



# IC7 INDOOR CYCLE

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*LifeFitness*  
POWERED BY ICG



# IC7 INDOOR CYCLE

Since the launch of the IC7 indoor cycle, ICG® didn't only make indoor cycles look aesthetically stunning for the first time but also revolutionized indoor cycling with its unique Coach By Color® system and WattRate® Direct Power Meter.

With its many pioneering features, this made the IC7 indoor cycle the number one in its field. ICG®, the mastermind behind it all, has raised the bar again.

Say hello to the new re-engineered IC7 indoor cycle.



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# AWARD WINNING DESIGN

The IC7 indoor cycles pioneering design and functionality are due largely to its innovative two-stage drivetrain. Freed of the large center pulley characteristic of traditional bike design, the IC7 brings a lower, sleeker profile to the studio or cardio floor. The improvements, though, are not limited to aesthetics. The two-stage drivetrain also enables the market's most accurate (+/-1% deviation) WattRate® Direct Power Meter, 100-level precision magnetic resistance, 1:11 ratio highspeed flywheel, and an unrivalled connection to the ride thanks to the tactile and responsive hybrid Poly-V and tooth belt technology. This is cycling and machine in perfect harmony.

The bike's performance metrics are delivered to the rider via the WattRate® TFT computer – a fully self-powered computer that vividly displays the user's WattRate® power or heart rate to them and their coach in five colored zones. Designing a bike that improves an athlete's performance while capturing an artistry to communicate with any fitness user is our greatest achievement. The IC7 is proof that you can have your cake and eat it, combining athletic technology with indoor cycling comfort & performance. Perfect for earning miles of smiles.

Our talented lovechild, the new IC7 will surprise and delight you. Combining thoroughbred high performance and comfort of an indoor cycle with clever technology for a more efficient athletic training of a power bike, there are now officially no limits just good times. The IC7's versatility, provides your studio members endless possibilities no matter where you place the beast – on the gym floor for small and personal group training or for group fitness lovers, in your cycling studio. Don't just take our word for it, over the last 10 year's the IC7 has won four global awards for design and innovation.



RED DOT AWARD  
WINNER



PLUS-X AWARD  
WINNER



ISPO AWARD  
WINNER



GERMAN DESIGN  
AWARD WINNER







# PRO. BEYOND.

The new IC7 indoor cycle will always remain true to its DNA and be the best-in-class group indoor cycle on the market. However when we wrote that we are redefining the rules of the game, again – we meant it.

Introducing the new IC7 indoor cycle with its smart unique Coach By Color® training system paired with the most precise power meter in the market, now engineered with professional cycling features, this is the indoor cycle you never knew you needed. Leave behind what you know and jump into new possibilities within your gym floor and reward your members with the best cycling experience yet, no matter what their training goal is or cycling style – we have it all covered.

Everything to love about the new IC7 – what's new:

## SPRINT PRO HANDLEBAR

Rewriting the rulebook for indoor cycles, these are no ordinary “drop” handlebars, but take inspiration from the outdoor gravel bike movement. With comfort and performance in mind, ICG® becomes the first player to include this advantage within indoor cycling.

## PEDALLING EFFICIENCY TECHNOLOGY

The logic is simple. The more balanced the pedal stroke, the more superior are the training results. Give your more ambitious members the opportunity to train and improve their pedal stroke by following instant, visual feedback on their left and right leg balance and pedal stroke.

## PREMIUM PRODUCT DESIGN

An iconic design that everyone loves and is made to last in every sense. The new design showcases an even sleeker look with black cranks and sportive signature red elements. Beautifully crafted and designed in Germany, the IC7 indoor cycle is tough enough to with stand all rides.



# TAKE YOUR RIDE TO THE NEXT LEVEL

The IC7 was designed as the best-in-class Indoor Cycle that provides great value for operators to maximize their investment, for instructors to deliver a wide range of functionality and for users to experience the best riding comfort and precise data to achieve their individual training goals.

## OPERATOR

Offering state of the art design, technology and functionality.

