

*LifeFitness*

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# WATTRATE® TFT COMPUTER

**PART NO: 320-00-00011-01**



## CAUTION!

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU START USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, USE OR MAINTENANCE CAN VOID THE WARRANTY TERMS.

ADDITIONAL LANGUAGES AVAILABLE FOR DOWNLOAD AT [WWW.INDOORCYCLING.COM](http://WWW.INDOORCYCLING.COM)

Version 1.0 WattRate TFT Computer | Copyright by Indoor Cycling Group GmbH 2017 | [www.indoorcycling.com](http://www.indoorcycling.com)



# ATTENTION



EN

To download the owners manual in your language, visit the support section at: [www.teamicg.com](http://www.teamicg.com)



DE

Um das Handbuch in Ihrer Sprache herunterzuladen, besuchen Sie bitte den Support Bereich auf unserer Webseite unter [www.teamicg.com](http://www.teamicg.com)



FR

Pour télécharger le manuel d'utilisation dans votre langue, consultez la section Assistance sur: [www.teamicg.com](http://www.teamicg.com)



IT

Per scaricare il manuale nella vostra lingua, visitate la sezione del supporto per su: [www.teamicg.com](http://www.teamicg.com)



NL

Ga om de gebruiksaanwijzing in uw taal te downloaden naar het supportgedeelte onder: [www.teamicg.com](http://www.teamicg.com)



ES

Para descargarse el manual de usuario en su idioma, por favor acceda a la sección de soporte técnico de la bici en: [www.teamicg.com](http://www.teamicg.com)



PT

Para transferir o manual de utilizador no seu idioma, visite a secção „Suporte” da em: [www.teamicg.com](http://www.teamicg.com)



DK

Besøg supportafsnittet [www.teamicg.com](http://www.teamicg.com) for at downloade brugermanualen på dit sprog



FI

Lataa omistajan käsikirja omalla kielelläsi-ohjeosioista sivustolta: [www.teamicg.com](http://www.teamicg.com)



NO

Du kan laste ned bruksanvisningen på ditt eget språk ved å gå til støttesiden på: [www.teamicg.com](http://www.teamicg.com)



SE

Du kan hämta bruksanvisningen på ditt språk under-support på [www.teamicg.com](http://www.teamicg.com)



PL

Aby pobrać podręcznik użytkowania w swoim języku, należy wejść na zakładkę support na stronie: [www.teamicg.com](http://www.teamicg.com)



TR

Kullanıcı kılavuzunu kendi dilinizde indirmek için [www.teamicg.com](http://www.teamicg.com) sayfasının deste bölümünü ziyaret edebilirsiniz



CN

在IC7的客户服务网站，您可以下载各种语言的用户手册 [www.teamicg.com](http://www.teamicg.com)



JP

オーナーズマニュアルの各言語版は、以下サイトの サポートページからダウンロードいただけます。 [www.teamicg.com](http://www.teamicg.com)



KR

지원 센터([www.teamicg.com](http://www.teamicg.com))에서 해당 언어 버전의 사용설명서를 다운로드할 수 있습니다..

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# IMPORTANT PRECAUTIONS

## **WARNING!**

To reduce the risk of serious injury due to improper use, carefully read and adhere to the safety precautions and information before using the device. Please also take note of the precautions in the Indoor Cycle Manual, with which this computer is to be used.

- 1.** It is the responsibility of the owner to ensure that all users are informed of all warnings and precautions for proper use, and are only authorized to use the bike independently after being successfully briefed by a qualified trainer or instructor.
- 2.** Keep the indoor cycle indoors, away from moisture and dust. Do not place the indoor cycle outdoors in a garage or covered patio or near water or pools. Operating temperature of the indoor cycle has to be between 15°C ~ 40°C Celsius (59°F~104°F) at a maximum humidity of 65%.
- 3.** Children under the age of 14 shall only be allowed to use the indoor cycle with parental approval and supervision of a qualified Trainer or Instructor. Use of the bike by persons over the age of 14 only to be allowed after a qualified Trainer or Instructor briefs them. Unsupervised children should be kept away from the training device at all times.
- 4.** All data shown on the display, especially the Watt values, serve merely as information and to help guide training. Only exercise within your physical limitations.
- 5.** If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period of time.
- 6.** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercise immediately !

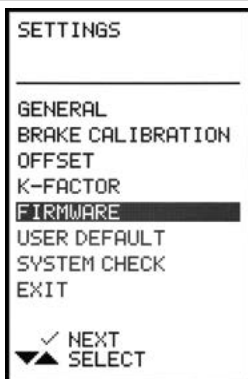
## **CAUTION**

If you have pre-existing health problems or a disability, it is recommended that you consult your physician, in order to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries. The manufacturer expressly assumes no responsibility for health risks, personal injury, property damage or consequential damages sustained by or through the use of this device, unless it is a case of consequential damage which can be traced back to faulty material and/or manufacturing, and which come under the responsibility of the manufacturer.

# ASSEMBLY

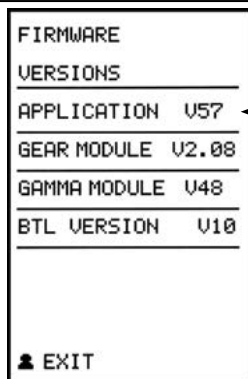
## RETROFITTING A WATT RATE TFT COMPUTER TO AN IC7 BIKE

1.



