



ICG IC5 Indoor Cycle with WattRate® LCD Computer



Now including tablet holder - The IC5 Indoor Cycle from ICG combines innovative design with high-quality mechanical components. Thanks to the WattRate® LCD computer, it has a power display in watts, data exchange with external devices and Coach By Color® training control for the user.

CHF 2'339.00

WattRate power measurement

Power measurement in watts represents a new era in indoor cycling. Just like heart rate monitors, which originated in professional sport and are now widely used, power measurement is slowly finding its way into popular sport. Power measurement in watts is also playing an increasingly important role in indoor cycling. WattRate is ICG's answer to this trend. The technology behind it measures the power output of the user in watts and displays it on the WattRate computer. This data can then be used for targeted training control

Coach By Color training control (user)

Colors are a powerful tool in communication and have universal validity - red means "hot", blue stands for "cold". Controlling by color (Coach By Color) is one of the simplest, most universal and binding ways of communicating. Colors influence human reactions and interactions in many areas of our lives. The colors used in ICG's Coach By Color program are intuitive, established and motivating, making them the most appropriate way to control a user's intensity during training. The Coach By Color principle enables the respective visual indication at the right time and thus ensures a fast, transparent and effective way of training control. The principle of controlling via colors connects the user more strongly with the training and also creates a new form of group dynamics in the course area or when training in small groups.

COACH BY COLOR comprises five colored training zones:

white - very easy - 55%

blue - easy - 56-75%

green - moderate - 76-90%

yellow - intensive - 91-105%

red - maximum - 106-150+%



The training zones are based on the current performance in relation to the individual FTP value (Functional Threshold Power). The same principle of calculating training zones applies when using the maximum heart rate (HR max.) and a compatible chest strap. Once the HR max. or the individual FTP value is known, the personal training zones can be calculated accordingly and thus the intensity can be displayed using colors during training based on heart rate or watts.

These digital Coach By Color workouts, developed by the ICG Master Trainers, guarantee high-quality and motivating training control. Depending on the training goal, different workouts can be selected or created. During training, all you have to do is match the color of the computer screen with the color of the workout. It is now possible to upload personal data from the ICG Training App to the WattRate computer via Bluetooth and save the data of individual training sessions. This makes monitoring individual training success even more effective.

Functional Threshold Power (FTP)

The Functional Threshold Power (FTP) is one of the key values in performance-oriented indoor cycling. But what exactly is this continuous power threshold? The FTP parameter is generally defined as the highest wattage power that a rider can maintain continuously for one hour in a classic time trial. Individually, FTP is therefore the best comparative value in cycling. The higher the value, the more powerful the athlete. The FTP test determines the individual performance threshold and enables the calculation of personal training zones. Within a step test, the power to be achieved increases by 25 watts every 4 minutes. The aim is to stay within the specified range (+/- deviation from the required value) for as long as possible. A green area indicates to the user that they are within the required range. If the range is red, the deviation from the target value is too large. At the end of the test, the personal FTP value is determined. Based on the test result, the individual training zones can then be defined and displayed in color on the WattRate computer. This enables motivating and effective training management for individuals and entire training groups.

ICG TRAINING APP

With the ICG Training App, workouts can be created, started, saved and shared with others. Intuitive navigation allows instructors to configure their own courses, synchronize them with music and then use them during the class. Personal trainers can also easily share created workouts with their clients via the app.

- Selection of workouts based on different training intensities
- Color Match - the load is visually controlled via the color display
- Easily create workouts and share them with friends or trainers
- Establish a Bluetooth connection between the app and the WattRate computer of an IC5, IC6 or IC7 bike to transfer and save training data
- Quick transfer of user data to the WattRate computer
- Save training data by exchanging data with the WattRate computer
- For personal trainers: Create workouts and share them with clients via the app
- For instructors: Simply use the ready-made workouts or create your own and synchronize them with your own music

ICG CONNECT

ICG Connect is a digital system for visualizing training data for the entire group and individual participants. It combines classic indoor cycling with state-of-the-art technology and performance with entertainment.



