

# VIRTUAL CYCLING

Total: 41:28

Target

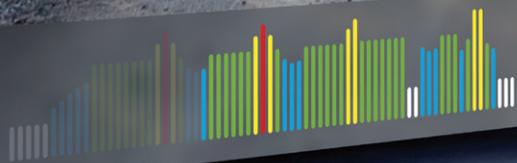


68 RPM  
Seated Climb

Next in 01:28



68 RPM  
Standing Climb



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App Store

ANDROID APP ON  
Google play





# THE POWER OF VIRTUAL TAKEN FURTHER

STAY AHEAD OF COMPETITION. RE-IMAGINE YOUR CYCLING STUDIO OR GYM FLOOR AND DISCOVER NEW WAYS TO KEEP YOUR MEMBERS EXCITED WITH IMPRESSIVE, FUN AND RESULTS BASED VIRTUAL CLASSES RUNNING 24/7, BETWEEN YOUR LIVE INSTRUCTOR SESSIONS OR DURING OFF-PEAK TIMES - KEEPING EVEN THE NIGHT OWLS HAPPY.

True collaboration that lifts the whole team up. With individual club needs in mind, the ICG® Virtual Cycling App is the first app that will help you maximize your resources, time and flexibility. Be amazed at the simplicity of this app and how efficient and fun it is to manage virtual courses in your cycling studio and on the gym floor! Let your members explore the world while crushing their goals as they ride by canyons, world famous cities and lots more, supported by engaging music with our terrain focused Scenic Coach Series. Or excite indoor cycling enthusiasts with our professional pre-choreographed instructor led Studio Coach Series workouts, featuring original artist music and different fitness goals. This quick and easy to install, state-of-the-art technology, without specific hardware, will provide you access to 300+ virtual videos, empowering you and your trainer team in creating random or custom virtual weekly class schedules as quick as 60 seconds. It's as easy as that.



Download now and start your 14-day FREE trial.



# BEST IN CLASS RESULTS BASED & WELLNESS FOCUSED TRAINING PROGRAMS...

# ...BOOSTING EVERY AREA OF YOUR CLUB

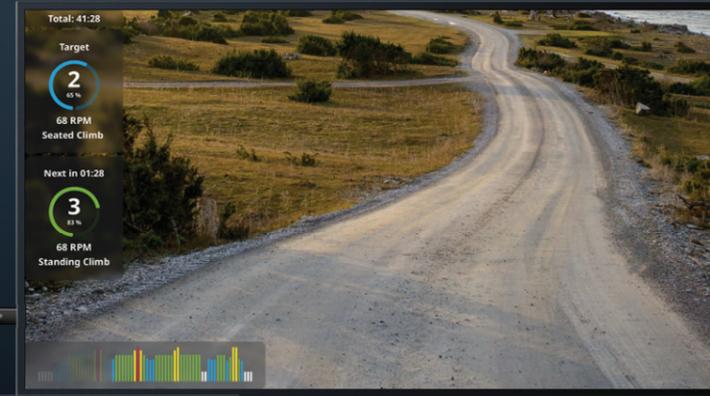
All fitness levels - in one class - are welcome, thanks to the unique Coach By Color® system. Coach By Color® is an inclusive and universal method for coaching intensity exciting millions of people around the world. These fun color guided workouts are based on members fitness level (FTP), pedal speed, riding technique and color zones. Members will not only get fitter, faster but love every minute of it. The easy-to-follow and engaging coaching takes the category of "virtual" workouts to a whole new level, and this is only the start.

Maximize studio and cardio space with world-class, highly motivating virtual workouts without specific hardware needed. Virtually everything is possible. Intuitive and easy, just match your bike's computer to the workout color and data shown on the screen to be in the right training zone. All our virtually instructed apps feature Coach By Color® instruction - so your users, know exactly how much effort to give when riding our ICG® indoor cycles - welcome to a new indoor cycling era.



STUDIO COACH

Immersive on-screen coached workouts that deliver results, that's Studio Coach, a highly engaging pre-choreographed exercise to music virtual workout powered by our leading, world-class ICG® Master Trainers with chart quality music that guarantees lots of fun and results. Driving more people through the door 24/7 has never been so simple.



SCENIC COACH

Tell your members to leave their passports at home and join your studio on a trip around the world with Scenic Coach, terrain-focused footage paired with chart topping music and fun yet fierce on-screen guided workouts. The outstanding, forward motion scenery is stunning and participants ride it like they see it, so let them ride by cities and jungles without that extra luggage.



CYCLING ROOM

Take it all in and reach more members by running ICG® virtual classes alongside your live classes 24/7. Broaden your timetable, giving your members more options between your live cycling classes, off-peak times or worst case when your trainer can't make it! No problem, keep those pedals turning by quickly scheduling a virtual class - optimizing your studio space and keeping everyone happy. Amazing - appsolutely.



CARDIO FLOOR

No fancy cycling room but you still want to offer the opportunity of amazing indoor cycling workouts in your facility? Expand what's possible and extend your cardio offering with small cycling group areas and transform your club with ICG® virtual classes maximizing your members experience and giving them more options.