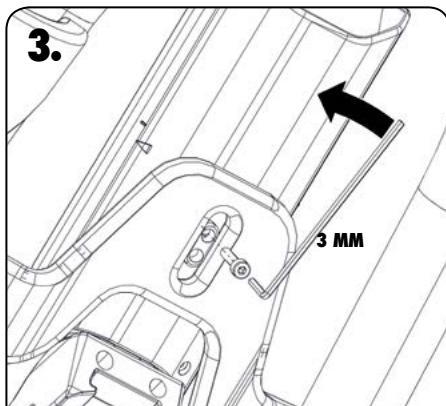
**CHECK THE SOFTWARE VERSION BEFORE REMOVING THE OLD LCD CBC COMPUTER.**

2.



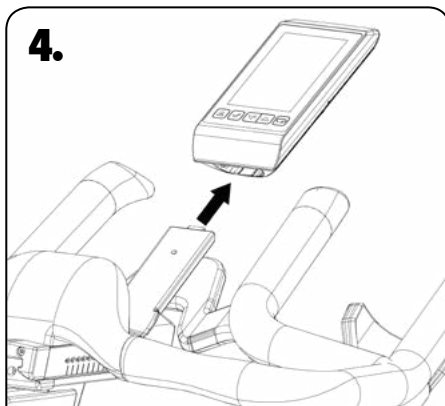
**IF THE SOFTWARE VERSION IS OLDER THAN V57, A SOFTWARE UPDATE MUST BE PERFORMED. (SEE IC7 SERVICE DOCUMENTATION)**

3.



**UNFASTEN THE COMPUTER FROM THE UNDERSIDE OF THE HANDLEBARS.**

4.



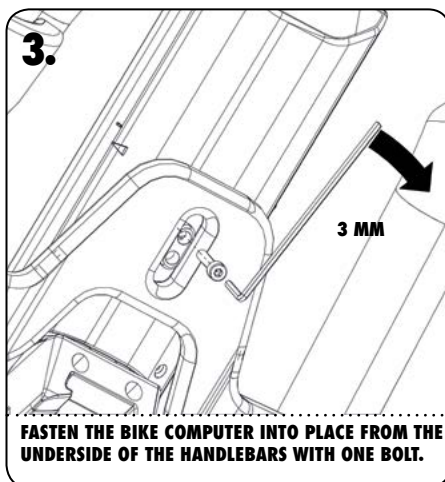
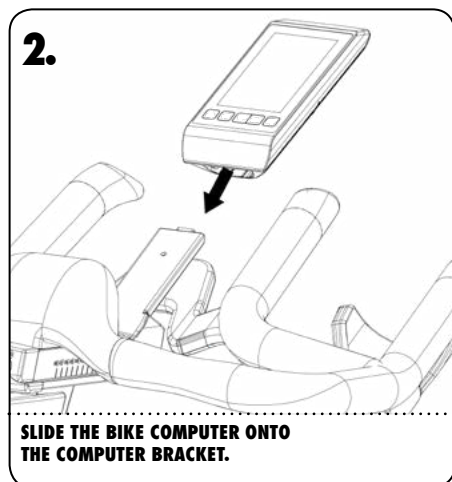
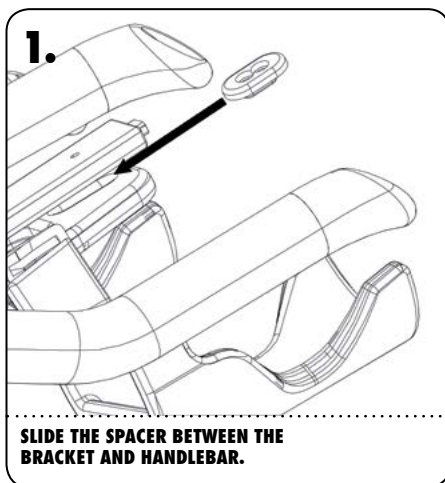
**SLIDE THE BIKE COMPUTER OFF THE COMPUTER BRACKET.**

# ASSEMBLY

Please first check the contents of the package to make sure nothing is missing.

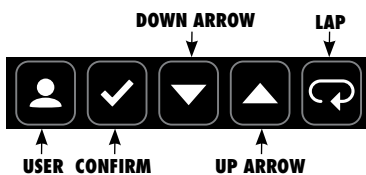
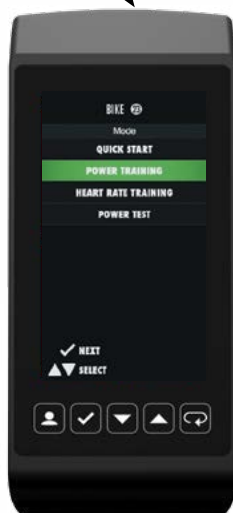
## Included with delivery

- 1x Coach By Color® Computer
- 1x Holder for handlebar clamp
- 1x Allen bolt M4 x 20 x 0.8P, stainless steel, DIN6912
- 1x User manual



# BASICS

**5 COLOR FRONT LED LIGHTING  
AND FULL COLOR TFT DISPLAY  
FOR COACH BY COLOR TRAINING**



Use the arrow keys within the menu navigation to navigate up or down as well as the confirm key to enter/confirm the relevant selection.

# BASICS

## SWITCH ON

Until the flywheel is moved, the computer is in deep sleep mode. To switch the computer from standby mode to operational mode, simply perform one full revolution with the pedal. After approx. 5 seconds, the computer is then switched on and the display activated.

If the computer will not switch on after one complete revolution of the pedals, this could mean the battery is empty. In order to charge the battery or to activate the computer, you must pedal the bike with a cadence > 50 RPM.

## SWITCH OFF

The computer is automatically switched off if the wheel is not moving. The switch off time is extended if the console is operated or if you switch to pause mode.

