

# IC7 / INDOOR CYCLE



WATRATE® DIRECT POWER METER



WATRATE® TFT COMPUTER 2.0



SELF-POWERED GENERATOR



2-STAGE DRIVETRAIN



# IC7 / INDOOR CYCLE



52 CM  
20.5 in



132 CM  
52 in

102 CM  
40.2 in  
MAX  
HANDLEBAR  
HEIGHT  
120 CM  
47.2 in



300-DEGREE MAGNETIC RESISTANCE



COACH BY COLOR® (USER & INSTRUCTOR)



"USER-ASSIST" POSTS

## SPECIFICATIONS

POWER MEASUREMENT (WATT)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	WattRate® TFT Computer 2.0
COMPUTER POWER SUPPLY	Self-powered generator with LiPo battery
TRAINING INTENSITY GUIDE	Coach By Color® (user & instructor)
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	2-Stage Hybrid Poly-V & tooth belt
DRIVETRAIN GEAR RATIO	1 : 11
FRAME COLOR	Charcoal black
FRAME MATERIAL	Steel
SHROUDS/GUARDS	Full frame
FRAME DESIGN	Off-set
ADJUSTMENT TYPE	Levers
POSTS & SLIDERS	Black anodized aluminum, stepless adjustment

USER ASSIST ADJUSTMENTS	Handlebar and saddle 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	Oversized, hidden bolts & fixings
PROTECTION & STRETCH PLATES	Molded form-fit with stretch plate
MAX USER WEIGHT	150 kg / 330 lbs
ASSEMBLED WEIGHT	54 kg / 119 lbs
ASSEMBLED DIMENSIONS	132 x 52 x 102cm (52 x 20.5 x 40.2")
LEVELING FEET	4
TRANSPORT	2 front wheels & rear lifting handle
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)



ICG®