- The IC7 is our 4-time Global Award-Winning Indoor Cycle for innovation and design, equipped with patented technology that provides highest precision of data, functionality and comfort for every rider.
- The unique Coach By Color® technology realizes results orientated and wellness focused cycling workouts and is a universal method for coaching intensity. Every riders' bike console is customized to their fitness level.
- Build to last with minimum maintenance, the IC7 is based on a smooth and durable belt and magnetic brake system, a full-body shroud for maximum protection and a self-powering technology that feeds all of the bike's electronics.

## INSTRUCTOR

Offering all the tools you need to run amazing classes.

- The Wattrate® TFT console has a front LED color display facing the instructor so they can coach individuals and the group accordingly, making sure everyone rides with the intensity required to achieve their workout goals.
- Our direct power meter provides the highest level of data precision incl. a pedal efficiency graph and left/right leg power balance. Paired with the new Sprint Pro Handlebar this enables a high variety in programming and performance training.
  - Quick changes of the resistance without guessing, the 300° dial allows adjustments between 0-100% all at one flick of your wrist and the level is displayed on the screen of the TFT console.

## USER

Offering maximum riding comfort and precise workout data

- Enjoy the superior biomechanics and stepless four-way handlebar and saddle adjustments. Gas assisted posts support a smooth setup accommodating the widest range of users, while the 155mm Q-Factor makes the indoor cycle feel more like a real bike.
- Experience a bright full color TFT screen with intuitive exerciser navigation and high-speed connection. Find strength in numbers and fun with colors and pair your console with our ICG® app that allows you to save, compare and share your training performance.
- Benefit from technology that cares about you achieving your goals by using our five Coach By Color® zones to match the power meter reading or heart rate output, telling you when you need to ratchet up or dial back your effort.



# RESULTS BASED & WELLNESS FOCUSED TRAINING PROGRAMS

All fitness levels - in one class - are welcome, thanks to the original Coach By Color® System, an inclusive and universal method for coaching intensity exciting millions of people around the world, advancing and optimizing group, personal and cardio floor settings.

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® System relies on color's natural stimulating properties to accurately coach a user's effort during a workout, fostering connection among members, enhancing instructor communication and therefore increasing social interaction while maximizing results.

We are the only provider in the market that combines the individual FTP value to the five Coach By Color® training zones, for a faster & more personalized result. Leaving no one behind, members with different fitness levels can now join the same class & achieve the same training goals together. With the computer's front LED, trainers have full control of the class, discreetly adapting training intensity whenever needed.

So, leave behind what you think you knew about indoor cycling and join a new era that will boost new member acquisition and retention, providing members with the best guided training in the market and give your trainers a magical tool to enhance their classes - no matter where they choose to lead the pack, as a small group on the gym floor or while taking the center stage of a cycling class. Making Fitness More Colorful.