Equipment:

- WattRate power measurement - The WattRate Power Meter (ISO 20957-10) provides a precise display of the power output in watts. This is achieved by a patented factory calibration of the drive system to precisely determine the kinetic energy stored in the flywheel and by measuring the braking resistance using a magnetic field sensor
- WattRate LCD computer with mechanical buttons - The WattRate LCD computer has a fully integrated LCD display with on-demand backlighting. The various screen displays include a variety of important training data, such as watts, heart rate, cadence, training duration and resistance level. Five sensor buttons ensure simple and intuitive navigation even during training. It is now possible to exchange training-related data with external devices via Bluetooth and ANT+ (e.g. ICG Connect, ICG Training App)
- The training console is powered by batteries
- Display 1: Shows the user's current training data on one screen, including cadence, resistance level, power in watts and training zone - Display 2: Shows other current training data such as heart rate, watts/kg or watts/HR - Display 3: Shows average and maximum training values during the training session - Display 4: Shows the time spent in the various training zones and their percentage share of the training session
- Coach By Color training control - An LED indicator above the display offers the option of using Coach By Color. The personal training zone is displayed to the user based on watts or heart rate using established colors and thus enables motivating and easy-to-understand training control
- Connect technology (Bluetooth, ANT+)
- Coach By Color training zones Maximum (red), Intensive (yellow), Moderate (green), Easy (blue), Very easy (white)
- Magnetic brake system with position sensor - The magnetic brake system offers a wide resistance range and also ensures long-term and maintenance-free use of the bike. An integrated magnetic field sensor measures the position of the magnet and enables the resistance (0-100%) to be displayed on the WattRate computer. This also ensures a uniform resistance curve on all bikes
- Magnetic resistance control via rotary knob - the magnetic brake system offers a wide resistance range and also ensures long-term, maintenance-free use. The resistance can be adjusted extremely quickly and precisely with just one turn of the hand using a rotary knob with a 300° adjustment range and 100 tactile click stops.
- Emergency braking function (push) (EN ISO 20957-10)
- Gear ratio 1:11
- Assisted handlebar height adjustment - the handlebars can be adjusted vertically with little effort thanks to the integrated gas/oil pressure system. This enables quick and easy adjustment of the handlebar position.
- Full frame fairing
- Drive system with Poly-V V-belt - The Poly-V belt drive transmits even extreme forces effectively and ensures perfect acceleration and optimum inertia of the flywheel. Belt drives require less maintenance, save the studio operator costs and reduce the vulnerability of the bikes. They also have fewer failures and are quieter to use
- 4-way adjustment of handlebars and saddle with hole spacing
- V-frame geometry with 155mm Q-factor
- Ergonomic handlebars with many grip options, soft PVC
- Tablet holder - With the Bring-Your-Own-Device holder, you can conveniently and centrally attach your tablet or smartphone to the IC5, IC6 or IC7 indoor cycles from ICG/Life Fitness. An elastic strap ensures maximum variability for tablets and smartphones up to a size of 30.5 cm



and a maximum thickness of 11 mm. Tilt angle 45°. The holder can be mounted quickly and easily on the front of the handlebar. The integrated rubber clamp protection also ensures a stable fit and secure attachment of the end device to the bike. The angle of inclination of the mount can be individually adjusted for optimum visibility of all important data during a training session

- Combination pedal system (SPD, regular)
- Dual bottle cage on the handlebars
- Padded unisex sports saddle
- Stabilizers incl. adjustable feet
- High-quality kick plates incl. calf stretch
- Suitable for body heights from 158-205cm
- The Life Fitness powered by ICG IC5-IC7 indoor bikes and the IC8 power trainer can be connected to third-party apps (e.g. Zwift, Kinomap, Strava) on external devices via BLE data transmission. The following data is sent to third-party apps: Power (watts), time, heart rate (HZ) and RPM (revolutions per minute).
- Digital HF coupling (BLE and ANT+)
- The ICG bikes (IC5-IC8) are now also compatible with the Peloton APP - the functionality is limited (no heart rate measurement). The resistance must be set manually. Simply download the Peloton APP (chargeable per month) and use the Peloton APP with your own tablet.
- Target price CHF 2'810.--

Use: Home use to light institutional use, payload: approx. 150kg

Device dimensions: L132 x W52 x H120cm, weight 51kg

Accessories: Tablet holder

Option: Floor protection mats, Polar Bluetooth transmitter belt H10

Warranty: Home use: 2 years full warranty: Light institutional use: 1 year full warranty (max. 500 hours per year) (CH Service)

Info videos for linking fitness apps with the ICG bikes (IC5-IC7):

Rouvy App: <https://youtu.be/0lp75lo1kjs>

Zwift App: <https://youtu.be/QtdvvdAcuME>

Kinomap App: <https://youtu.be/30hS06PPcwc>

ICG App: <https://youtu.be/EIOkbyMssY4>

Peloton App: <https://youtu.be/seqO1dYkzxc>

FulGaz App: <https://youtu.be/SiCrDtpUqL8>

Brake system: Manual magnetic brake

Current-dependent: No

Horizontal seat adjustment: Yes

Vertical seat adjustment: Ja

Horizontal handlebar adjustment: Ja

Vertical handlebar adjustment: Ja

Freewheel: Nein

Training computer: LCD display

Training programs: 3

Pulse receiver: 5kHz and Bluetooth

Payload: approx. 150 kg