- The console is automatically switched off after two minutes if it is not operated and the flywheel is not moving.
- The switch off time lasts for 5 minutes if it is in pause mode and the flywheel is not moving.
- Each time a button is pressed, the switch off time is reset to the time interval entered here.

## INTEGRATED ENERGY MANAGEMENT

For low pedaling frequencies under 50 RPM, the energy is supplied by a built-in LiPo accumulator. When the cadence exceeds around 50 RPM, enough energy is generated to supply the system with power and if necessary charge the LiPo battery.

## BATTERY STATUS DISPLAY

If the charge capacity of the battery has almost been depleted, a flashing battery symbol is shown on the top of the display.

If you pedal with a cadence of > 50 RPM for several minutes, the flashing battery symbol disappears. It is then possible to operate the computer in battery mode for several minutes, during which user settings can be input.

If the battery status display is active and the cadence reduces or if you brake or stop pedaling after a short period of time, the Coach by Color LED lighting will switch off. This prevents the charge of the battery from depleting unnecessarily.

Please note that as long as the battery status display is active, the computer may be switched off suddenly even while a key is being pressed.

# DEFINITION TERMS & ABBREVIATIONS

**COACH BY COLOR® (CBC)** Power-orientated (WattRate®) or heart rate oriented training guidance based on individual user settings by training zones depicted in color.

**WATT** Unit of power which is calculated based on the time during which the work is done. The calculation is carried out using the formula:  $\text{Watts} = \text{force} \times \text{speed}$ . With respect to cycling this means:

Watts = the pressure applied by the cyclist to the pedal /traction x peddling frequency/cadence.

In Indoor Cycling, the power rendered is regulated using the resistance dial. The speed is regulated by the cadence.

**WATTRATE®** Direct measurement of the power rendered by the cyclist in real time.

**FTP** Functional Threshold Power®, also termed FTP Index. Power delivered in Watts to the functional threshold power (FTP = 100% corresponds to the aerobic/anaerobic power threshold)

**FTP%** Functional Threshold Power® in per cent. Information on the current power with respect to the FTP value in per cent  $\text{FTP}\% = (\text{current power in Watts} / \text{FTP}) \times 100$

**RPM** Revolutions Per Minute, Cadence, pedaling frequency (PFQ), Revolutions Per Minute (R/min)

**HR** Heart Rate

**HR MAX %** Information on the current heart rate with respect to the maximum heart rate in percent  $\text{HR MAX \%} = (\text{current HR} / \text{HR max}) \times 100$

**BPM**

Beats per Minute

In this manual, this relates to the heart rate of the user.

**LIPO** LiPo = Lithium-Polymer battery. A rechargeable battery with a high energy density

**TSS®** Training Stress Score allows an endurance athlete the ability to quantify their workouts based on their relative intensity, duration, and frequency of workouts.

**IF®** Intensity factor is an indication of how hard or difficult a ride was in relation to your overall fitness

**EFFORT POINTS** are calculated for your workout depending on the amount of time you ride in the individual training zones. They are displayed in the upper left hand corner of the LCD display during a power or heart rate training and the accumulated effort points may also be displayed during Connect workouts.

## GIVEN POINTS FOR 1 MINUTE OF RIDING IN EACH ZONE:

<b>1 EFFORT POINT</b>	0-55% of your FTP / 50 – 59% of your HRM
<b>2 EFFORT POINTS</b>	56-75% of your FTP / 60 - 69% of your HRM
<b>3 EFFORT POINTS</b>	76-90% of your FTP / 70 – 79% of your HRM
<b>4 EFFORT POINTS</b>	91-105% of your FTP / 80 – 89% of your HRM
<b>5 EFFORT POINTS</b>	106-120% of your FTP / 90 - 95% of your HRM
<b>5.5 EFFORT POINTS</b>	121- +150% of your FTP / 96 – 100% of your HRM

# COACH BY COLOR® TRAINING ZONES

## COACH BY COLOR® TRAINING CONCEPT

The 5 color zones used by ICG (white, blue, green, yellow, red) can be used based on the power (watts) of every user of the bike. The training zones are based on the current power in relation to the individual FTP (Functional Threshold Power®) value. The same principle of calculating training zones applies when using the maximum heart rate (HR max) and an analogue POLAR®, Bluetooth® or ANT+® compatible chest belt. As soon as the max HR or the individual FTP value are known, the personal training zones can be worked out accordingly and in doing so the intensity can be displayed by the colors during the training session based on the heart rate or watts.

Using the FTP power test (ramp test integrated into the computer), the user has the option to monitor both current performance and progress.

## CAUTION

The power test should only be carried out under the supervision and guidance of a qualified Instructor or Trainer.

In both Power Training and Heart Rate Training the user has the option to turn off the Coach By Color® Training Guidance by selecting Color Mode OFF if he/she wishes.

COACH BY COLOR® - 5 ZONES				
5 COLORED ZONES	POWER %FTP	TIME	% HR MAX	LOAD
Active recovery	< 55%	Infinity	<60%	Very Light
Endurance	56 – 75%	3 hrs - wks	61 – 70%	Light
Tempo	76 – 90%	3 - 8 hrs	71 – 80%	Moderate
Lactate Threshold VO2 Max	91 – 105%	10 - 60 minutes	81 – 90%	Hard
Anaerobic Capacity	106–150%	1 - 10 minutes	91 – 100%	Maximal
Neuromuscular Power	>150%	5-10 seconds	>100%	Maximal

# MEDICAL DISCLAIMER

## CAUTION

The division of the training zones for power or heart rate oriented training is based on an average person's performance. The zones may sometimes vary dramatically depending on the nature of the training, the state of your health (e.g. whether you are taking any medications) and your physical capabilities. It is recommended to always work out sensible training parameters for your own personal training under medical supervision, and to plan your personal training based on this data.

