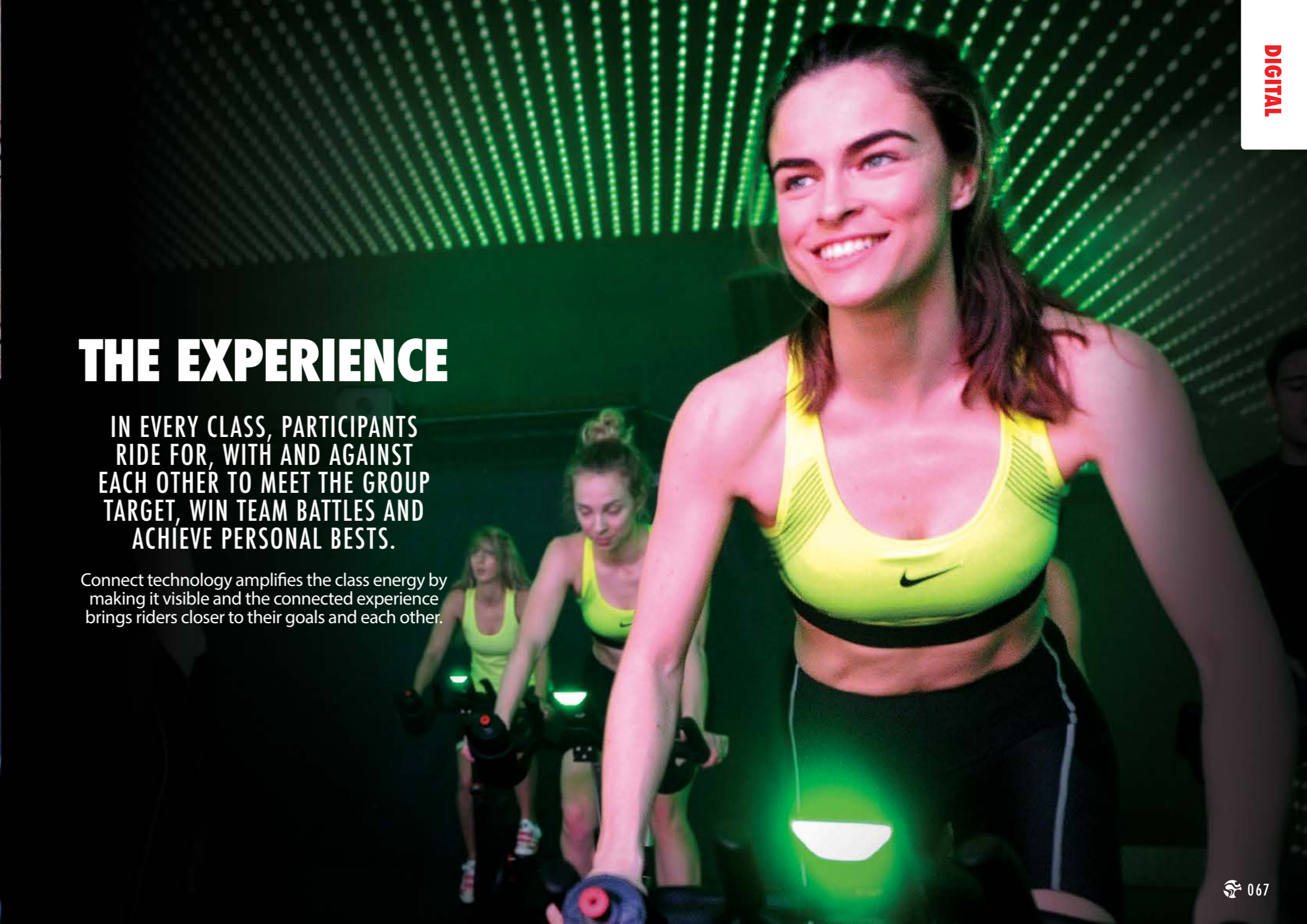
All workout options are controlled by the instructor.



## THE EXPERIENCE

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

Connect technology amplifies the class energy by making it visible and the connected experience brings riders closer to their goals and each other.



