



ICG[®] ONLINE HUB

THE ONE THAT'S GOT IT ALL

JOIN THE GLOBAL FAMILY

WWW.TEAMICG.ONLINE

WELCOME TO TEAM ICG®

ICG® is a global leader specializing in the design, manufacturing and programming of Indoor Cycling equipment. For over 25 years Team ICG® have globally motivated, mentored and measured positive change in the lives and rides of its instructors and community. We're not the many, but the few that make a difference. Believing in better. Striving together. Advancing together. We're your teammate and team leader. **Team** is everything we stand for. **ICG®** is who we are: Crew, Master Trainers and Fans. Team ICG® is woven into our jerseys and our daily attitude. It's our brand, our intent and our community.

We just love to ride. UNITED.

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ICG® ONLINE ACADEMY

Being part of the ICG® Online Academy means having access to a variety of different education programs, workshops and more everywhere and anytime.

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ICG® WORKOUT BUILDER

The ICG® Workout Builder is a unique tool to build your own workout routine. Providing your members and clients with powerful workouts has never been as quick and easy.

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GLOBAL ICG® INSTRUCTOR CLUB

As a Global ICG® Instructor Club member you have access to a unique set of benefits that will help deepen your understanding and technical expertise in planning and delivering your indoor cycling sessions.

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NEW ICG® APP

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. **Available for iOS® and Android™.**



ICG® ONLINE ACADEMY

Our training programs have been developed to support personal trainers and group fitness instructors in doing the job they love. Being part of the ICG® Online Academy means having access to a variety of different education programs, workshops and more everywhere and anytime. Get started now and explore what the ICG® Academy has to offer.

Online Certification

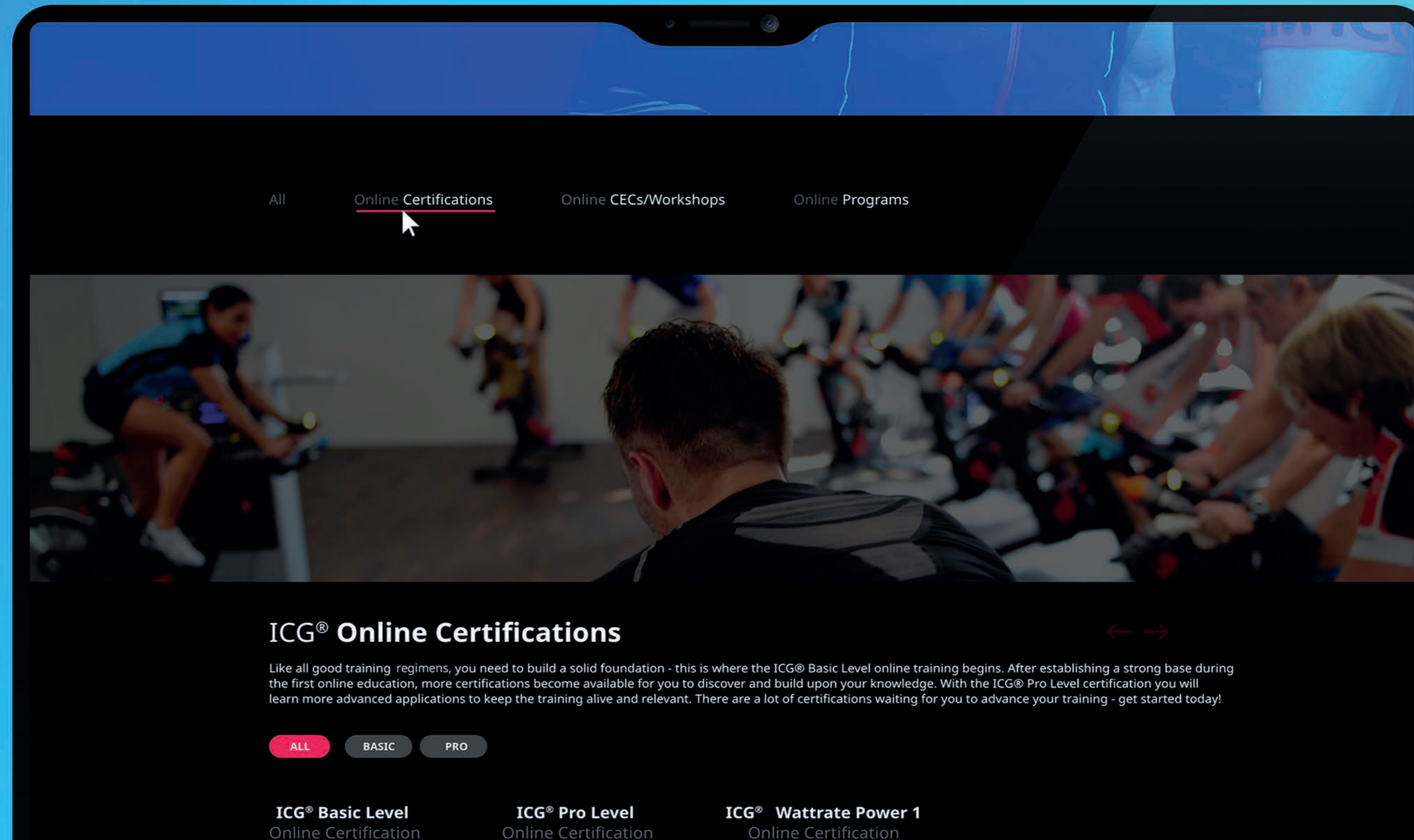
Like all good training regimens, you need to build a solid foundation - this is where the ICG® Basic Level online training begins. After establishing a strong base during the first online education, more certifications become available for you to discover and build upon your knowledge. With the ICG® Pro Level certification you will learn more advanced applications to keep the training alive and relevant. There are several certifications waiting for you to advance your training - get started today.