## WARNING

- Do not exercise beyond your ability.
- If you feel physical discomfort or dizziness, stop training and consult a physician.
- Color zones are for guidance only.
- If the user requires medication that has an effect on their performance capabilities and/or cardiovascular system, it is imperative that they consult a doctor in order to adjust the personal entries accordingly.

# SETUP

After the console has been mounted to the bike, the console will automatically guide you through the general settings when being turned on for the first time. These settings can be changed at a later point in time in the settings menu. Select according to your regional or personal preferences.

**SELECT BIKE:** IC6/IC7

**LANGUAGE:** Selection menu

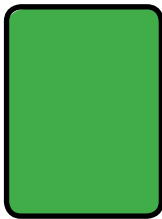
**WEIGHT UNITS:** KG/LBS

**DISTANCE UNITS:** KM/MILES

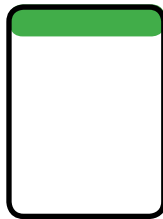
# SETUP

## SELECTING COLOR MODE

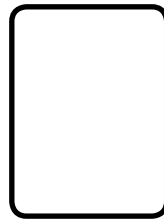
Enables the user to view the power or heart rate training screen in either of 3 ways.



**FULL SCREEN**



**BANNER**



**OFF**

Full Screen - Training Zone Color is displayed over the entire screen

Banner - Training Zone Color is displayed as a small bar at the top of the screen

Off - Training Zone Color is NOT displayed

## FRONT LED

By turning the light off, the trainer receives no color indication via the front LED during a Coach By Color course, and the possibilities for training guidance are therefore limited. The background lighting of the display remains unaffected by this setting. ICG suggests leaving this setting on.

## ICG TRAINING APP ADVERT

When ON, a QR code with a download link will be displayed on the screen during startup.

# SETUP

## ICG HEAT TRAINING MODE.

Activates additional color zone animations based on your personal FTP value or your max heart rate.

### HEART RATE TRAINING

		ZONE BEGINS	ZONE ENDS
<b>IGNITE</b>	HR MAX %	66	70
<b>HEAT</b>	HR MAX %	78	85
<b>ON FIRE</b>	HR MAX %	92	94
<b>BURN</b>	HR MAX %	95	100

### DESCRIPTIONS:

#### IGNITE

This zone teaches your body to burn fat as a fuel source and encourages your body to produce more mitochondria, the power stations of your body.

#### HEAT

This zone begins to work on improving aerobic/anaerobic threshold and stimulates the body to increase the amount of energy it can store in the form of glycogen, this energy source starts to overtake fat as the primary fuel source.

#### ON FIRE

Training in this zone works to improve all physiological aspects related to increasing cardiac output – how much and how quickly the heart can pump blood to where it is needed in the working muscles.

#### BURN

MHR Training in this zone is based on very limited time periods due to the rapid onset of fatigue and develops musculoskeletal structures to manage the level of effort.

# SETUP

## POWER TRAINING

		ZONE BEGINS	ZONE ENDS
<b>IGNITE</b>	FTP %	67	75
<b>HEAT</b>	FTP %	85	95
<b>ON FIRE</b>	FTP %	122	150
<b>BURN</b>	FTP %	>150	

## DESCRIPTIONS:

### IGNITE

Active recovery during a workout or an all day pace for developing Long Slow Duration (LSD) endurance

### HEAT

Fast paced level of training for developing the demands of increased time and/or effort in a given aerobic activity

### ON FIRE

Maximal adaptation of physiological systems related to aerobic fitness developed over intervals of short time duration

### BURN

Very short time periods of very high intensity output leading to adaptation of an individuals musculoskeletal system

### BIKE ID

During installation each bike can be given its own unique bike identification number. The identification number is required for use with ICG Connect and App pairing.

# CONNECTIVITY\*

If you wish to use the ICG training app or transmit training data to ANT+ devices, be sure that BLE / ANT+ are turned on.

## CHEST BELTS

### BLUETOOTH

BLE (Bluetooth Low Energy) compatible heart rate monitors

### ANALOG:

Polar compatible heart rate monitors at 5.5 kHz (coded monitors recommended)

## ICG TRAINING APP

The ICG Training App will allow you to connect your mobile phone to the indoor cycle computer during Power Training Sessions and Heart Rate Training. The app gives you the following advantages during workouts.

### PERSONAL DATA:

The app will automatically retrieve data such as user type, gender, age, weight and FTP Value from your mobile phone.

### RECORD DATA:

Details of your workout will be recorded by the app for your personal review.

---

\* Some functions depend on the installed software version of your Wattrate TFT Computer.

\*\* In principle all products or apps that support ANT+ technology can receive the ANT+ data we provide. The corresponding hardware of the apps must also support ANT+ technology for reception to work.

Our system allows the following data to be received via ANT+ technology:

- Heart rate
- Cadence
- Power

# TRAINING MODES

## **QUICK START:**

Quick start, without entering any user settings.

## **POWER TRAINING:**

Detailed entry of user settings including index values (for FTP and max HR) as well as optional connection to a compatible chest belt. Training zone guidance s based on watts (power)

## **HEART RATE TRAINING:**

Requires a compatible chest belt, detailed entry of user settings and index values (for FTP and max HR) Training zone guidance is based on heart rate

## **POWER TESTS:**

Determine your FTP value with one of the FTP tests.

# PAUSE MODE

By pushing the „Tick“ button (long push), you can pause your workout and enter the pause mode. If you stop pedaling for more than 10 seconds, the pause mode is automatically activated.