**VERY LIGHT**

% FTP: <55%  
% HR<sup>MAX</sup>: <60%



**LIGHT**

% FTP: 56-75%  
% HR<sup>MAX</sup>: 61-70%



**MODERATE**

% FTP: 76-90%  
% HR<sup>MAX</sup>: 71-80%



**HARD**

% FTP: 91-105%  
% HR<sup>MAX</sup>: 81-90%



**MAXIMUM**

% FTP: 106-120%  
% HR<sup>MAX</sup>: 91-100%



# WATTRATE® TFT COMPUTER



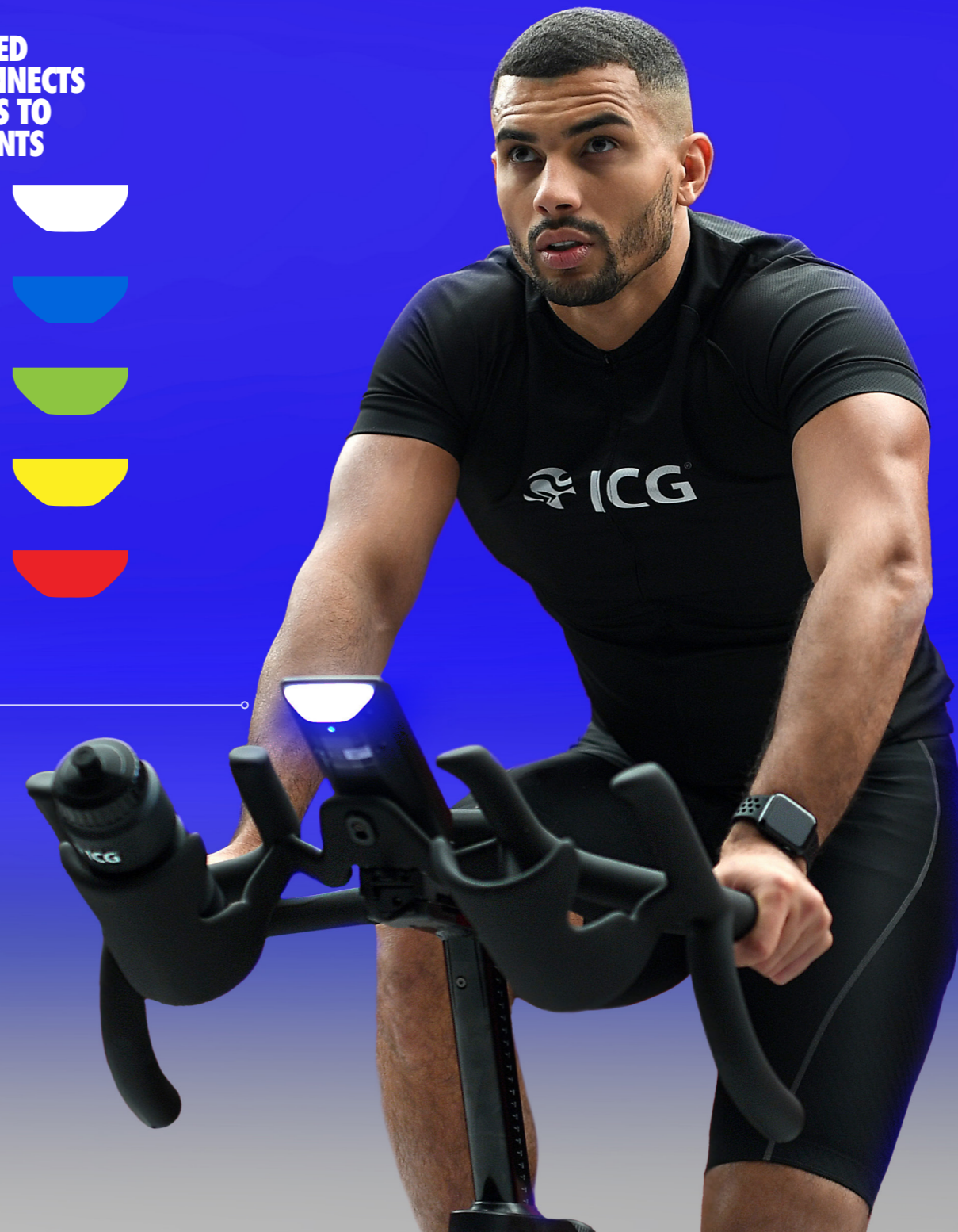
The WattRate® TFT Computer was redesigned and re-engineered for the IC7 indoor cycle. It is a robust computer that features intuitive exerciser navigation and high-speed connection.

The computer has a bright, self-powered, fully integrated TFT screen and a front LED display, which simultaneously displays individual training intensity for the user and the trainer, the display lights up in one of five Coach By Color® zones to match the user's WattRate® direct power meter reading or heart rate output so they know immediately whether they need to ratchet up or dial back their effort.

Find strength in numbers and fun with colors, making progress as an athlete requires accurate data and insights. For those ambitious riders that love data, now presented over 5 screens, with the orientation of zooming into more data as you scroll, the user interface keeps life simple whilst offering over 40 performance metrics. At the end of every session comprehensive summary data can be viewed along with lap information and visual feedback on the circularity and symmetry of your pedal stroke.

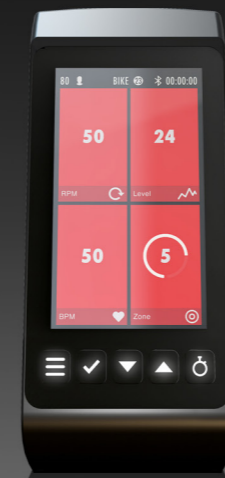
## THE FRONT LED DISPLAY CONNECTS INSTRUCTORS TO THEIR STUDENTS

VERY LIGHT	
LIGHT	
MODERATE	
HARD	
MAXIMUM	



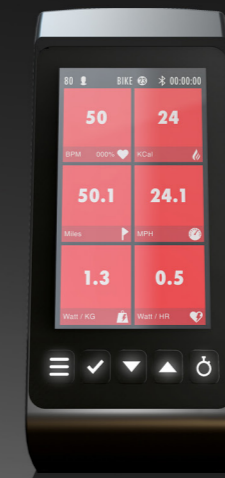


# WATTRATE® TFT COMPUTER



**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 05**

Shows the user's left/right leg balance along with power in watts per leg.



