2022 INDOOR CYCLES

ICG®

WELCOME TO ICG®

ICG® is a global leader specializing in the design, manufacturing and programming of Indoor Cycling equipment. For over 25 years Team ICG® has 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 ride UNITED as one global family.

MAKING FITNESS MORE COLORFUL

Coach By Color® standardizes and optimizes a user's indoor cycling training experience either in a group, personal or cardio floor setting allowing them to manage and maximize the results from whichever format they choose for their training. ICG® is the only provider on the market to combine the individual FTP value (continuous power threshold in watts) with five colored training zones with the Coach By Color® training system. To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience.

The Coach By Color® power program relies on color's natural stimulating properties to accurately coach a user's effort during a workout. It elicits the right psychological and physiological responses to encourage greater effort. It fosters connections among members and enhances instructor communication, and therefore increases social interaction while maximizing results. These benefits boost new member aquisition and retention. Coach By Color® is a very important part of the physical and digital ICG® products and is the link to the Team ICG® services. Coach By Color® makes Fitness more colorful!

Available for IC5-IC8

VERY LIGHT
% FTP: <55%
% HR^{MAX}: <60%
Time in zone: Infinity

LIGHT
%FTP: 56-75%
% HR^{MAX}: 61-70%
Time in zone: 3- >8 H

MODERATE
%FTP: 76-90%
% HR^{MAX}: 71-80%
Time in zone: 3-8 H

HARD
%FTP: 91-105%
% HR^{MAX}: 81-90%
Time in zone: 10-60 Min

MAXIMUM
%FTP: 106-120%
% HR^{MAX}: 91-100%
Time in zone: 1-8 Min

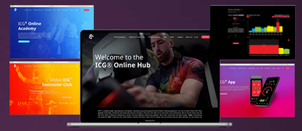
ICG® INDOOR CYCLES

Inspired by the demands of customers around the world, the ICG® product family was developed. The ICG® bikes stand for high-quality technology, leading innovation and modern design. Absolute precise power measurement via the WattRate® sensor system (deviation +/- 1%) as well as the Coach By Color® function make training sessions on the ICG® Indoor Cycles effective and motivating.

ICG® COMMUNITY

Team ICG® passes on its passion for indoor cycling to thousands of instructors around the globe every year. Live global ride events happen every year uniting instructors and cycling enthusiast keeping our ICG® community on the rise. Thanks to the Instructor Club, ICG® is able to provide fully trained instructors with expert knowledge and exclusive advantages. Through numerous events ICG® inspires people to take up indoor cycling.

ICG® ECOSYSTEM



ICG® ONLINE HUB

The ICG® Online Hub is a unique platform for instructors and cycling enthusiasts around the world. Cycling fans have the opportunity to gain deeper cycling knowledge and training inspiration, use their Indoor Cycling know-how for creating powerful Coach By Color® workouts via the ICG® Workout Builder or to join the unique Global ICG® Instructor Club!

ICG® APP

Whether at home, on the gym floor or in a cycling class, the ICG® App is perfect for a general exerciser or advanced athlete! Based on the Coach By Color® system Instructor led Coach By Color® rides and Official pre-designed ICG® workouts can be recorded and tracked with the app. Users can easily share training results with friends via social media after a workout.

ICG® CONNECT

The ICG® Connect System utilizes all the unique features of the ICG® products: Coach By Color® and Heat zones, animated interactive bike computers, forward motion video, gamification, and all the users training data is collected via the ICG® App. This complete ecosystem of group training inspires personal peak-performance and increases social interaction, the foundation for any successful group training format.

INDOOR CYCLES

IC4

IC5

IC6

IC7

REDDOT AWARD WINNER

PLUS-X AWARD WINNER

ISPO PRODUCT OF THE YEAR

GERMAN DESIGN AWARD WINNER

IC7

THE 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.

MAKING FITNESS MORE COLORFUL.

