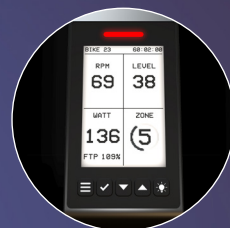


# IC3 / INDOOR CYCLE



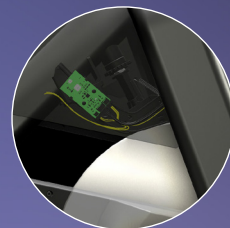
WATTRATE® LCD COMPUTER



MAGNETIC RESISTANCE



WATTRATE® POWER METER



COACH BY COLOR (USER)



# IC3 / INDOOR CYCLE

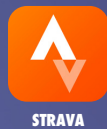


## WATTRATE® LCD COMPUTER

The WattRate® LCD computer features a fully integrated LCD screen with a permanent backlight function. An LED indicator located above the LCD display 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.



ICG® TRAINING



STRAVA



HEALTH



ANT+

Bluetooth™



## APP CONNECTIVITY

The computer uses its inbuilt technology to send ride data to external devices, applications and ICG® Connect via Bluetooth™ or ANT+.

## 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 patented flywheel run down technology and while riding, a positioning sensor measures the resistance applied to the magnetic brake system.



**LifeFitness**  
POWERED BY ICG

# IC3 / INDOOR CYCLE



53 cm  
20.8 in



123 cm  
48 in

108 cm  
42.5 in



BATTERY POWERED



4-WAY SADDLE ADJUSTMENT



POLY-V BELT DRIVETRAIN

## SPECIFICATIONS

POWER MEASUREMENT (WATT)	WattRate® Power Meter (EN ISO 20957-10)
COMPUTER	WattRate® LCD Computer
COMPUTER POWER SUPPLY	Two D-cell Batteries
TRAINING INTENSITY GUIDE	Coach By Color® (user)
CONNECT TECHNOLOGY	Bluetooth® and ANT+™
WORKOUT TRACKING	ICG® Training App and Apple Watch
WORKOUT DATA TRANSFER	Strava, Garmin via ICG® Training App
THIRD PARTY APP CONNECTIVITY	Zwift
RESISTANCE SYSTEM	Magnetic
EMERGENCY STOP	Push (EN ISO 20957-10)
FLYWHEEL	Front, aluminum, evenly-weighted
DRIVETRAIN	Poly-V belt
DRIVETRAIN GEAR RATIO	1 : 8
FRAME COLOR	Charcoal black
FRAME MATERIAL	Steel
SHROUDS/GUARDS	Drivetrain and resistance
FRAME DESIGN	Parallel
ADJUSTMENT TYPE	Dials & levers
POSTS & SLIDERS	Black aluminum, pin-to-lock adjustment
USER ASSIST ADJUSTMENTS	No
Q FACTOR	178mm / 7.0"
CRANK TYPE	CrMo 170mm / 6.7"
PEDAL TYPE	Dual-sided SPD & toe cage
HANDLEBAR	Ergo-formed, multi-position, soft PVC
HANDLEBAR ADJUSTMENTS	Vertical
SADDLE	Unisex padded sport saddle
SADDLE ADJUSTMENTS	Vertical & horizontal
WATER BOTTLE HOLDER	Dual, integrated on handlebar
FRAME STABILIZER BARS	Standard
PROTECTION & STRETCH PLATES	No
MAX USER WEIGHT	150 kg / 330 lbs
ASSEMBLED WEIGHT	44 kg / 97 lbs
ASSEMBLED DIMENSIONS	123 x 53 x 108cm / 48 x 20.8 x 42.5"
LEVELING FEET	4
TRANSPORT	2 front wheels
WARRANTY (PARTS)	3 years*

## WARRANTY\*

**5 YEARS** - Frame. **3 YEARS** - Mechanical Parts. **1 YEAR** - Electrical Parts. **6 MONTHS** - Wear Parts.  
Warranties may vary by location. Contact Life Fitness for details.

ICG® is a registered trademark of Life Fitness, LLC and its affiliated companies and subsidiaries.  
ANT+ is a trademark of Garmin Switzerland GmbH. Bluetooth is a registered trademark of Bluetooth SIG, Inc.  
Changes to the product and services may occur. For more information please visit [www.indoorcycling.com](http://www.indoorcycling.com)



**LifeFitness**  
POWERED BY ICG