



POWERED BY ICG®

LifeFitness

IC5 INDOOR CYCLE

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



WATTRATE® LCD CONSOLE

Features a fully integrated LCD screen, displaying watts, heart rate, rpms, exercise duration and resistance level with on demand backlight function. The five touch sensor buttons ensure a fast and intuitive operation.



WATTRATE® POWER METER

Displays a precise measurement of the user's effort in watts. This precision is achieved by using a positioning sensor to measure the resistance applied to the magnetic brake system.



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 product maintenance.



PADDED SPORT SADDLE

The padded unisex sport saddle creates a comfortable ride.



MOLDED FORM-FIT STRETCH PLATES

Users can stretch before or after their ride on form-fit stretch plates.



POLY-V BELT DRIVETRAIN

The drivetrain equipped with Poly-V belt can transfer extreme levels of torque smoothly and its 1:10 gear ratio generates an incredibly fast flywheel speed.



"USER-ASSIST" HANDLEBAR

User assist handlebar post technology reduces the handlebar weight to minimize setup challenges. A system that provides maximum user comfort.



COACH BY COLOR®

The LED indicator above the main screen displays Coach By Color® intensity training. The user's training zones are displayed in colors to motivate riders and guide the workout.

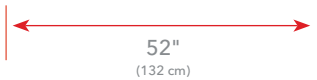
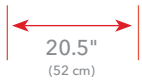
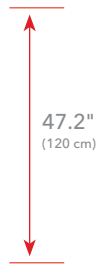


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SPECIFICATIONS

Power Measurement	WattRate® Direct Power Meter (DIN EN ISO 20957-10)
Computer	WattRate® LCD Computer
Computer Power Supply	Batteries
Training Intensity Guide	Coach By Color® (user)
Connect Technology	Bluetooth and ANT+
Workout Tracking	ICG Training App
Resistance System	Magnetic
Emergency Stop	Push (EN-957-10)
Flywheel	Rear, aluminum, evenly-weighted
Drivetrain	Poly-V belt
Drivetrain Gear Ratio	1:10
Frame Color	Matte slate
Frame Material	Steel
Shrouds/Guards	Full frame
Frame Design	Off-set
Adjustment Type	Dials & levers
Posts & Sliders	Aluminum, pin-to-lock adjustment
User Assist Adjustments	Handlebar assisted
Q Factor	6.1" (155 mm)
Crank Type	CrMo 6.79" (172.5 mm)
Pedal Type	Dual-sided SPD & toe cage
Handlebar	Ergo-formed, multi position, soft PVC
Handlebar Adjustments	Vertical & horizontal
Saddle	Unisex padded sport saddle
Saddle Adjustments	Vertical & horizontal
Water Bottle Holder	Dual, integrated on handlebar
Frame Stabilizer Bars	Oversized, hidden bolt & fixings
Protection & Stretch Plates	Molded form-fit with stretch plate
Max User Weight	330 lbs. (150 kg)
Assembled Weight	112 lbs. (51 kg)
Assembled Dimensions	52"x20.5"x47.2" (132x52x120 cm)
Leveling Feet	4
Transport Wheels	2



Myride® VX

Myride VX adds immersive, video-based instruction directly to the handlebar, for an engaging home cycling experience. Three featured apps bring you advanced data accuracy, results-orientated coaching, and stunning footage from around the globe.

* Myride VX not included with IC5

Warranty

Structural frame: 5 Yrs
Mechanical components: 3 Yrs
Other parts: 1 Yr
Labor: 1 Yr



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