MAGNETIC RESISTANCE

WATTRATE® DIRECT POWER

COACH BY COLOR®

CONNECT TECHNOLOGY

SELF POWERED GREEN ENERGY

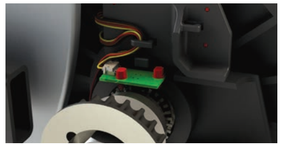
- WattRate® Power Meter (direct, +/-1% tolerance)
- WattRate® TFT Computer 2.0 with color display
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Self-powered generator with LiPo battery
- Magnetic brake system with position sensor
- 300 degree resistance control via dial
- 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

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.

PHOTOCELLS DIRECTLY MEASURE THE TORSION (TWISTING FORCE) OF THE SPINDLE

WATTRATE® DIRECT POWER METER

The WattRate® Direct Power Meter is the market's most accurate power meter and offers a direct measuring tolerance of +/- 1%. Such accuracy is groundbreaking in indoor cycles. It 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.

SMOOTH STEPLESS ADJUSTMENT RANGE FOR BOTH ATHLETES AND THE EVERYDAY EXERCISER.

USER-ASSIST POSTS

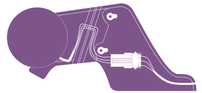
The gas assisted posts provide users with a smooth, stepless adjustment range. A system that allows the athlete to set up for performance and the everyday exerciser to benefit from maximum comfort.

SUPERIOR VERTICAL & HORIZONTAL BIKE ADJUSTMENTS

ULTIMATE CONNECTION
TO EVERY PEDAL STROKE

SELF-POWERED GENERATOR

No batteries required. The compact generator at the flywheel captures the rider's energy and recharges the bike's integrated lithium polymer battery. This makes the bike independent from power grids and costly battery replacements.

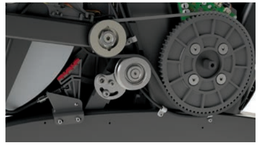


A COMPACT GENERATOR AT THE FLYWHEEL RECHARGES THE BIKE'S INTEGRATED LITHIUM POLYMER BATTERY

TWO-STAGE DRIVETRAIN USES ONE LEFT AND ONE RIGHT-SIDED PULLEY SYSTEM TO DRIVE THE FLYWHEEL.

TWO-STAGE DRIVETRAIN

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



SELF-POWERING TECHNOLOGY
FEEDS ALL OF THE BIKE'S
ELECTRONICS

ERGO-FORMED HANDLEBAR

A wide, soft PVC bar provides larger users with more support. It features time trial bar ends, central ride easy position and it intelligently integrates the WattRate® TFT Computer 2.0 by not exposing any cables and allowing the computer position to adjust in-line with the bars.

ADVANCED BIKE FIT

The offset frame design and stepless four-way (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) slider and post technology offer superior biomechanics, accommodate the widest range of users, and allow for the finest of fine tuning.

155 MM Q-FACTOR

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 optimal biomechanical positioning, increased comfort and efficiency in every pedal stroke.

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.

LED FRONT DISPLAY WITH COACH BY COLOR®

The LED Front Display creates a visual link between the instructor and the participants. The patented simultaneous display of the training intensity via colors enables a motivating and easy to understand intensity guide within indoor cycling classes or in small groups on the training floor, without the need for additional equipment.

WATTRATE® TFT COMPUTER 2.0

The WattRate® TFT computer, with its own power supply, has a fully integrated TFT color display and a front LED display. This allows the patented simultaneous display of the individual intensity to show to the user and instructor. 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 easy and intuitive navigation even during training. Via Bluetooth® 5.0 it is possible to exchange training data with external devices (e.g. ICG® App or ICG® Connect). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.

ANT+ Bluetooth®

The computer shows display 1 using Coach By Color® in the red training zone.

IC6

THE IC6 INDOOR CYCLE

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

MAGNETIC RESISTANCE

WATTRATE® DIRECT POWER

COACH BY COLOR®

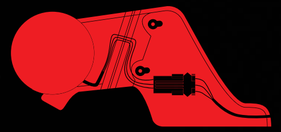
CONNECT TECHNOLOGY

SELF-POWERED GREEN ENERGY

- WattRate® Power Meter
- WattRate® TFT Computer 2.0 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 height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- 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
- Standard stabilizer bars incl. leveling feet
- Premium protection/stretch plates

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.