**DISPLAY 03**

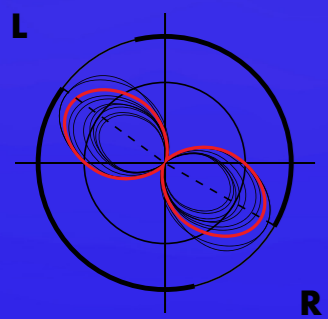
Provides the user with a quick review of "maximum" and "average" performance values during the workout along with lap statistics.



**DISPLAY 04**

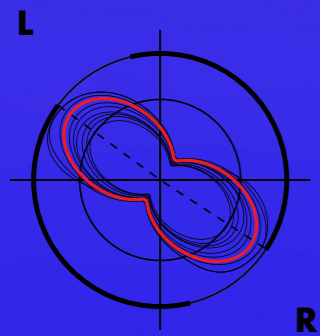
Displays real-time feedback of a user's time in each training zone, watt rate or heart rate training modes, along with how many miles and calories have been burnt in each training zone.





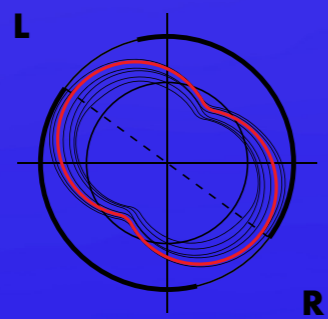
### BEGINNER

This rider is stomping on the pedals and hasn't yet learnt 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.

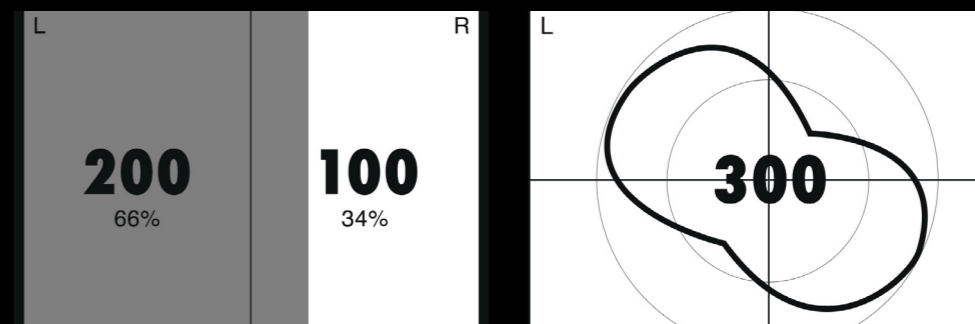


### ELITE CYCLIST

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.



# PEDAL EFFICIENCY GRAPH



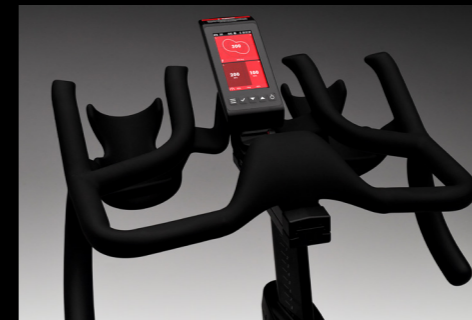
View in real time, and analyze at the end of the workout, detailed data on how you apply force through each pedal stroke and the balance between your left and right leg. Improving pedaling efficiency reserves energy and increases power – ultimately making you faster for longer.





**8° DEGREE ANGLED  
OUT SPRINT DROPS**

## SPRINT PRO HANDLEBAR



Leave your opinions at the door, this is the unruly sibling to gravel bike's handlebar style, built to redefine what is possible within the drop-bar genre. A tool to use when your ride is ready to drop the hammer and take an "all-out" maximum sprint effort.

