

# IC5 / INDOOR CYCLE



WATTRATE® LCD COMPUTER



"USER-ASSIST" HANDLEBAR



WATTRATE® POWER METER



COACH BY COLOR® (USER ONLY)



# 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	Batteries
TRAINING INTENSITY GUIDE	Coach By Color® (user)
CONNECT TECHNOLOGY	Bluetooth and ANT+
WORKOUT TRACKING	ICG® App
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, multiposition, 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.



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)