↑  
**PAUSE**

If no button is pressed within the Pre-set pause length, the computer switches off and the entered or recorded values are lost.

## **RESUME**

By pressing confirm, the current workout will be resumed.

## **SUMMARY**

When selected, an overview of the stats from your training session are displayed.

## **LAP**

View all lap distances and times from current workout

## **RESTART WORKOUT**

Begins a new workout and keeps the user settings.

## **END WORKOUT**

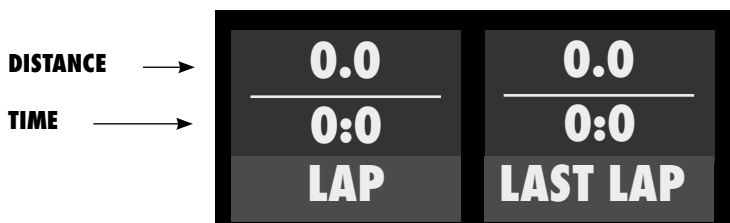
Ends workout ,resets user settings and deletes user data.

# LAP BUTTON

During a Quick Start, Power or Heart Rate training, the lap function has a timer and measures distance.

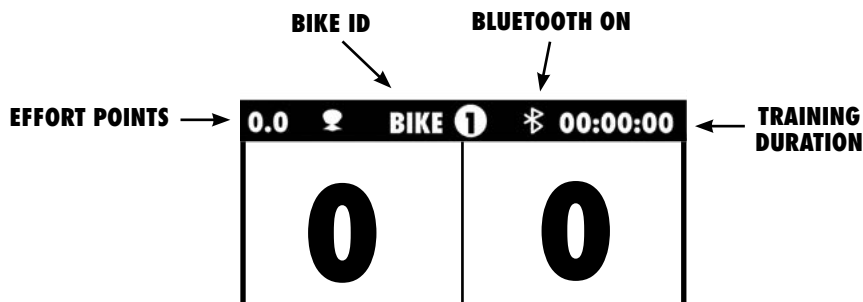
To start the lap, push the lap button. An indication that the lap was started will appear at the top of the screen and distance and a timer will be displayed.

To finish the lap, push the lap button again once you have reached your targeted distance or time.



After the lap is completed, the last lap data will be displayed until the next lap is completed.

# DISPLAY HEADER



# QUICK-START MODE

Select Quick Start Mode, and begin training Once started, the following Information is displayed on the screen.

<b>RPM</b> Current cadence	<b>LEVEL</b> Resistvance (0-100)
<b>WATT</b> Current power output	<b>KCAL</b> KCalories burned
<b>MILES/KM</b> Distance covered	<b>MPH/KM</b> Speed
<b>LAP</b> Current distance/ time	<b>LAST LAP</b> Distance/time

# POWER TRAINING

The Power Training mode enables you to enter additional user settings and to connect the computer to a compatible chest harness. In this mode, the individual threshold (FTP and max HR) can be precisely entered, or if not known, calculated based off the biometric data entered into the console. It is also possible to carry out the Coach By Color® training guidance based on power or heart rate.

## **WARNING!**

- Systems for monitoring heart rate may not be completely accurate.
- Excessive exercise can cause severe damage to health and can even result in death.
- If you feel dizzy or weak, stop exercising immediately.
- This device is not intended to be used by persons (including children) with restricted physical sensory or mental capabilities or with a lack of experience and/or knowledge, unless they are supervised by someone responsible for their safety or have received instructions from this person on how to use the device (e.g. from a doctor, trainer, etc.).
- Children must be supervised at all times to ensure that they do not play with the equipment.
- An additional consent is provided by the user when the Medical Disclaimer is acknowledged by pressing the button at the beginning of the training session in Power Training or Heart Rate Training Mode.

## **CAUTION:**

The calculated FTP values are intended as a guide. but in order to receive precise values, we advise carrying out the FTP Power Test.

# POWER TRAINING

**FOLLOW THE STEP BY STEP DIRECTIONS CAREFULLY AS PROMPTED ON THE DISPLAY TO START A TRAINING SESSION.**

The power training mode has 4 screens that display different information during training. Toggle between the screens by pressing the arrow buttons.



↑      ↑  
**SCREEN SELECTION**

**SCREEN 1**

<b>RPM</b> Current cadence	<b>LEVEL</b> Resistance (0-100)
<b>WATT</b> Current power output	<b>ZONE</b> Current zone. Position in current zone.
<b>LAP</b> Distance /Time	<b>LAST LAP</b> Distance /Time

**SCREEN 2**

<b>BPM</b> Heart Rate	<b>KCAL</b> Calories burned
<b>MILES/KM</b> Distance	<b>MPH/KMH</b> Speed
<b>WATT/KG</b> Power/Weight ratio	<b>WATT/HR</b> Power/Heart Rate Ratio

The Lap and Last Laps are displayed after at least one lap has been started.