The Sprint Pro handlebar is indoor cycling with a gravel twist – reinvented for more control & stability in the sprint position, while also offering comfort and strain relief on the arms, back and shoulders when taking long ambitious rides.



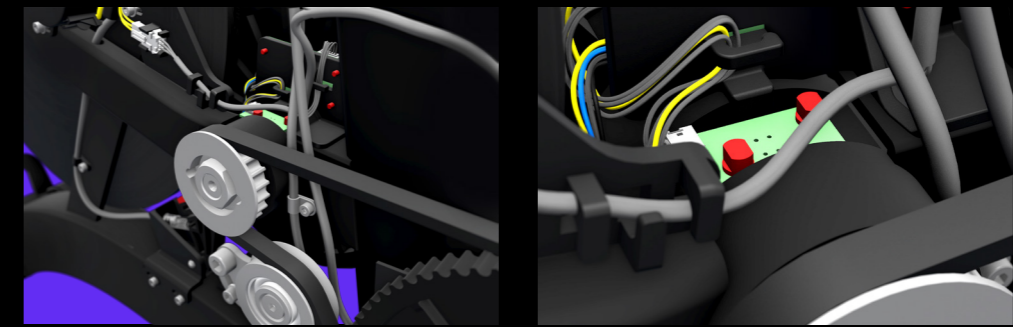
**INTENSE SPRINTS WITH  
BALANCE AND CONTROL  
GIVING OPTIMAL POWER  
TRANSMISSION IN MORE  
COMPETITIVE RIDES**



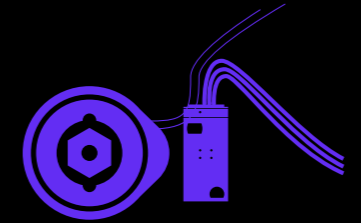


**PHOTOCELLS DIRECTLY MEASURE THE TORSION (TWISTING FORCE) OF THE SPINDLE**

# WATTRATE<sup>®</sup> DIRECT POWER METER



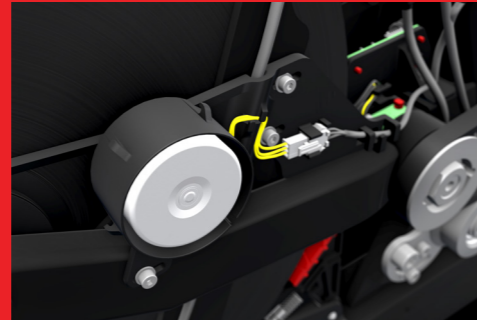
The master mind behind it all. The WattRate<sup>®</sup> Direct Power Meter is the market's most accurate power meter and offers a direct measuring tolerance of +/- 1%. Such accuracy is groundbreaking in indoor cycles. It is located at the intermediate transmission and uses photocells to directly measure the torsion (twisting force) of the spindle. With an accuracy deviation of +/- 1%, this means that the color intensity assigned to the riders FTP value is 99% accurate, yes 99% accurate. For a faster more personalized result. In Watts we trust. Amen.



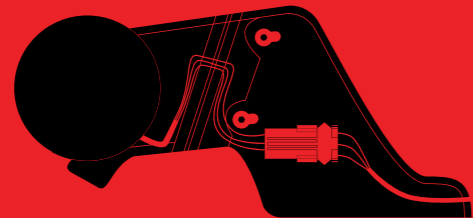
**THE MOST ACCURATE POWER METER IN THE MARKET. THE DESIGN NEVER REQUIRES RECALIBRATION AND IS FULLY RESISTANT TO EXTERNAL FACTORS SUCH AS TEMPERATURE & HUMIDITY.**



# 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.**

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





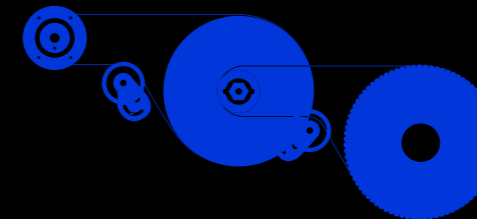


ULTIMATE CONNECTION  
TO EVERY PEDAL STROKE

## TWO-STAGE DRIVETRAIN



It's like your best friend for new top performances. 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.