ICG® CONNECT  
PROGRAMS



QUICK START

Coaching to RPM

POWER TRAINING

Coaching to Power  
with personalised  
%FTP training zones

HEART RATE  
TRAINING

Coaching to Heart  
Rate with personalised  
%HRM training zones



# ICG® CONNECT MODES



## GROUP

Capturing all the riders' collective effort



## PERSONAL

Encouraging an individuals achievement



## SCENIC

Creating a group immersive journey



**GROUP MODE**

## ICG® CONNECT FEATURES



### BATTLE

To stimulate peak performance through healthy competition



### LEADERBOARD

Rewarding the top riders in class



### ATHLETE VIEW

A closer look at the group's performance



### TEAM POINTS

A single metric to achieve group goals



### BATTLE VIEW

# BRING THE HEAT

AS AN OPTIONAL SPECIAL FEATURE ON CONNECT AND CONNECTED BIKES, ICG<sup>®</sup> HEAT PROVIDES VISUAL TRIGGERS TO FOCUS A RIDER'S MIND AND BODY DURING HIGH INTENSITY INTERVAL TRAINING (HIIT).



**IGNITE**

**POWER (FTP%)**  
70-76%



**HEAT**

**POWER (FTP%)**  
85-92%



**ON-FIRE**

**POWER (FTP%)**  
122 - 150%



**BURN**

**POWER (FTP%)**  
151%+

\*Training zone values shown as %FTP



myride

# RIDE EVERYWHERE ANYTIME

MYRIDE® VX BRINGS YOU THE BEST IN IMMERSIVE, VIDEO-BASED FITNESS PROGRAMING FOR YOUR GROUP CYCLING STUDIO, AND THE GYM FLOOR.

myride

## PERSONAL

### MYRIDE® VX GIVES OUR AWARD WINNING INDOOR CYCLES A FULL BOOST OF ADRENALINE.

Adding immersive, video-based instruction directly to the handlebar redefines the bike's user experience. Unlike bikes that only offer "exertainment", or bikes that focus on pure performance data, our Indoor Cycles with Myride VX does both, and better; advanced data accuracy, results-orientated coaching, and stunning footage from around the globe.

#### BENEFITS:

Offer the growing cycling, triathlon, and "athletic-minded" consumer the world's most accurate power-based Indoor Cycle with cutting-edge motivation to strengthen your membership.

Excite and support all your members – beginners to advanced - with the most awarded Indoor Cycle ever, packed with Myride VX's guidance and measurement they need to achieve their goals.

Maximise your club's outreach and marketing with innovative, fun fitness solutions.



## MYRIDE® VX PERSONAL

### GYM FLOOR EXAMPLE



\*No Audio Visual equipment is required. Headphones not included.

#### HARDWARE

- 1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
- 1x INDOOR CYCLE TABLET MOUNT

#### APPS

- MYRIDE® WORLD VIEW
- MYRIDE® STUDIO COACH
- MYRIDE® TOUR COACH



\* All apps listed are included with purchase.  
\* Future app content releases are excluded.  
\* Compatible with: IC4, IC5, IC6, IC7 Indoor Cycles & IC8 Power Trainer.

## GROUP

### SELECT, PLAY AND CONTROL VIDEO ON A BIG SCREEN FOR GROUP OR TEAM PARTICIPATION.

Instructors can use apps to enhance live training sessions, and facilities can use them to schedule virtual classes online or play on demand. Driving more people through the door more often has never been so simple.

#### BENEFITS:

Maximize studio and cardio space at off-peak times with world-class, highly motivating virtual workouts without increasing your operational budget.

Group exercise is globally proven to positively impact club acquisition and retention.

