



**FOR THE ATHLETE  
IN ALL OF US**





**ANJA  
BERANEK**

2 X IRONMAN CHAMPION & EUROPEAN CHAMPION

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Endorsed By Elite  
Cycling Coaches

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## A NEW STANDARD IN POWER TRAINING

Inspired by the movement of road cycling, triathlon and athletic-performance training, the IC8 is an indoor power trainer for serious riders and all athletes. With greater power accuracy and wattage than any other indoor trainer, the IC8 delivers superior results.







## THE WORLD'S LEADER IN POWER TRAINING

Elite coach Hunter Allen and ICG have been in lock-step on designing an indoor cycle for athletes since 2015. The legendary cycling coach, co-author of *Training and Racing with a Power Meter* and *Cutting-Edge Cycling*, co-developer of TrainingPeaks' WKO+ software, and founder of Peaks Coaching Group, shares ICG's vision to deliver – through the IC8 – a world-class alternative to traditional indoor trainers.



“THE IC8 IS THE  
HALO OF INDOOR  
POWER BIKES”

“If you're a cyclist, and you want to improve, this is your indoor trainer. Team ICG's dedication to riding indoors is incredible and felt every time I'm clipped into the pedals. The IC8 is the halo of indoor power bikes. Ride after ride, you can trust in the accuracy of its power meter, feel the precision in its German engineering, and enjoy the magic of its amazing computer. ICG's first step into the sport of professional cycling is a giant one and Peaks Coaching Group and I are along for the ride”  
- Hunter Allen



## NILS FROMMHOLD

CHALLENGE ROTH CHAMPION  
IRONMAN ARIZONA CHAMPION  
IRONMAN SOUTH AFRICA CHAMPION  
IRONMAN 70.3 SWITZERLAND CHAMPION  
IRONMAN 70.3 POLAND CHAMPION



## ANJA BERANEK

2 X IRONMAN CHAMPION & EUROPEAN CHAMPION

# MAKING YOUR FAST FASTER

### PERFORMANCE

With direct power accuracy of +/-1%, right and left leg power measurement, and 0 to 3800 watts, this bike brings unlimited potential to peak power, FTP and active recovery training. The IC8 displays over 40 performance metrics and displays five personalized and color-coded training zones. For training the perfect pedal stroke, there's a Polar View of pedaling symmetry.

### AUTHENTICITY

Train on an indoor cycle engineered to deliver the ergonomics, drive and feel of both a road and triathlon bike. Be as relaxed or as aggressive as training dictates and – with the chain-driven freewheel – experience total control of quick accelerations and coasting to recover.

### CONNECTIVITY

Save and share performance data. Through Bluetooth® you can connect the IC8 to the ICG Training App for iOS™ and Android™ to access workouts, create training plans and to save and analyze workout data. ANT+® wireless connectivity allows for monitoring of power and cadence. The IC8 is also compatible with most Garmin® computers, and with third-party apps like Strava®, Zwift®, Sufferfest™ and Trainer Road®.