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



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.

USER-ASSIST POST

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

MAGNETIC RESISTANCE

The resistance dial gives the user tactile feedback and also allows quick adjustment. Located directly beneath the handlebar, the 300-degree dial is easy to reach from all riding positions. The actual resistance level is displayed to the user in real-time on the WattRate® computer.

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.

ERGO-FORMED HANDLEBAR

ADVANCED BIKE-FIT

SPD-COMPATIBLE PEDALS

FULL FRAME SHROUD

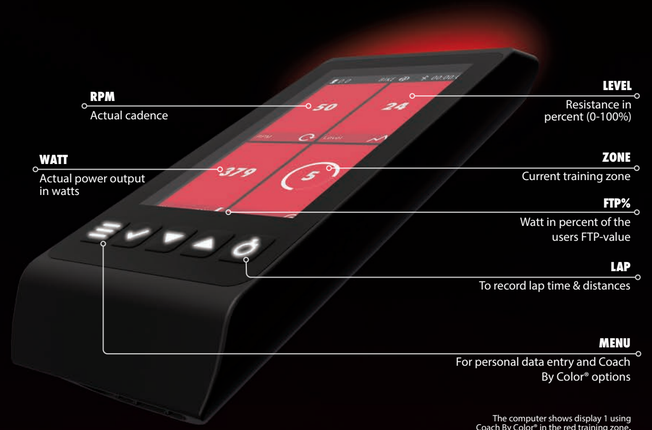
155MM Q-FACTOR

PREMIUM PROTECTION PLATES

STANDARD STABILIZER BARS

WATTRATE® TFT COMPUTER 2.0

The WattRate® TFT computer, with its own power supply, has a fully integrated TFT color display and a front LED display. This allows the patented simultaneous display of the individual intensity to show to the user and instructor. The various screens include a variety of important training data, such as watts, heart rate, cadence, training duration and resistance level. Five mechanical buttons ensure easy and intuitive navigation even during training. Via Bluetooth® 5.0 it is possible to exchange training data with external devices (e.g. ICG® App or ICG® Connect). The computer also allows flexible FTP value adjustment during the training session. Software updates can be carried out quickly and easily.



The computer shows display 1 using Coach By Color® in the red training zone.

ANT+ Bluetooth

DISPLAY 01

Shows the user's "actual" performance data, including RPMs, resistance level, watts, training zone and dynamic lap function.

DISPLAY 02

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

DISPLAY 03

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

DISPLAY 04

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 calories burned in each training zone

LED FRONT DISPLAY WITH COACH BY COLOR®

The LED Front Display creates a visual link between the instructor and the participants. The patented simultaneous display of the training intensity via colors enables a motivating and easy to understand intensity guide within indoor cycling classes or in small groups on the training floor, without the need for additional equipment.

MAXIMUM

HARD

MODERATE

LIGHT

VERY LIGHT

IC5

THE IC5 INDOOR CYCLE

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

MAGNETIC RESISTANCE

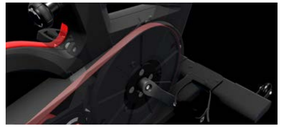
WATTRATE® POWER

COACH BY COLOR®

CONNECT TECHNOLOGY

- WattRate® Power Meter
- WattRate® LCD Computer
- Coach By Color® intensity guide
- Connect Technology (Bluetooth & ANT+)
- Magnetic brake system with position sensor
- 300 degree resistance control via dial
- Supported handlebar height adjustment
- Full cover shroud
- 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
- Standard stabilizer bars incl. leveling feet
- Premium protection/stretch plates

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.



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 maximum user comfort.