# POWER TRAINING

SCREEN 3

<b>WATT AVG</b> <b>WATT MAX</b>	<b>BPM AVG</b> <b>BPM MAX</b>
<b>FTP %</b>	<b>MHR %</b>
<b>RPM AVG</b> <b>RPM MAX</b> Cadence	<b>MPH / KMH AVG</b> <b>MPH / KMH MAX</b> Speed
<b>WATT / KG AVG</b> <b>WATT / KG MAX</b> Power	<b>WATT / HR AVG</b> <b>WATT / HR MAX</b> Power/Heartrate Average
<b>LEVEL AVG / MAX</b> Average/Max Level	<b>TSS / IF</b> Training Stress Score / Intensity Factor

SCREEN 4

<b>RED / ZONE 5</b> Time and % spent in zone	<b>DISTANCE / KCAL</b> Distance travelled and kCal in zone
<b>YELLOW / ZONE 4</b> Time and % spent in zone	<b>DISTANCE / KCAL</b> Distance travelled and KCal in zone
<b>GREEN / ZONE 3</b> Time and % spent in zone	<b>DISTANCE / KCAL</b> Distance travelled and KCal in zone
<b>BLUE / ZONE 2</b> Time and % spent in zone	<b>DISTANCE / KCAL</b> Distance travelled and KCal in zone
<b>WHITE / ZONE 1</b> Time and % spent in zone	<b>DISTANCE / KCAL</b> Distance travelled and KCal in zone

Dynamic overview of training zones and time.

The absolute time spent and percentage of the time in which you were training in each zone is displayed.

# HEART RATE TRAINING

The Heart Rate Training mode enables you to enter additional user settings and to connect the computer to a compatible chest harness. In this mode, the individual threshold (FTP and max HR) can be precisely entered, or if not known calculated based off the biometric data entered into the console. It is also possible to carry out the Coach By Color® training guidance based on wattage or heart rate.

## **WARNING!**

- Systems for monitoring heart rate may not be completely accurate.
- Excessive exercise can cause severe damage to health and can even result in death.
- If you feel dizzy or weak, stop exercising immediately.
- This device is not intended to be used by persons (including children) with restricted physical sensory or mental capabilities or with a lack of experience and/or knowledge, unless they are supervised by someone responsible for their safety or have received instructions from this person on how to use the device (e.g. from a doctor, trainer, etc.).
- Children must be supervised at all times to ensure that they do not play with the equipment.
- An additional consent is provided by the user when the Medical Disclaimer is acknowledged by pressing the button at the beginning of the training session in Power Training or Heart Rate Training Mode.

## **CAUTION:**

The calculated FTW values are intended as a guide for users aged between 20 and 60. In order to receive precise values for younger and older users, please carry out the FTW (power) test.

# HEART RATE TRAINING

**FOLLOW THE STEP BY STEP DIRECTIONS CAREFULLY AS PROMPTED ON THE DISPLAY TO START A TRAINING SESSION.**

The heart rate training mode has 4 screens that display different information during training. Toggle between the screens by pressing the arrow buttons.



**SCREEN SELECTION**

**SCREEN 1**

<b>RPM</b> Current cadence	<b>LEVEL</b> Resistance (0-100)
<b>BPM</b> Heart Rate	<b>ZONE</b> Current zone. Position in current zone.
<b>LAP</b> Distance /Time	<b>LAST LAP</b> Distance /Time

**SCREEN 2**

<b>WATT</b> Current Power Output	<b>KCAL</b> Calories Burned
<b>MILES /KM</b> Distancet	<b>MPH /KMH</b> Speed
<b>WATT /KG</b> Power/Weight Ratio	<b>WATT /HR</b> Power/Heart Rate Ratio

The Lap and Last Laps are displayed after at least one lap has been started.

# HEART RATE TRAINING

**SCREEN 3**

<b>WATT AVG</b> <b>WATT MAX</b>	<b>BPM AVG</b> <b>BPM MAX</b>
<b>FTP %</b>	<b>MHR %</b>
<b>RPM AVG</b> <b>RPM MAX</b> Cadence	<b>MPH/KMH AVG</b> <b>MPH / KMH MAX</b> Speed
<b>WATT/KG AVG</b> <b>WATT/KG MAX</b> Power	<b>WATT/HR AVG</b> <b>WATT/HR MAX</b> Power/Heartrate Average
<b>LEVEL AVG/MAX</b> Average/Max Level	<b>TSS/ IF</b> Training Stress Score / Intensity Factor

**SCREEN 4**

<b>RED /ZONE 5</b> Time and % spent in zone	<b>DISTANCE /KCAL</b> Distance travelled in zone
<b>YELLOW /ZONE 4</b> Time and % spent in zone	<b>DISTANCE /KCAL</b> Distance travelled in zone
<b>GREEN /ZONE 3</b> Time and % spent in zone	<b>DISTANCE /KCAL</b> Distance travelled in zone
<b>BLUE /ZONE 2</b> Time and % spent in zone	<b>DISTANCE /KCAL</b> Distance travelled in zone
<b>WHITE /ZONE 1</b> Time and % spent in zone	<b>DISTANCE /KCAL</b> Distance travelled in zone

During the work out, one of the 5 training zones is highlighted depending on the training zone you are currently in.

The absolute time spent and percentage of the time in which you were training in each zone along with distance and calories burnt is displayed.

# FTP RAMP TEST

The FTP (power) test makes it possible to determine a user's individual FTP value in an evaluation test, or to monitor the workout progress.

The test is designed as a so-called "ramp test". As soon as the test is started, a target value of 75 watts (+/- 15W) is specified. The user taking the test is now requested to maintain a constant and comfortable cadence of between 70 and 90 RPM throughout the entire test and to turn the resistance dial to set the resistance so that the target value is achieved.

The target value must be reached within a window of max +/- 15 W deviation, otherwise the display changes to red. If the target value is met, the background changes to green. The target value increases every 4 minutes by 25 watts and the test can be ended at any time. After the first target value is reached after 4 minutes (75 watts for 4 minutes), the result is shown after ending the test. If it is interrupted beforehand, the test fails.

If you are notified that you have been outside the target range for longer than 24 seconds within a 4 minute ramp then a FTP value will be calculated but we would suggest you repeat the test for a more accurate result.

Please note that only fully completed ramps (4 minutes) are taken into consideration for the test results.