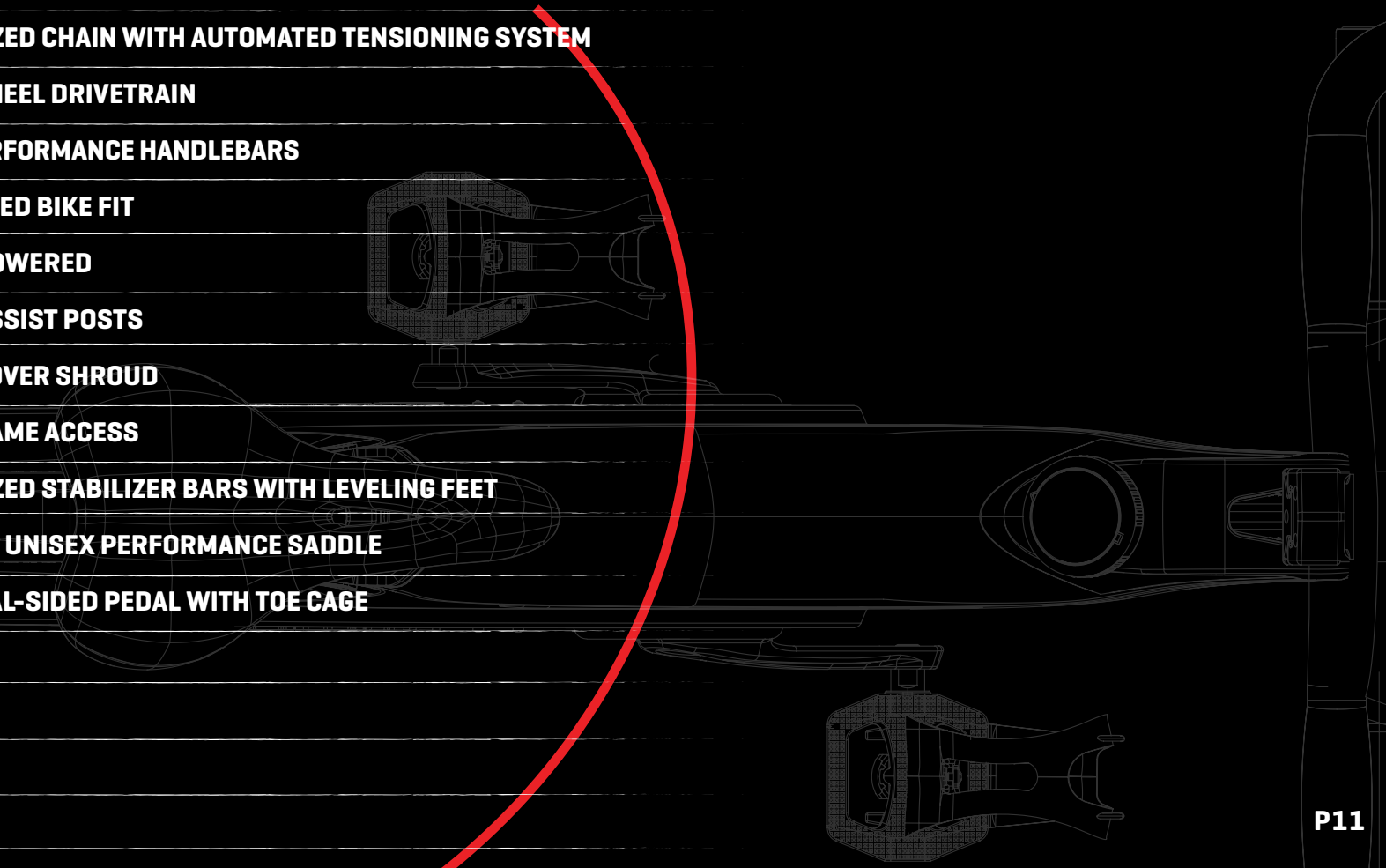
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# IC8 POWER TRAINER



## IC8 FEATURES

- WATTRATE® DIRECT POWER METER
- WATTRATE® TFT COMPUTER WITH POLAR VIEW
- BLUETOOTH & ANT+ CONNECTION
- 0 - 3800W MAGNETIC RESISTANCE
- OVERSIZED CHAIN WITH AUTOMATED TENSIONING SYSTEM
- FREEWHEEL DRIVETRAIN
- PRO PERFORMANCE HANDLEBARS
- ADVANCED BIKE FIT
- SELF-POWERED
- USER ASSIST POSTS
- FULL-COVER SHROUD
- ARC FRAME ACCESS
- OVERSIZED STABILIZER BARS WITH LEVELING FEET
- PADDED UNISEX PERFORMANCE SADDLE
- SPD DUAL-SIDED PEDAL WITH TOE CAGE







**+/-1% ACCURACY**

## WATTRATE DIRECT POWER METER

WattRate is the market's most accurate power meter and offers a direct measuring tolerance of +/- 1%, and accuracy that is groundbreaking in indoor cycles. The WattRate direct power meter is located at the intermediate transmission and uses photocells to directly measure the torsion [twisting force] of the spindle. The design never requires recalibration and is resistant to external factors such as temperature and humidity.

## PRO PERFORMANCE BARS

Road and triathlon-inspired handlebar design includes drops, hoods and time trial forearm rests