MAGNETIC RESISTANCE

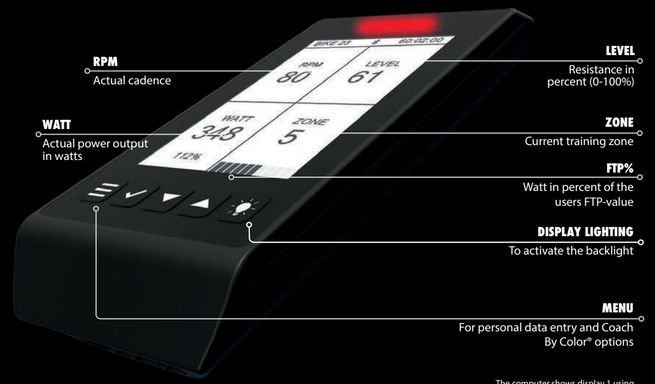
ICG®'s magnetic resistance is engineering at its best. A service-free technology that provides the user a greater resistance range and reduces operational down time and cost.

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.

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 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® App).



The computer shows display 1 using Coach By Color® in the red training zone.

ANT+ Bluetooth

DISPLAY 01

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

DISPLAY 02

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

DISPLAY 03

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

DISPLAY 04

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

LED INDICATOR WITH COACH BY COLOR®

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 intensity and give participants greater understanding of their training.

MAXIMUM

HARD

MODERATE

LIGHT

VERY LIGHT

IC4

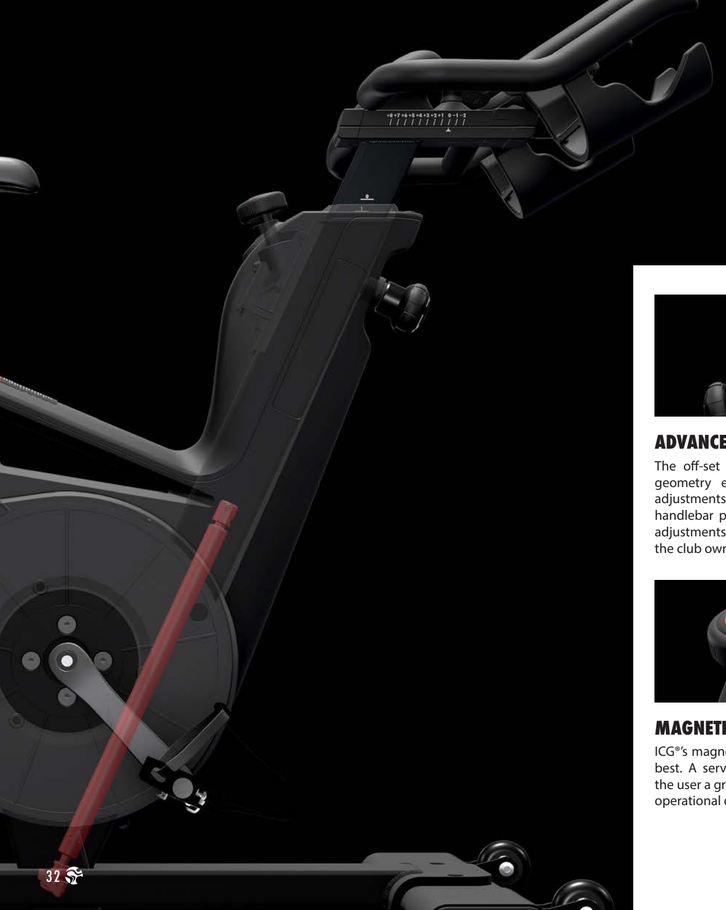
THE IC4 INDOOR CYCLE

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 RESISTANCE

- Magnetic brake system
- 300-degree resistance control via dial
- Supported handlebar height adjustment
- Full cover shroud
- Poly-V belt drivetrain system
- Multi hand position, soft PVC handlebar
- Dual-sided SPD compatible pedals
- Integrated dual bottle holder
- Padded unisex sports saddle
- Standard stabilizer bars incl. leveling feet
- Premium protection/stretch plates

The optimal and sustainable use of the products is very important to ICG®. Therefore, each product is accompanied by the appropriate training.



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.

USER-ASSIST POST

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

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.

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.