Continuing Education Credits (CEC's) Workshops

With ICG® Workshops, you can extend your skills as an instructor. Advance your group exercise classes and personal training sessions by learning the principles behind coaching a team, or individuals participating in competitive cycling. There are a lot of workshops to discover - get started now and expand your horizon as an Indoor Cycling instructor.

Programs

Exclusively for ICG® products, the ICG® Programs are designed for Group Exercise Instructors, Team Coaches and Personal Trainers to help create more advanced training based around ICG® specific technology. From understanding how to work with and deliver classes using power and zones to combining music and video to influence performance, ICG® Programs add knowledge and versatility to your education.



The screenshot shows a website interface with a dark blue header. Below the header is a navigation bar with four tabs: "All", "Online Certifications" (which is underlined and has a mouse cursor over it), "Online CECs/Workshops", and "Online Programs". Below the navigation bar is a large image of a group of people on stationary bikes in a studio, with an instructor in the foreground. Below the image is a section titled "ICG® Online Certifications" with a double-headed arrow icon to its right. Underneath this title is a paragraph of text: "Like all good training regimens, you need to build a solid foundation - this is where the ICG® Basic Level online training begins. After establishing a strong base during the first online education, more certifications become available for you to discover and build upon your knowledge. With the ICG® Pro Level certification you will learn more advanced applications to keep the training alive and relevant. There are a lot of certifications waiting for you to advance your training - get started today!". Below the text are three buttons: "ALL" (highlighted in pink), "BASIC", and "PRO". At the bottom of the page, there are three columns of certification information: "ICG® Basic Level Online Certification", "ICG® Pro Level Online Certification", and "ICG® Wattrate Power 1 Online Certification".

All Online Certifications Online CECs/Workshops Online Programs

ICG® Online Certifications

Like all good training regimens, you need to build a solid foundation - this is where the ICG® Basic Level online training begins. After establishing a strong base during the first online education, more certifications become available for you to discover and build upon your knowledge. With the ICG® Pro Level certification you will learn more advanced applications to keep the training alive and relevant. There are a lot of certifications waiting for you to advance your training - get started today!

ALL BASIC PRO

ICG® Basic Level
Online Certification

ICG® Pro Level
Online Certification

ICG® Wattrate Power 1
Online Certification

GLOBAL ICG® INSTRUCTOR CLUB

One global family riding united.

The Global ICG® Instructor Club is a dedicated community of certified and passionate Indoor Cycling instructors. You receive access to the latest licensed music, class profiles, choreographies, newsletters, ICG® updates and given access to education and training content that all combines to elevate the content of your cycling workouts to the highest standard.

BENEFITS

Music Compilations

As a club member you receive global licensed music compilations on a bi-monthly basis, free for you to download. Moreover you'll benefit from class profiles and choreographies that are synchronized perfectly with the music compilation.

Workout Builder Pro

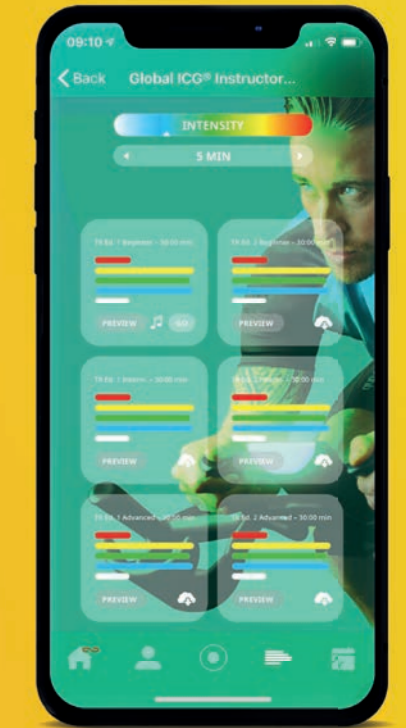
As a member of the Global ICG® Instructor Club the Workout Builder Pro version will allow you to create even more detailed workouts to enhance your rides.