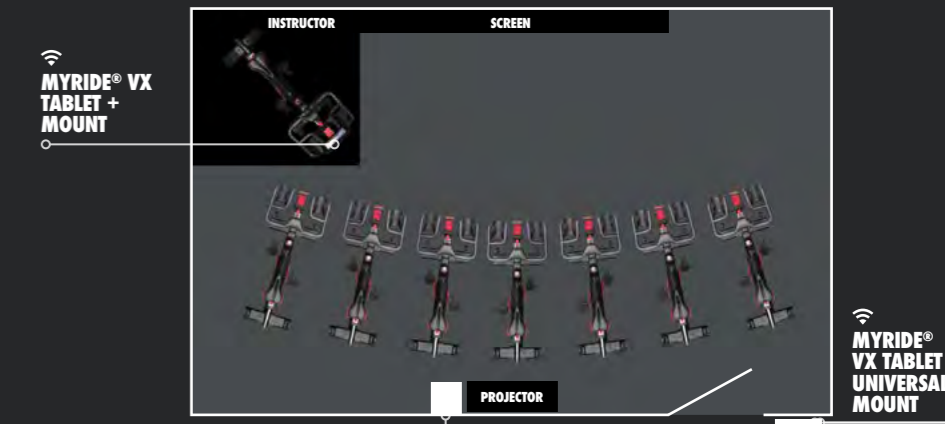
Through live video you can virtually expand and enhance your live program to stay ahead of competition.

You'll never have to cancel a class again. The virtual offering is always available with world-class presenters delivering premium programming whenever you cannot get cover.



## MYRIDE® VX GROUP

### GROUP STUDIO EXAMPLE



\*Projector/TV, screen, leads and connections are not included. Please consult your local Audio Visual provider.

#### HARDWARE

- 1x TABLET FOR INSTRUCTOR "LIVE APP" CONTROL
- 1x TABLET FOR ON-DEMAND VIRTUAL WORKOUT SELECTION
- 1x INDOOR CYCLE TABLET MOUNT
- 2x UNIVERSAL DESKTOP/WALL TABLET MOUNTS
- 1x MEDIA SERVER (TO CONNECT TO PROJECTOR)

#### APPS

- MYRIDE®+ LIVE
- MYRIDE® STUDIO COACH
- MYRIDE® TOUR COACH

\* All apps listed are included with purchase.  
 \* Future app content releases are excluded.  
 \* Available for all bikes makes and models.



INDOOR CYCLE  
INTEGRATION

# THE FUTURE OF INDOOR CYCLING STUDIOS

Technology is driving Indoor Cycling, and will continue to affect the future of not only cycling, but the fitness industry as a whole. At ICG® we are already implementing the first of many phased solutions to keep your studios ahead of the field.



ALL OUR MYRIDE VX "VIRTUALLY INSTRUCTED APPS" FEATURE COACH BY COLOR® INSTRUCTION - SO YOUR USERS, KNOW EXACTLY HOW MUCH EFFORT TO GIVE WHEN RIDING OUR INDOOR CYCLES.

Such easy-to-follow, and engaging coaching takes the category of "virtual" workouts to a new level, and this is only the start.\*



VERY LIGHT



LIGHT



MODERATE



VERY HARD



MAXIMUM

\*Training zone values shown as %FTP

MYRIDE®

WORLD VIEW

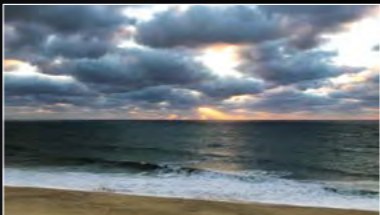


RIDE FREE OF ANY  
DISTRACTION AND  
GET IMMERSED IN THE  
STUNNING VIEW AHEAD.

Your customers love your classes, but  
sometimes they just want to ride free  
of coaching, music and any distraction  
other than the beautiful view ahead.  
When your members cannot hit the  
road or the trail, they have World View.

**LANGUAGES:**  
NOT APPLICABLE

**APP USE:**  
MYRIDE® VX PERSONAL



myride

MYRIDE®

TOUR COACH



TERRAIN-FOCUSED  
FOOTAGE FROM ALL  
OVER THE WORLD.

Paired with chart-quality music and  
world-class voice-over coaching  
delivers fun yet fierce workouts.

The exclusive, speed interacting  
scenery is stunning. Participants  
ride it like they see it.