### AERO BARS

For triathlon and track



### AERO PADS

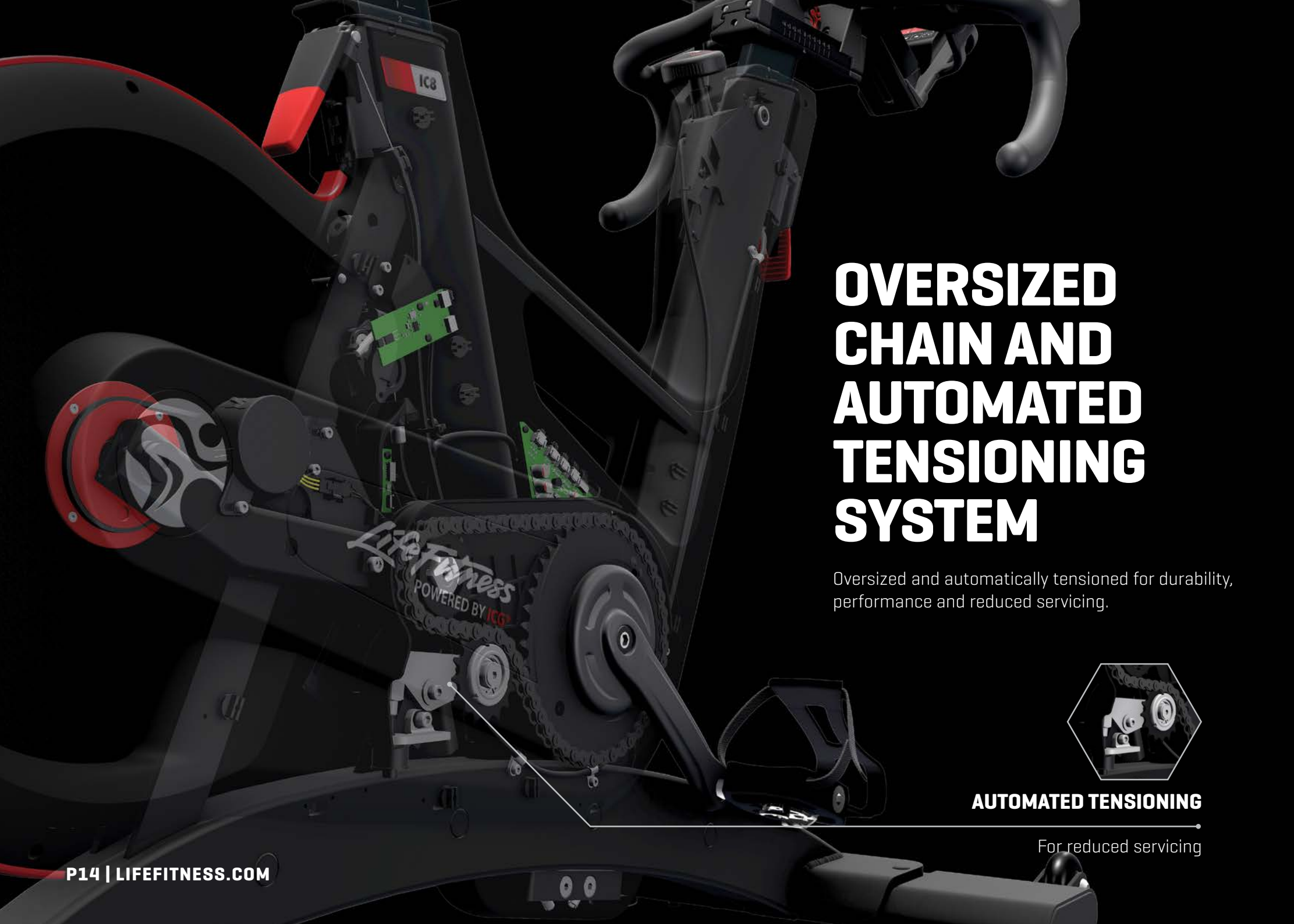
For triathlon and track



### DROPS & HOODS

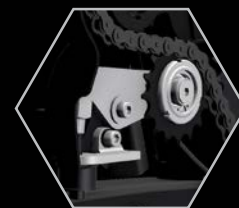
For road and track





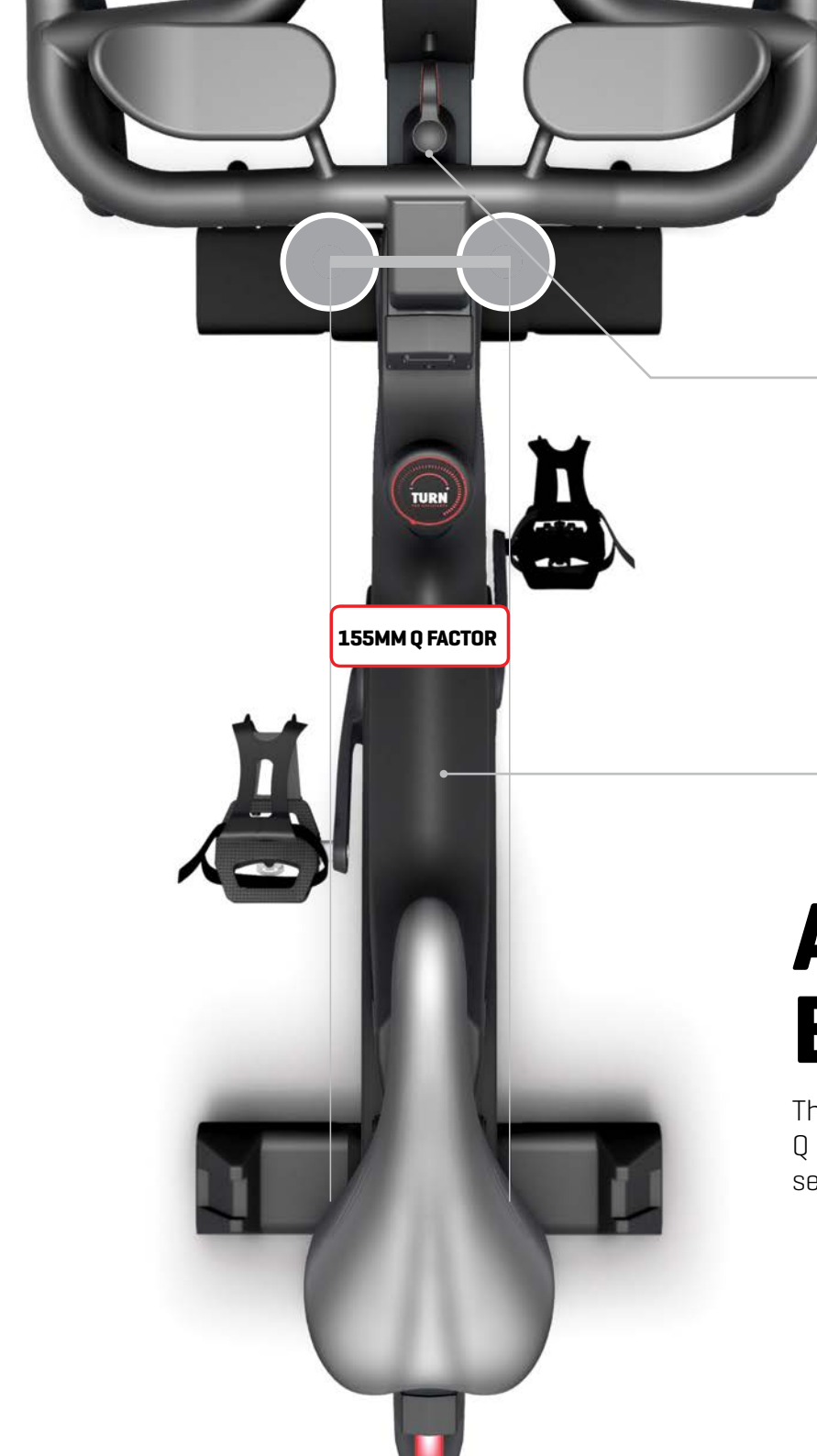
# OVERSIZED CHAIN AND AUTOMATED TENSIONING SYSTEM

Oversized and automatically tensioned for durability, performance and reduced servicing.



## AUTOMATED TENSIONING

For reduced servicing



## 4-WAY STEPLESS ADJUSTMENT

For the finest of tuning



## OFFSET FRAME

For maximum comfort and performance

155MM Q FACTOR

# ADVANCED BIKE FIT

The offset frame's range and post angles, 155 mm Q Factor, and 4-way stepless adjustment allows you to set up as relaxed or aggressive as your training dictates.



# IC8 FEATURES



## FULL-COVER SHROUD

Offering maximum sweat protection and long life