VERY LIGHT



LIGHT



MODERATE



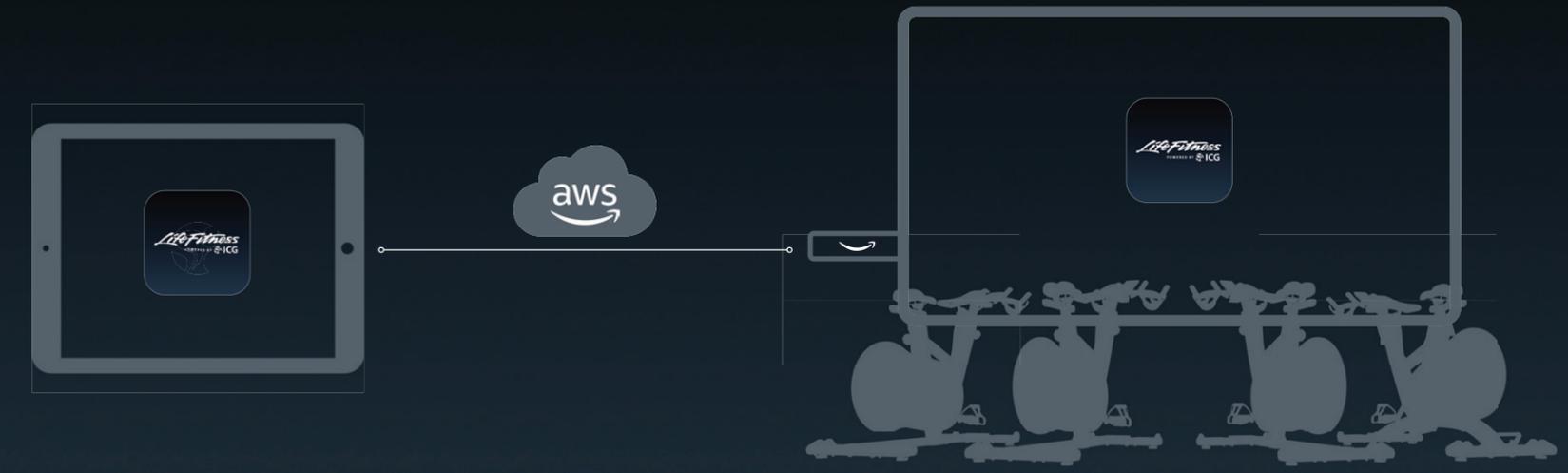
HARD



MAXIMUM

# EFFORTLESSLY SIMPLE! HERE IS HOW IT WORKS

NO DEVICE OVERLOAD AND ENDLESS CABLES – JUST STATE-OF-THE-ART TECHNOLOGY, WITHOUT SPECIFIC HARDWARE TO INTUITIVELY MANAGE YOUR STUDIO, PACKED IN A BEAUTIFULLY DESIGNED, SMART AND SIMPLE APP.



**STEP 1**  
Download the ICG® Virtual Cycling App on your tablet

**STEP 2**  
Start your **FREE** trial and monthly subscription

**STEP 3**  
Create your weekly schedules

**STEP 4**  
Get yourself an Amazon Fire TV Stick 4K Max

**STEP 5**  
Download app and connect with your account

**STEP 6**  
Activate your schedule and start streaming right away

# THE DASHBOARD IS YOUR PLACE TO BE

## DASHBOARD

View instantly what cycling sessions are running in your studio and if needed quickly update, change or create a training schedule all from your home screen.

## CALENDAR

No time? We've got you covered! Scheduling random workouts are just four clicks away or have fun creating custom cycling sessions, our app is as flexible as you are.

## LIBRARY

Focus on what's important. All your created schedules sit in one place. If needed you can view, create, edit, delete, turn on/off training schedules as quick as a flash.

## SETTINGS

All under control. Administrate all your studios screens, invite trainers, choose from 18 app language options and rights to plan and manage workouts.

## ALL UNDER CONTROL

All in one spot, you can connect, disconnect or even rename your streaming devices. Always know what's on and manage your devices quick and easy like a smooth operator.

## GET THE HELP YOU NEED

Even though this app is simple and straight forward, we are your wingman and support wherever we can. A direct "Contact Us" button connects you quickly with our ICG® App support team.

## INVITE YOUR ADMIN

You are the owner but you want your instructor to administrate your virtual cycling content? Just send an invitation and everything is ready to go!

## YOUR LOGO YOUR WAY

Display your logo or even promote your cooperation partners by advertising their logos or products between workouts and potentially gain some extra revenue. Clever. Yes.



Display shows Dashboard.



Display shows screen during two workouts.



# AN APP YOU INSTANTLY CLICK WITH

As easy as one, two, three clicks away you can quickly create a complete randomized weekly schedule keeping members happy and motivated when there's always something new or customize your virtual classes by adding live classes to your schedule.

CLASS SCHEDULES	Virtual and/or live
VIDEO START OPTIONS	Quarter, half or full hour
STUDIO COACH VIDEOS	250+
SCENIC COACH VIDEOS	100+
STUDIO COACH LANGUAGES	English, Spanish, German
WORKOUT CATEGORIES	Get Fitter, Get Stronger, Get Faster, Get Powerful, Burn Calories
WORKOUT DURATIONS	15-30 min, 30-45 min, 45-60 min, 60-80 min
STREAMING RESOLUTION	1080p (Full HD), 720p or 540p via AWS
MUSIC EMBEDDED	Yes
CHOREOGRAPHY EMBEDDED	Yes
CLASS PROFILE EMBEDDED	Yes
MANAGEMENT APP PLATFORM	Apple/Google Play Store
MANAGEMENT APP DEVICES	Tablet or Webbrowser
STREAMING APP PLATFORM	Amazon Appstore
HARDWARE NEEDED	Amazon Fire TV Stick 4K Max
MONITOR PORT NEEDED	HDMI
SUBSCRIPTION	Monthly via Apple/Google Play Store





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Changes to the product and services may occur. For more information please visit [www.indoorcycling.com](http://www.indoorcycling.com)