**LANGUAGES:**  
ENGLISH, GERMAN, SPANISH

**APP USE:**  
MYRIDE® VX GROUP  
MYRIDE® VX PERSONAL



**MYRIDE®**  
**STUDIO COACH**

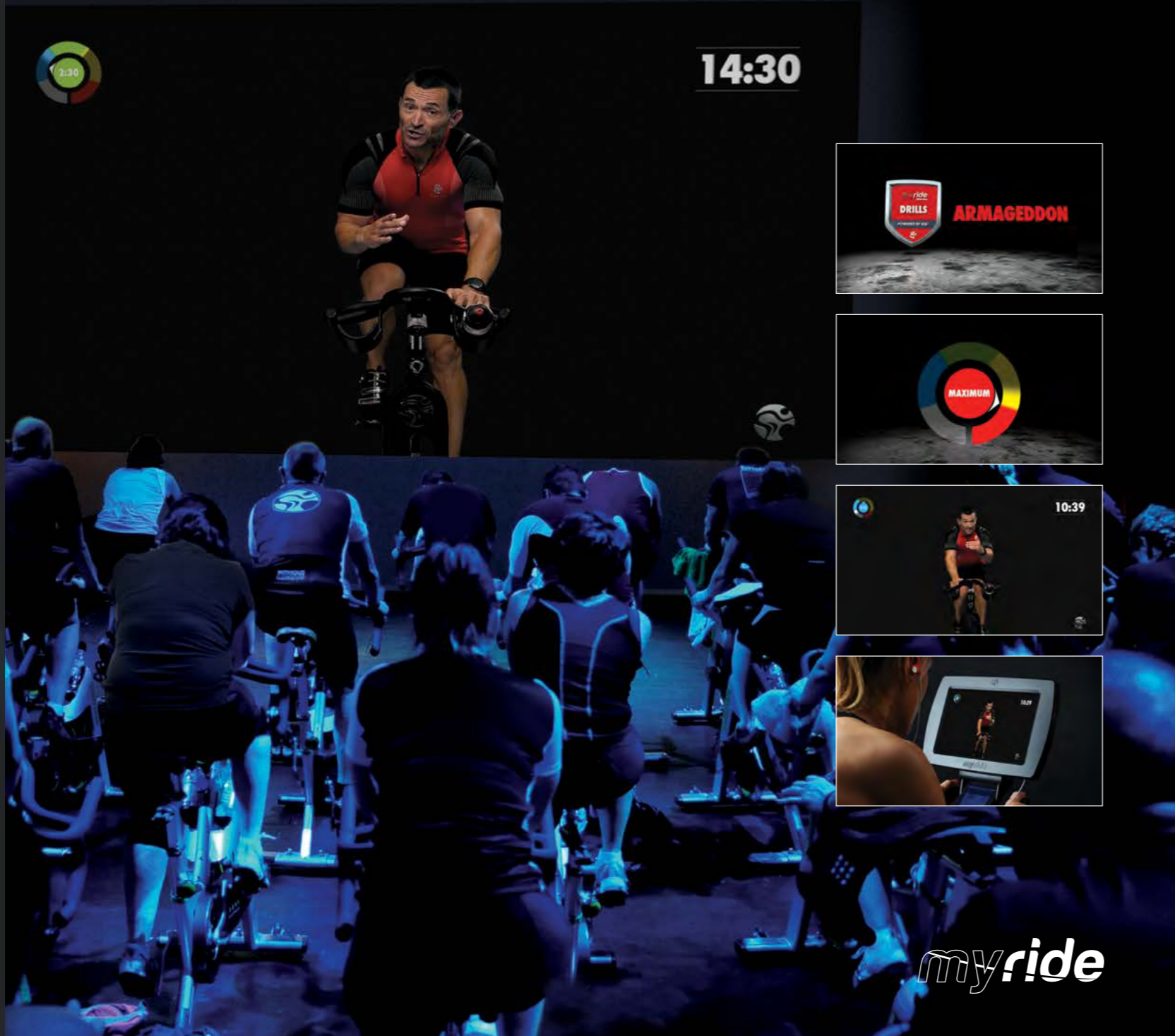


**IMMERSIVE ON-SCREEN  
COACHED WORKOUTS  
DELIVER RESULTS.**

Riding to world-class instruction and chart-quality music your members will get fitter, faster and stronger - and love every minute of it. Our three different program formats appeal to all kinds of members. No matter who they are, how much time they have or what class style they prefer, we've got it covered.