## CAUTION

- The integrated FTP (power) test in the form of a 4 minute "ramp test" represents a subjective test, which the user can end at any point.
- The FTP (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
- It is recommended to constantly monitor the heart rate during the test, in order to control the physical exertion caused by the output power. Over-exertion must under no circumstances take place.
- Please also take note of the Medical Disclaimer.

Your current cadence. <b>RPM</b>	Your current resistance <b>LEVEL</b>
Your current power output <b>WATT</b>	Target Power Output <b>TARGET</b>
Time until next ramp is reached <b>RAMP TIME</b>	Current Ramp Number <b>RAMP</b>

# FTP 5 MINUTE TEST

The 5 minute Functional Threshold Power test determines your FTP value and gives a personal value for setting intensity making your workouts more effective and allowing you to monitor your fitness progress.

The test is carried out by riding at a maximum sustainable effort of resistance for the full 5 minutes and by staying within the target cadence range of 80 - 100 RPM. The computer will light Green if you are pedaling within the cadence range and Red if you are pedaling too slow or too fast. If necessary during the test you may adjust the resistance during the test to achieve your maximum power output within the cadence range of 80 - 100 RPMs. Staying within the cadence range as much as possible will provide a more accurate test result.

Before you start the test, be sure you have completed a full warm up.  
A 60 second countdown will commence the start of the test.  
Begin pedaling and adjust the resistance and maintain the correct cadence.  
Once you have finished the test, perform a proper COOL DOWN.

Note your FTP value for future use with Coach By Color Power Training and monitoring your fitness progress.

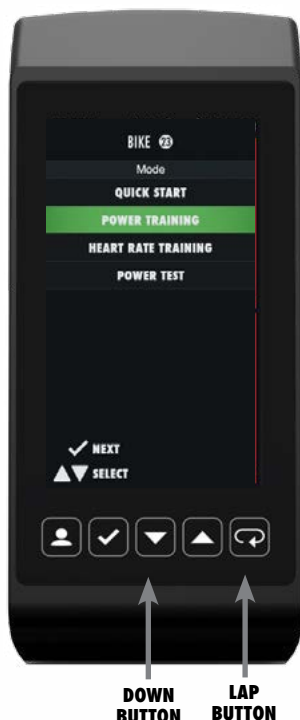
## CAUTION

- The integrated FTP (power) test in the form of a 5 minute test represents a subjective test, which the user can end at any point.
- The FTP (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
- It is recommended to constantly monitor the heart rate during the test, in order to control the physical exertion caused by the output power. Over-exertion must under no circumstances take place.
- Please also take note of the Medical Disclaimer.

Your current cadence. <b>RPM</b>	Your current resistance <b>LEVEL</b>
Your current power output <b>WATT</b>	Avg. Power Output <b>WATT AVG</b>

# SETTINGS

To access the computer settings, a special key combination must be confirmed which protects the settings menu from unauthorized access.



## TO OPEN THE SETTINGS MENU:

1. **BE SURE YOU ARE IN THE MODE SELECTION SCREEN (START UP SCREEN)**
2. **PRESS THE DOWN BUTTON AND THE LAP BUTTON AT THE SAME TIME FOR A MINIMUM OF 3 SECONDS.**

Use the arrow keys within the menu navigation to navigate up or down as well as the confirm key to enter/confirm the relevant selection.

# SETTINGS GENERAL

When selected, you can change the general settings as entered when the bike was used for the first time.

**LANGUAGE:** Selection menu

**WEIGHT UNITS:** KG/LBS

**DISTANCE UNITS:** KM/MILES

**COLOR MODE:** Select TFT color scheme

**FRONT LED:** Turn trainer oriented CoachByColor® On/Off

**ICG TRAINING APP ADVERT.**

Turn QR Code off or on

**ICG HEAT TRAINING MODE:**

Activates additional animations in the color zone based on your personal FTP value or your max heartrate.

## BIKE ID

During installation each bike can be given its own unique bike identification number. The identification number is required for use with ICG Connect and App pairing.

# BRAKE CALIBRATION

The brake must be calibrated if the displayed level of resistance does not reach 0% or 100% at the end positions. • An exclamation mark (!) is shown instead of the level as a % on the display.

**FOLLOW THE STEP BY STEP DIRECTIONS CAREFULLY AS PROMPTED ON THE DISPAY.**

If the values lie outside a certain range, the calibration may fail and a red screen will appear.

Reattempt the calibration and make sure you follow the instructions carefully.

If the calibration fails again, the resistance system must be adjusted mechanically. Please refer to technical service in this case.

# OFFSET

An offset measurement was completed in the background.  
Follow the Step by step directions carefully as prompted on the display.

# SYSTEM

The following settings can be accessed in the menü system:

## **USAGE**

Indicates how long the bike has been used

## **FIRMWARE**

Displays the current computer software version and that of the installed components.

## **FACTORY SETTINGS**

Resets the computer to the original settings.

## **SYSTEM CHECK**

System check is a diagnostics tool for the service technicians.

## **FIRMWARE UPDATE**

The firmware update may only be carried out through a certified technician and can only be implemented with service software.

## **TOUCH SENSITIVITY**

The sensitivity of the computer buttons can be adjusted according to your personal preferences..

## **BRIGHTNESS**

Screen brightness can be adjusted according to your preferences.

## **PAUSE MODE**

Screen brightness can be adjusted according to your preferences.

# ANT / BLUETOOTH

See connectivity on page 15

# TRAINING MODE VALUES

## AVAILABLE VALUES IN THE VARIOUS TRAINING MODES

In the table below, you can gain an overview of all available values which are displayed in the various training modes.