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



**PRO.  
BEYOND.**

*LifeFitness*  
POWERED BY ICG



### 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 console; all at one flick of the user's wrist.



### 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 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.



### 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.

### 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 comfort and efficiency in every pedal stroke.



**300-DEGREE  
MAGNETIC  
RESISTANCE**



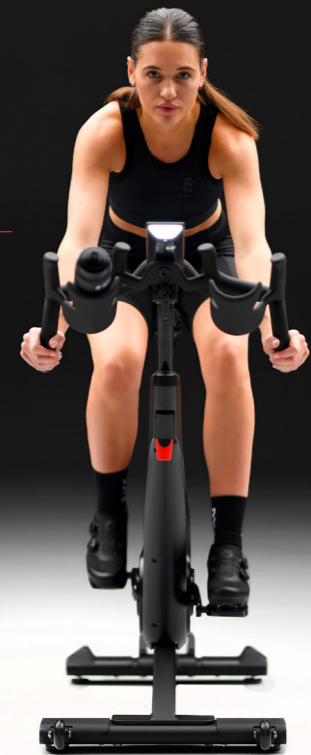
**WATTRATE® TFT  
COMPUTER WITH  
MECHANICAL  
BACK-LIT BUTTONS**



# SPECIFICATIONS



52" / 132 cm



40.2"  
102.0 cm

20.5" / 52 cm

**POWER MEASUREMENT (WATT)**  
**COMPUTER**  
**COMPUTER POWER SUPPLY**  
**TRAINING INTENSITY GUIDE**  
**CONNECT TECHNOLOGY**  
**PEDALLING EFFICIENCY TECHNOLOGY**  
**WORKOUT TRACKING**  
**RESISTANCE SYSTEM**  
**EMERGENCY STOP**  
**FLYWHEEL**  
**DRIVETRAIN**  
**DRIVETRAIN GEAR RATIO**  
**FRAME COLOR**  
**FRAME MATERIAL**  
**SHROUDS & GUARDS**  
**FRAME DESIGN**

WattRate® Direct Power Meter (+/-1%)  
WattRate® TFT Computer  
Self-powered generator with LiPo battery  
Coach By Color® (user & instructor)  
Bluetooth® and ANT+™  
Left/Right Leg independent power measurement  
ICG® App  
Magnetic  
Push (EN ISO 20957-10)  
Rear, aluminum, evenly-weighted  
2-Stage Hybrid Poly-V & tooth belt  
1:11  
Charcoal black  
Steel  
Full frame  
Off-set

**ADJUSTMENT TYPE**  
**POSTS & SLIDERS**  
**Q-FACTOR**  
**CRANK TYPE**  
**PEDAL TYPE**  
**HANDLEBAR**  
**HANDLEBAR ADJUSTMENTS**  
**SADDLE**  
**SADDLE ADJUSTMENTS**  
**WATER BOTTLE HOLDER**  
**FRAME STABILIZER BARS**  
**PROTECTION AND STRETCH PLATES**  
**MAX USER WEIGHT**  
**ASSEMBLED WEIGHT**  
**ASSEMBLED DIMENSIONS**  
**LEVELING FEET**  
**TRANSPORT WHEELS**

Levers  
Black anodized aluminium, stepless adjustment  
6.1" / 155mm  
CrMo 6.79" / 172,5mm  
Dual-sided SPD & toe cage  
Ergo-formed, Sprint-Pro, soft PVC  
Vertical & horizontal  
Unisex padded sport saddle  
Vertical & horizontal  
Dual, integrated on handlebar  
Oversized, hidden bolts & fixings  
Molded form-fit with stretch plate  
330 lbs / 150 kg  
119 lbs / 54 kg  
52" x 20.5" x 40.2" / 132 x 52 x 102 cm  
4  
2

# COMPUTER FEATURES

**WATTRATE® FULL COLOR TFT COMPUTER SCREEN**  
**CONNECT TECHNOLOGY (BLUETOOTH & ANT+)**  
**COACH BY COLOR® INTENSITY GUIDE (USER & INSTRUCTOR)**  
**INSTRUCTOR FACING FRONT LED DISPLAY**  
**MECHANICAL TACTILE TOUCH BUTTONS**  
**BACK-LIT BUTTONS**  
**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 GENERATOR POWERED**







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