**LANGUAGES:**  
ENGLISH, GERMAN, SPANISH

**APP USE:**  
MYRIDE® VX GROUP  
MYRIDE® VX PERSONAL



**MYRIDE® +  
LIVE APP**



**THE WORLD'S FIRST APP  
TO ENHANCE LIVE INDOOR  
CYCLING CLASSES WITH  
FORWARD-MOTION VIDEO.**

Using ICG's pioneering Simulation, Interaction and Telepresence (SIT) teaching methods to improve a user's fitness outcome and entertainment. To reach a fitness and cycling audience with imagery and music creates a synergy that lifts Indoor Cycling to new heights. Some say visualize it. Some say reference it. We say see it. Then ride it.

**LANGUAGES:**  
NOT APPLICABLE

**APP USE:**  
MYRIDE® VX GROUP



# EDUCATION

POWERED BY ICG®

## QUALITY AND INNOVATION ARE CENTRAL TO OUR BUSINESS

ICG® is the world's leading manufacturer of the highest quality indoor bikes. We pride ourselves on creating and delivering the same quality of training courses and quality programs that have been developed to make a real impact.

Our ethos is to work hard to develop new technology in our products and then teach you how to use this innovative technology to be able to constantly improve the service you deliver to your clients. Our training programs have been developed to support personal trainers and group fitness instructors do the job they love.

### ICG® CERTIFICATIONS

ICG® WATTRATE® POWER 1  
ICG® CERTIFICATION

### ICG® PROGRAMS

ICG® COACH BY COLOR®  
ICG® MYRIDE®+ LIVE COACHING

### ICG® CECS

ICG® AGING AND ADAPTATION  
ICG® COMPETITIVE CYCLING  
ICG® DRI TRI  
ICG® HEART RATE TRAINING  
ICG® MUSIC & MOTION  
ICG® OVERTRAINING  
ICG® PERIODIZATION IN TRAINING  
ICG® STRETCHING  
ICG® SURVIVOR  
ICG® NUTRITION

For information on ICG® Education -  
Contact us or visit [WWW.TEAMICG.COM](http://WWW.TEAMICG.COM)

SOCIAL  
MEDIA

ICG® WEBSITE  
www.teamicg.com

FACEBOOK  
www.facebook.com/teamicg

TWITTER  
www.twitter.com/teamicg

YOUTUBE  
www.youtube.com/teamicg

INSTAGRAM  
www.instagram.com/teamicg



INDEX

04	IC8 POWER TRAINER INTRO	50	COMPUTER FEATURES & SPECIFICATIONS
06	IC8 POWER TRAINER	52	ICG® DIGITAL INTRO
08	IC8 POWER TRAINER FEATURES	54	ICG® TRAINING APP INTRO
14	IC8 WATTRATE® TFT COMPUTER	58	ICG® TRAINING APP FEATURES
16	INDOOR CYCLE INTRO	60	ICG® CONNECT INTRO
18	IC7 INDOOR CYCLE	62	ICG® CONNECT UNBOXED
20	IC7 INDOOR CYCLE FEATURES	64	ICG® CONNECT TECHNOLOGY
26	IC7 WATTRATE® TFT COMPUTER	66	ICG® CONNECT SOFTWARE & EXPERIENCE
28	IC6 INDOOR CYCLE	68	ICG® CONNECT PROGRAMS
30	IC6 INDOOR CYCLE FEATURES	70	ICG® CONNECT MODES
32	IC6 WATTRATE® TFT COMPUTER	72	ICG® CONNECT FEATURES
34	IC5 INDOOR CYCLE	74	ICG® CONNECT HEAT
36	IC5 INDOOR CYCLE FEATURES	76	MYRIDE® VX INTRO
38	IC5 WATTRATE®LCD COMPUTER	78	MYRIDE® VX - PERSONAL
40	IC4 INDOOR CYCLE	80	MYRIDE® VX - GROUP
42	IC4 INDOOR CYCLE FEATURES	82	MYRIDE® VX - INDOOR CYCLE INTEGRATION
44	IC3 INDOOR CYCLE	84	MYRIDE® TOUR COACH / MYRIDE® WORLD VIEW
46	IC2 INDOOR CYCLE	86	MYRIDE® STUDIO COACH / MYRIDE® + LIVE
48	COACH BY COLOR® / FTP TEST	88	EDUCATION





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