Online Educations

Benefit from one free education per year to keep your teaching skills always up to date.

Benefits of the ICG® App

As a member of the Global ICG® Instructor Club you will benefit from special class profiles, designed by the ICG® experts. Those profiles will be directly available in your ICG® App account. In combination with the exclusive Team Rider music compilations you are perfectly prepared to start your next Indoor Cycling class.



MEMBERSHIP

12-Month Membership 14,95 €/Month (~16,45 USD)

Music Compilations	6x incl. class profiles and choreographies
ICG® Workout Builder	Pro version
Online Certification	1x ICG® Certification, Program or CEC
ICG® App	Exclusive workout category

LAUNCH SPECIAL

4-Week Trial 9,95 €/Month (~11,00 USD)

Music Compilations	6x incl. class profiles and choreographies	1x incl. class profiles and choreographies
ICG® Workout Builder	Pro version	Pro version
Online Certification	1x ICG® Certification, Program or CEC	-
ICG® App	Exclusive workout category	Exclusive workout category

ICG® WORKOUT BUILDER

A unique tool to build your own workout routine quick and easy.

The Workout Builder allows you to prepare and share your own rides with your group class, personal training clients or even with your friends. The workouts you create automatically sync with the ICG® App for instant ride and record compatibility. The direct share option via the ICG® App Facebook group allows the ICG® global community to ride your workout.



BASIC

You can use these features with the ICG® Workout Builder Basic:

- Build your workout profile to ride through the ICG® App synched in real time by saving
- Specify exactly what timing in your workout sections
- Add your chosen RPM or personal leg speed
- Add your chosen riding position
- Add your chosen Coach by Color® intensity zone
- Share to social media for everyone to download and ride through the ICG® App
- Use heart rate information as part of your profile

PRO

All the same features as the Basic Version **plus** these key features for creating the most engaging workouts:

- Edit each track to specific riding techniques, RPMs or intensity zones
- Add in the Coach by Color® Heat triggers

