

IC5 INDOOR CYCLE



WATTRATE® LCD+ COMPUTER



SPRINT PRO HANDLEBAR



WATTRATE® POWER METER



SELF-POWERED GENERATOR



IC5 / INDOOR CYCLE



WATTRATE® LCD+ COMPUTER

The WattRate® LCD+ computer features a fully integrated LCD screen with permanent color backlight function. An LED indicator located above the LCD display provides the user the option to apply Coach By Color but also a front LED displaying full bright Coach By Color zones to the instructor. The screen displays a wealth of valuable training data such as watts, heart rate, rpms, exercise duration and resistance level.



ICG® TRAINING

SELF-POWERED GENERATOR

Renewable, green-energy. No batteries required. Capturing the riders energy the compact generator at the flywheel charges the bike's WattRate® LCD+ computer.



SPRINT PRO HANDLEBAR

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..



LifeFitness
POWERED BY ICG

IC5 / INDOOR CYCLE



52 cm
20.5 in



132 cm
52 in

102 cm
40.2 in
MAX
HANDLEBAR
HEIGHT
120 cm
47.2 in



MOLDED FORM-FIT STRETCH PLATES



300-DEGREE MAGNETIC RESISTANCE



POLY-V BELT DRIVETRAIN

SPECIFICATIONS

POWER MEASUREMENT (WATT)	WattRate® Power Meter (EN ISO 20957-10)
COMPUTER	WattRate® LCD+ Computer
COMPUTER POWER SUPPLY	Self-powered generator with capacitor
TRAINING INTENSITY GUIDE	Coach By Color® (user & instructor)
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	Rear, aluminum, evenly-weighted
DRIVETRAIN	Poly-V belt
DRIVETRAIN GEAR RATIO	1 : 10
FRAME COLOR	Charcoal black
FRAME MATERIAL	Steel
SHROUDS/GUARDS	Full frame
FRAME DESIGN	Off-set
ADJUSTMENT TYPE	Dials & levers
POSTS & SLIDERS	Black aluminum, pin-to-lock adjustment
USER ASSIST ADJUSTMENTS	Handlebar assisted
Q FACTOR	155mm / 6.1"
CRANK TYPE	CrMo 172,5mm / 6.79"
PEDAL TYPE	Dual-sided SPD & toe cage
HANDLEBAR	Ergo-formed, Sprint-Pro, 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	Standard
PROTECTION & STRETCH PLATES	Molded form-fit with stretch plate
MAX USER WEIGHT	150 kg / 330 lbs
ASSEMBLED WEIGHT	51 kg / 112 lbs
ASSEMBLED DIMENSIONS	132 x 52 x 102cm / 52 x 20.5 x 40.2"
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.

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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

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