



Life Fitness powered by ICG IC7 Indoor Cycle with WattRate® TFT 2.0



The best indoor bike is now even better! - Award-winning design, a two-stage drive system and high-quality digital functions. A WattRate Direct PowerMeter, the Coach By Color training intensity guide for users and coaches, data exchange with external devices and its outstanding comfort make the ICG IC7 a unique indoor bike. The ICG IC7 has a unique technology for measuring power in watts. This direct measurement enables maximum measurement accuracy with a deviation of only +/-1%. The WattRate® TFT computer 2.0 with its own power supply has a fully integrated TFT color display and a front LED display.

CHF 3'390.00

The WattRate TFT 2.0 console

- Mechanical buttons with backlight
- Reinforced computer housing with improved moisture sealing
- FTP value can be changed during training
- Coach By Color training intensity guide
- Display of extensive training data
- New system hardware improves stability, range, speed and data accuracy
- Efficient software updates via micro USB

The WattRate® TFT Computer 2.0 with its own power supply has a fully integrated TFT color display and a front LED display. This enables the patented simultaneous display of the individual load to the user and the trainer. The various screen displays include a variety of important training data, such as watts, heart rate, cadence, training duration and resistance level. Five mechanical buttons ensure simple and intuitive navigation even during training. Training data can be exchanged with external devices (e.g. ICG® App or ICG® Connect) via Bluetooth 5.0. The new computer also allows flexible FTP value adjustment during the training session.

**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

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 control for individuals and entire training groups. FTP value can be changed during training.

Coach By Color training control (user and trainer)

Colors are a powerful communication tool 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 communication. 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 - 1-55%

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.

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 conveniently share workouts they have created 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.

Features:

- **Model 2023 with Sprint Pro handlebars** - inspired by the current gravel bike trend scene, Life Fitness is the first provider on the market to integrate innovative and slightly outward sloping drops into the handlebars of the IC7. With the new Sprint Pro handlebars, an additional sixth hand position is created for an authentic riding experience, even for cycling-specific users, e.g. when performing sprint units - **with** the Sprint Pro handlebars, ambitious users can get the most out of their training. The outwardly inclined drops provide additional stability and control when riding in the sprint position. At the same time, the elbow joints and therefore also the back and shoulders are relieved by the special ergonomics of this hand position.
- **Model 2023 with indication of left/right pedalling efficiency on the display (pedalling efficiency technology)** - optimizing pedalling efficiency saves energy reserves and increases performance, for more effective and longer training sessions.
- **Model 2023 with left/right pedaling balance measurement**
- **WattRate power measurement** - The WattRate Direct Power Meter (+/-1%) enables 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. The IC7 is equipped with a WattRate Direct Power Meter (+/-1 %).
- **WattRate TFT 2.0 color display computer** - An LED indicator above the display also offers the option of using Coach By Color. 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+ (including ICG Connect & ICG Training App)

- The training console is powered by the generator integrated in the Life Fitness IC7 - never change the battery again. The integrated generator with LiPo battery powers all electronic components on the bike as well as the full-color WattRate® TFT computer 2.0. This makes the bike independent of the power grid and also avoids costly battery changes.
- 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 and 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)
- Connect technology: Bluetooth, ANT+
- Dual drive system - hybrid two-stage drive with ribbed V-belt and toothed belt
- Gear ratio 1:11 - The unique gear ratio of 1:11 with a combination of V-belt and toothed belt transmits even extreme forces effectively and ensures perfect acceleration and optimum mass inertia of the flywheel. This creates a direct connection between the user and the wheel and thus realizes a perfect riding experience
- Aluminum flywheel
- Assisted height adjustment on the handlebars and saddle - the handlebars can be adjusted vertically without much effort thanks to the integrated gas/oil pressure system. This enables quick and easy adjustment of the handlebar position and saddle
- Stepless adjustment of handlebars (horizontal and vertical)
- Stepless adjustment of saddle (horizontal and vertical)
- Precise adjustment options - the frame design and the stepless 4-way adjustment on the handlebars and saddle provide a wide range of adjustment options for the user and the greatest possible user comfort.
- Aluminum seat posts
- Adjustment options with clamping lever
- V-frame geometry with 155 mm Q-factor - a Q-factor of 155 mm guarantees the user a more authentic riding experience, more comfort and higher performance in every pedal stroke.



- ergonomic handlebars with many grip variants (Soft PVC) - the handlebars also offer comfort for taller users and have numerous grip variants. The WattRate® TFT computer 2.0 is optimally integrated into the handlebar design and is easy for the user to operate. All cables run inside the handlebar support, preventing damage.
- Combination pedal system (SPD & regular)
- Dual bottle cage integrated into the handlebars
- 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
- Cushioned unisex sports saddle
- Stabilizers incl. adjustable feet
- High-quality step protection plates for calf stretching
- Suitable for body heights from 158-205cm
- The 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 ANT+. The following data is sent to third-party apps: Power (watts), time, heart rate (HR) and RPM (revolutions per minute).
- The ICG bikes (IC5-IC8) are 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.
- Frame material: steel
- Frame color: black
- Frame construction: V-frame, arched frame carrier
- Full cladding of the frame
- 4 adjustable feet
- 2 transport castors (front)
- Transport handle (rear)

Application: Home to commercial continuous use, payload: approx. 150kg

Device dimensions: L132 x W52 x H102cm, weight 54kg

Accessories: tablet holder

Option: floor protection mats, Polar compatible analog chest straps (5.5kHz) coded and uncoded, Bluetooth Smart (2.4GHz) compatible chest straps, tablet holder

Warranty: Home use: 2 years full warranty: Light institutional use: 1 year full warranty

Info videos on pairing 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/seqO1dYkzxg>

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

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