



*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.



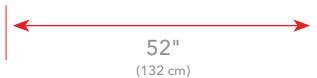
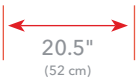
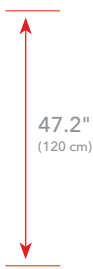
POWERED BY ICG®

# IC5 INDOOR CYCLE

## SPECIFICATIONS

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
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
Saddle	Unisex padded sport saddle
Water Bottle Holder	Dual, integrated on handlebar
Protection & Stretch Plates	Molded form-fit with stretch plate
Frame Stabilizer Bars	Oversized, hidden bolt & fixings
Adjustment Type	Dials & levers
Posts & Sliders	Aluminum, pin-to-lock adjustment
User Assist Adjustments	Handlebar assisted
Handlebar Adjustments	Vertical & horizontal
Saddle Adjustments	Vertical & horizontal
Computer	WattRate® LCD Computer
Power Measurement	WattRate® Direct Power Meter (DIN EN ISO 20957-10)
Computer Power Supply	Batteries
Training Intensity Guide	Coach By Color®
Connect Technology	Bluetooth and ANT+
Workout Tracking	ICG Training App
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

**Warranty**  
*(May vary outside U.S. – contact local sales rep. for warranties)*  
**Structural frame:** 5 Years  
**Mechanical components:** 3 Years  
**Other parts:** 1 Year  
**Labor:** 1 Year



### 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