Workout Builder Pro Version

WARM UP MAIN PART COOL DOWN

RPM PLS

RPM

50 85 120

COACH BY COLOR® ZONES

RIDING TECHNIQUES

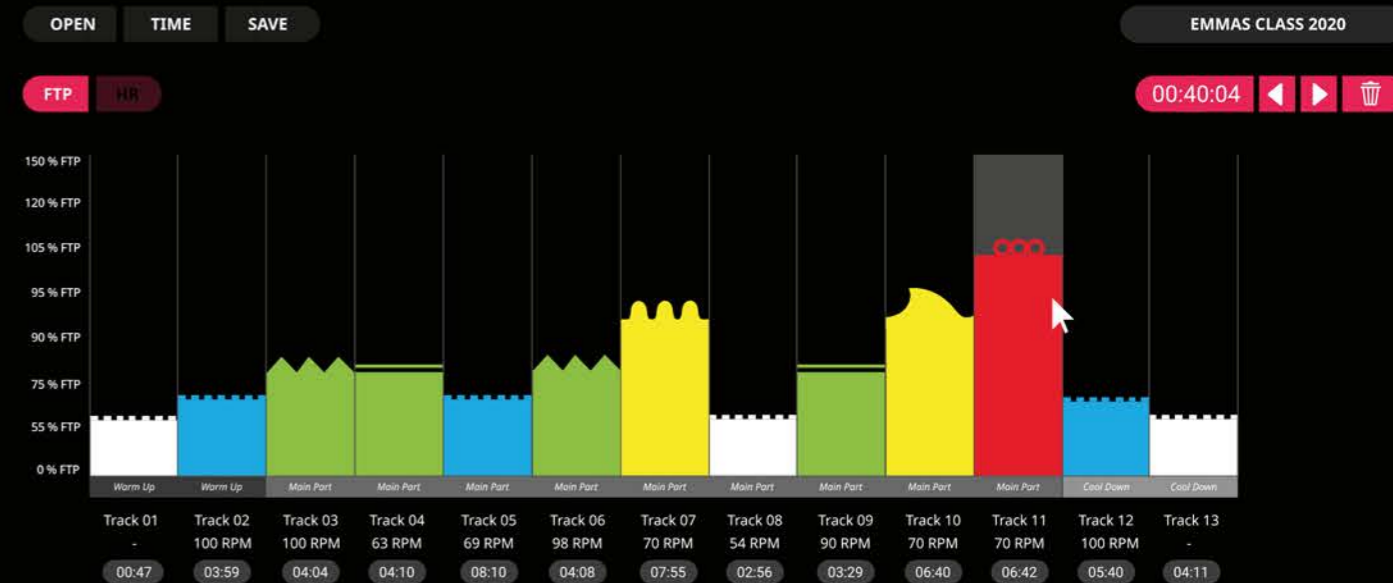
SERO SECL STCL

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GET SUPPORT

HEAT TRIGGERS



Track 11 – Details

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ICG® APP

Your more colorful, powerful personal trainer.

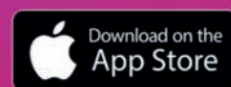
Kick your training up a level with the new ICG® App. Get fit and motivated with our expertly designed free workouts. The ICG® App is perfect for training at home, on the gym cardio floor, or during an indoor cycling class, for everyone and all fitness levels. You can select, customize and even share 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™.**



DOWNLOAD NOW

APP.TEAMICG.COM



Get connected

View it now or save it for later, but always on track – with great training comes a lot of generated data. Just pair your device with any of the ICG® IC5, IC6, IC7 or IC8 Indoor Cycles to view, save and track your workout history as you pedal your way to greater heights.

Color match

With the new ICG® App, color is your coach. Intuitive and easy, just match your bike's computer to the workout color and data shown in the ICG® App to be in the right training zone - five colored zones to get you fitter, faster.

Achieve your fitness goals

Kick some serious goals with over 50 different workouts created by our ICG® experts and regular new releases. Select ready-to-go workouts by fitness goals such as Get Stronger, Get Fitter, Get Powerful, Get Faster or create and store all your routines on one device. Want to add music to your workout? Join the Global ICG® Instructor Club.

Create your own workout

Be the motivator and the motivated by customizing workouts and sharing with friends and clients. Creating workouts are now all hustle and no hassle with the simple and easy ICG® Workout Builder on your own desktop. No workouts will be left behind as it synchronizes in real time with the ICG® App.

Measure your success

All the detail you need. Track your performance status with a wealth of data available directly on your personal dashboard. Are you losing power? Burned those extra calories? The facts and figures on your home-screen will keep you motivated and up to date with the latest official ICG® workouts releases. No more excuses.

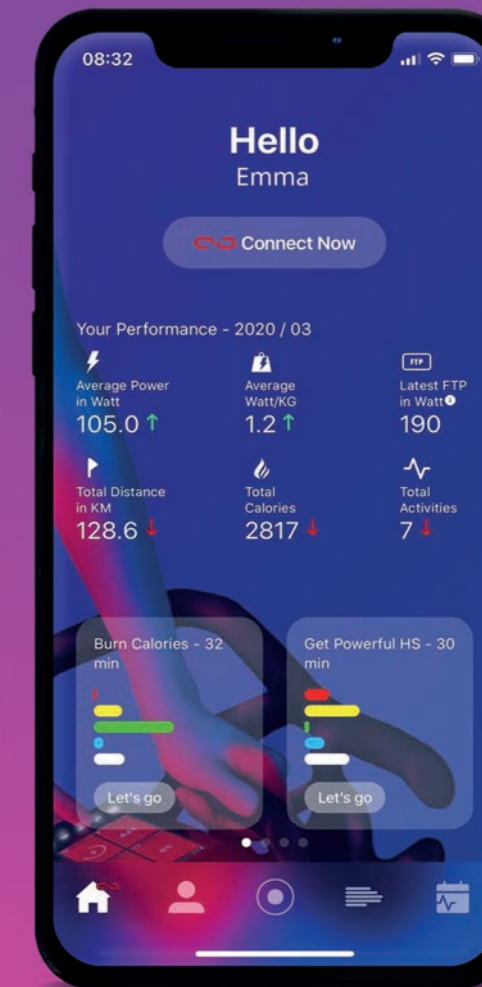
Keep on track and share

Proud of a workout? Got results you want to brag about? Keep track of every single workout in your personal training calendar and celebrate your success by sharing the data you want with your friends via social media and get cheered on.



Transfer data to external apps

Your perfect cycling partner. The ICG® App also transfers data to external apps such as Apple Health™, Google Fit™ and Strava™ for a better integration and overview of your fitness stats.



LifeFitness

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