TRAININGSMODUS	QUICK-START	POWER TRAINING	HEART RATE TRAINING
RPM	X	X	X
LEVEL%	X	X	X
WATT	X	X	X
FTP %	---	X	X
HR	---	OPTIONAL	X
KCAL	X	X	X
KM/MILES	X	X	X
TIME	X	X	X
SCREEN 1	X	X	X
SCREEN 2	X	X	X
SCREEN 3	X	X	X
SCREEN 4	---	X	X
COACH BY COLOR® (WATTRATE®)	---	X	---
COACH BY COLOR® (HEART RATE)	---	---	X
ADJUSTING THE INDIVIDUAL MAXIMUM FTP VALUE	---	X	X
ADJUSTING THE INDIVIDUAL MAXIMUM HEART RATE	---	OPTIONAL	OPTIONAL
PAUSE FUNCTION	X	X	X

# KEY FUNCTIONS

The key functions within the various modes are as follows:

SETTINGS MODE		
Down arrow	Press	Scroll down / reduce value
Down arrow	Press and hold	Reduce the value incrementally
Up arrow	Press	Scroll up / increase value
Up arrow	Press and hold	Increase the value incrementally
User	Press	No function / exit menu, back
Confirm	Press	Confirm entry
Confirm and Lap	Press simultaneously for 3 seconds	none
USER MODE		
Down arrow	Press	Scroll down / reduce value
Down arrow	Press and hold	Reduce the value incrementally
Up arrow	Press	Scroll up / increase value
Up arrow	Press and hold	Increase the value incrementally
User	Press	Exit
Confirm	Press	Confirm entry
Confirm and Lap	Press simultaneously for 3 seconds	Open settings menu
TRAINING MODE		
Down arrow	Press	Switch to previous screen
Down arrow	Press and hold	No function
Up arrow	Press	Switch to next screen
Up arrow	Press and hold	No function
User	Press	Open user menu
Confirm	Press	Start pause mode
Confirm and Lap	Press simultaneously for 3 seconds	None

# MAXIMUM DISPLAY RANGES

TRAINING VALUES		
DISPLAY VALUE	VALUE RANGE	UNITS
Distance	999.9	km or miles
Speed	99.9	km/h or MPH
Workout duration Duration in workout zones	99:59:59	hh:mm:ss
FTP %	unlimited	%
HR %	unlimited	%
HR BPM	30 – 250	BPM
LEVEL	0 – 100	%
RPM (1)	30 – 230	RPM
WATT (2)	0 – 2500	Watt
Calorie consumption	0 – 9999	kcal (displayed as CAL)
USER SETTINGS		
DISPLAY VALUE	VALUE RANGE	UNITS
Age	14 – 99	Years
Weight	34 – 150 or 75 - 331	kg or lbs (pounds)
HR max (4)	30 – 250	BPM
FTP Index (3)	0 – 2500	Watts

# MAXIMUM DISPLAY RANGES

## **ABOUT (1):**

From a cadence of 150 RPM, the value begins to flash. This is intended to indicate that you are exceeding the exercise range for which the bike was designed. From a cadence of 230, the RPM display is deactivated.

## **PLEASE NOTE:**

If the bike is used at cadences of > 180 RPM for extended periods of time, all warranty claims are void.

## **ABOUT (2):**

The power is only displayed from a rotational speed of 40 RPM, as only the power displayed here (wattage) is in the ensured tolerance range of  $\pm 5\%$ .

## **ABOUT (3):**

Value can only be adjusted in the power and heart rate training modes

## **ABOUT (4):**

Value can only be adjusted in the power and heart rate training modes and if "CONNECT HR SENSOR" is selected with "YES" in the menu.

## **PLEASE NOTE:**

If the maximum value has been reached, the respective value is reset to "0".

# EU- DECLARATION OF CONFORMITY

The electronic components satisfy EMV Directive 204/108/EC, EMV Directive 99/519/EC, and DIN EN 60335-1 for electrical safety.

The Declaration of Conformity can be viewed at [www.indoorcycling.com](http://www.indoorcycling.com)



# FCC COMPLIANCE

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: • Reorient or relocate the receiving antenna. • Increase the separation between the equipment and receiver. • Connect the equipment to an outlet on a circuit different from that to which the receiver is connected. • Consult the dealer or an experienced radio/TV technician for help. Important: Changes or modifications to this product not authorized by Indoor Cycling Group could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product. This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

Canadian regulatory statement This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

# DISPOSAL ELECTRIC WASTE

## EUROPEAN UNION ONLY

This symbol indicates that the product it is referring to may not be disposed of along with normal household waste. If you wish to dispose of this device, do not throw it away along with normal waste! There is a separate collection system for products of this description.



This symbol is only valid in the European Union.

## OTHER COUNTRIES OUTSIDE OF THE EUROPEAN UNION

If you would like to dispose of this product, please adhere to the relevant state laws and other regulations in your country concerning the treatment of electronic devices.

## BUSINESS CUSTOMERS

If you would like to dispose of this product, please get in touch with our service.

## SOFTWARE LICENCE NOTICE

Certain ICG products (including but not limited to MyRide V3, MyRidePlus, MyRide VX, ICG Connect, Wattrate TFT Computer etc.) contain open source software. For further details, please visit <https://support.teamicg.com> or contact [support@indoorcycling.com](mailto:support@indoorcycling.com)

## **CAUTION.**

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE YOU BEGIN USING THIS EQUIPMENT. PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE. IMPROPER ASSEMBLY, SET UP, USE OR MAINTENANCE MAY VOID THE WARRANTY.

*LifeFitness*

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