

Group Exercise | ICG® S Series LS

- road-inspired adjustable LX7 drop handlebar allows riders to simulate all outdoor riding techniques
- on-board computer provides HR, cadence, distance, time and calorie feedback to keep users on track
- dual spd pedal and cage designed with both beginners and experienced users in mind
- dual descent bottle holder to keep users well hydrated
- premium aluminium fore and aft adjustments for a comfortable fit
- multiple seat and handle bar adjustment encourage proper form



Group Exercise | ICG® E Series LS

- dual spd pedal and cage designed with both beginner and experienced users in mind
- aluminium adjustment system makes proper set up easy
- high performance belt drive for a smooth, quiet ride
- 40lb perfectly balanced flywheel to generate speed and power
- integrated sweat guard to prevent rust and corrosion



Group Exercise | ICG® Cyclewell

Cyclewell Empowers the User

Inspired to encourage new participants from more non-traditional backgrounds, LIVESTRONG Indoor Cycling provides the Cyclewell initiative.

Empower the de-conditioned, new to exercise, pre and post natal and seniors to participate in the indoor cycling experience.

Benefits

- An all inclusive program that develops fitness and increases confidence
- An interactive class where the instructor is more focused on understanding each individual's needs
- Increase your retention among special populations
- Convert new prospects with classes tailored to meet their needs
- Improve your bottom line

Visit www.ic-pro.org and click on ICE Education Cyclewell + to learn more about programs to broaden your reach to new populations



Group Exercise | ICG® Myride®

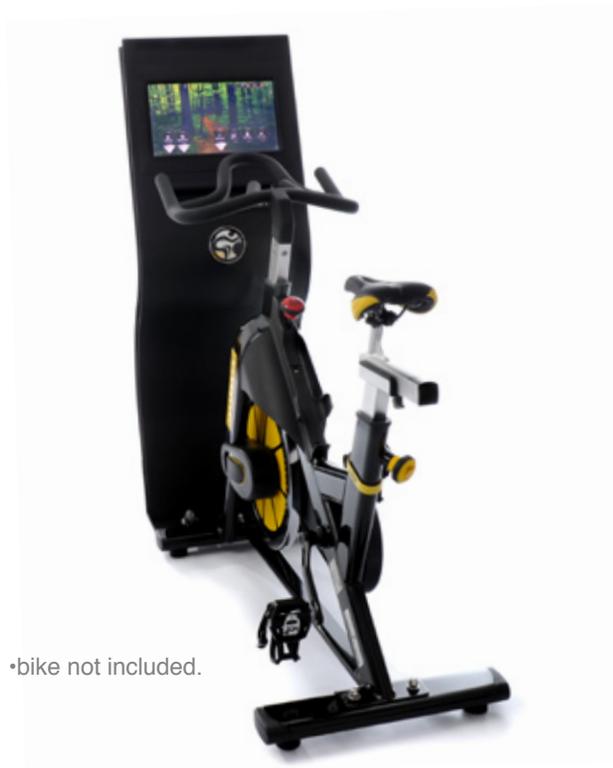
Ride. Everywhere. Anytime.

Myride® invites users to recreate the Indoor Cycling instructor experience or be coached riding the world's terrain in a personal workout. Your members will get on the bike and head for the hills. And the canyons. And the desert plains. They'll be cycling through high definition virtual landscapes around the world. Having more fun and burning more calories than ever before. The result: fitter happier members and a very well used retention tool.

Myride® does more

With more video content. More exercise programs. And more entertainment than any other cycling product on the market, Myride® will help your club and its members not only do more but do better.

- inspire users by helping them virtually ride the world's most stunning terrain
- help members reach their goals with challenges to suit all fitness outcomes
- maintain exercise motivation with over 1 million ways to build a workout
- create new energetic spaces for your club's cardio floor
- reach english, spanish and german speaking participants
- receive remote servicing support and software updates via LAN connectivity



•bike not included.



Group Exercise | ICG® Myride® +

Ride. Everywhere. Anytime. Now on the big screen.

Myride®+ is the world's most advanced group experience in Indoor Cycling. Myride®+ delivers instructor-led classes to High Definition forward-motion video and music through a pioneering education program. Myride®+ will inspire, motivate and condition your members better than ever before – a result called “The Ergogenic Effect”. We published a paper on it.

Myride®+ is a complete software and content remap of a Myride® console. The new product allows you to connect your Myride®+ Console to any TV screen(s) or projector via HDMI and send audio, via stereo leads, to your sound system. Myride®+ is suitable for group Indoor Cycling in the studio or the gym-floor.

Myride®+ does more. And more.

Compelling virtual coaching in classes that run 100% on their own on the hour, every hour, every day. Now that sounds like more. Myride®+ meets your need to maximize every inch of space and every dollar spent on equipment when investing in your club and your members' fitness experience.

- improve sales, retention and member fitness by offering the world's most advanced group Indoor Cycling experience
- offer prospective and current members a more flexible Indoor Cycling timetable with instructor-led and virtually coached classes



HDMI™

- TV/Projector not included
- HDMI connectivity

- attract the best cycling instructors in town – and their clients – by building an incomparable group cycling system for them to use
- maintain your members' motivation with over 140 world destinations and pre-designed world tour challenges and expeditions
- receive update support for instructor-led and virtually coached workouts
- receive remote servicing support and software updates via LAN connectivity
- reach English, Spanish and German speaking participants



ICG® EDUCATION AND TEAM ICG®

ICG® provides groundbreaking online and live educational support and services for all of our club owners, instructors and enthusiasts. TEAM ICG®, our team of Master Trainers, is comprised of the top Indoor Cycling specialists in the industry, known for the highest quality in education, training experience and presentation ability.

ICG® Education

ICG® is the pioneer in free online learning for health club owners, instructors and enthusiasts. As part of ICG®'s philanthropic commitment, all continuing education courses are 100% free and provide ACE, AFAA, NSCA and other worldwide credits. With close to 50,000 user views on launch, ICG® Education is helping club owners and instructors update their practices, learn new programming skills, and maintain their governing body registration status absolutely free.

TEAM ICG®

On the road supporting clubs, national accounts and international brands, our unique TEAM ICG® Trainer program enables our clients to run cost-efficient internal staff training on all ICG® Education products.

ICG® Academy

A 2500-sq.ft. dedicated Indoor Cycling studio, based in San Francisco, California. Run as a boutique business model with operator Ompower, ICG® Academy showcases our profitable programming solutions and provides open-house certifications, new product demonstrations and master classes every day of the week



TEAM ICG®

PRESENTS

ONLINE AND LIVE CERTIFICATION COURSES

ICG® STAGES

ONLINE CONTINUING EDUCATION COURSES

ICG® COMPETITIVE CYCLING

ICG® DRI TRI

ICG® CYCLEWELL

ICG® AGING AND ADAPTION

ICG® STRETCHING

ICG® NUTRITION

ICG® (CANCER) SURVIVOR

ICG® MUSIC & MOTION

ICG® OVERTRAINING

ICG® PERIODIZATION IN TRAINING

ICG® HEART RATE TRAINING & ENERGY ZONES

ICG® THE ERGOGENIC EFFECT OF COMBINING VIDEO AND MUSIC

ICG® MYRIDE®+ COACHING

Master Classes and Workshops

TEAM ICG® can deliver a complete range of master classes and workshops specific to your needs, hosted either at our ICG® Academy or at your facility.