COMPUTER FEATURES

FEATURES	IC5	IC6/IC7
WATTRATE® FULL COLOR TFT COMPUTER SCREEN		•
WATTRATE® DOT MATRIX LCD COMPUTER SCREEN	•	
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		•
MECHANICAL TACTILE TOUCH BUTTONS	•	•
BACK-LIT BUTTONS		•
BACKLIGHT FEATURE ON DEMAND	•	
PERMANENT BACKLIGHT		•
LAP FEATURE		•
QUICK START MODE	•	•
WATTRATE® POWER MODE	•	•
HEART RATE MODE	•	•
POWER TESTING (FTP TESTS)	•	•
INTERACTIVE WORKOUT ANIMATIONS		•
CUSTOM USER DATA INPUT	•	•
ICG® APP COMPATIBLE	•	•
COMPUTER BATTERY POWERED	•	
COMPUTER GENERATOR POWERED		•

IC5
WATTRATE® LCD COMPUTER

COACH BY COLOR®

CONNECT TECHNOLOGY

IC6/IC7
WATTRATE® TFT COMPUTER 2.0

COACH BY COLOR®

CONNECT TECHNOLOGY

SELF-POWERED GREEN ENERGY

BIKE SPECIFICATIONS

DETAILS	IC4	IC5	IC6	IC7
POWER MEASUREMENT (WATT)	No	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Power Meter (EN ISO 20957-10)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	No	WattRate® LCD Computer	WattRate® TFT Computer 2.0	WattRate® TFT Computer 2.0
COMPUTER POWER SUPPLY	No	Batteries	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)
CONNECT TECHNOLOGY	No	Bluetooth and ANT+	Bluetooth and ANT+	Bluetooth and ANT+
WORKOUT TRACKINGN	No	ICG® App	ICG® App	ICG® App
RESISTANCE SYSTEM	Magnetic	Magnetic	Magnetic	Magnetic
EMERGENCY STOP	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)	Push (EN ISO 20957-10)
FLYWHEEL	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
DRIVETRAIN GEAR RATIO	1:10	1:10	1:10	1:11
FRAME COLOR	Charcoal black	Charcoal black	Charcoal black	Charcoal black
FRAME MATERIAL	Steel	Steel	Steel	Steel
SHROUDS/GUARDS	Full frame	Full frame	Full frame	Full frame
FRAME DESIGN	Off-set	Off-set	Off-set	Off-set
ADJUSTMENT TYPE	Dials & levers	Dials & levers	Dials & levers	Levers
POSTS & SLIDERS	Black Aluminum, pin-to-lock adjustment	Black Aluminum, pin-to-lock adjustment	Black Aluminum, pin-to-lock adjustment	Black anodized Aluminum, stepless adjustment
USER ASSIST ADJUSTMENTS	Handlebar assisted	Handlebar assisted	Handlebar assisted	Handlebar and saddle assisted
Q FACTOR	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"	155mm / 6.1"
CRANK TYPE	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"	CrMo 172,5mm / 6.79"
PEDAL TYPE	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
HANDLEBAR ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
SADDLE	Unisex padded sport saddle	Unisex padded sport saddle	Unisex padded sport saddle	Unisex padded sport saddle
SADDLE ADJUSTMENTS	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal	Vertical & horizontal
WATER BOTTLE HOLDER	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar	Dual, integrated on handlebar
FRAME STABILIZER BARS	Standard	Standard	Standard	Oversized, hidden bolts & fixings
PROTECTION & STRETCH PL ATES	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 / 330 lbs	150 kg / 330 lbs	150 kg / 330 lbs	150 kg / 330 lbs
ASSEMBLED WEIGHT	50 kg / 110 lbs	51 kg / 112 lbs	51 kg / 112 lbs	54 kg / 119 lbs
ASSEMBLED DIMENSIONS	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"	L132xW52xH102cm / 52"x20.5"x40.2"
LEVELING FEET	4	4	4	4
TRANSPORT	2 front wheels	2 front wheels	2 front wheels	2 front wheels & rear lifting handle

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