## 0 - 3800W MAGNETIC RESISTANCE

The 300-degree dial offers 100 clicked increments and displays the resistance level as 0-100 on the WattRate TFT computer



## ARC FRAME ACCESS

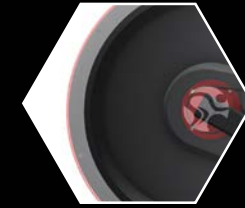
A striking aesthetic that's also easy to keep clean

P16 | LIFEFITNESS.COM



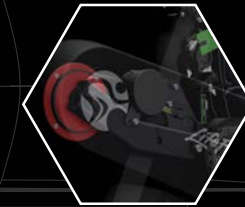
## USER ASSIST POSTS

Gas assisted handlebar and saddle height for quick and easy adjustment



## FREEWHEEL DRIVETRAIN

Emulating the exact performance and experience of your outdoor bike right down to the sound of the bearings and relief of your legs every time you need to stop pushing



## SELF-POWERED

A compact generator recharges an integrated lithium polymer battery that powers all electronics



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# WATTRATE TFT COMPUTER

Designed by cyclists and built on Linux, WattRate delivers unparalleled data, performance and connectivity.

### Data

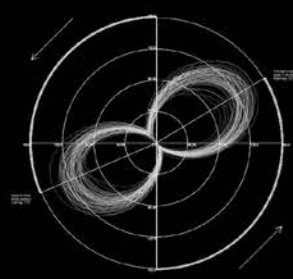
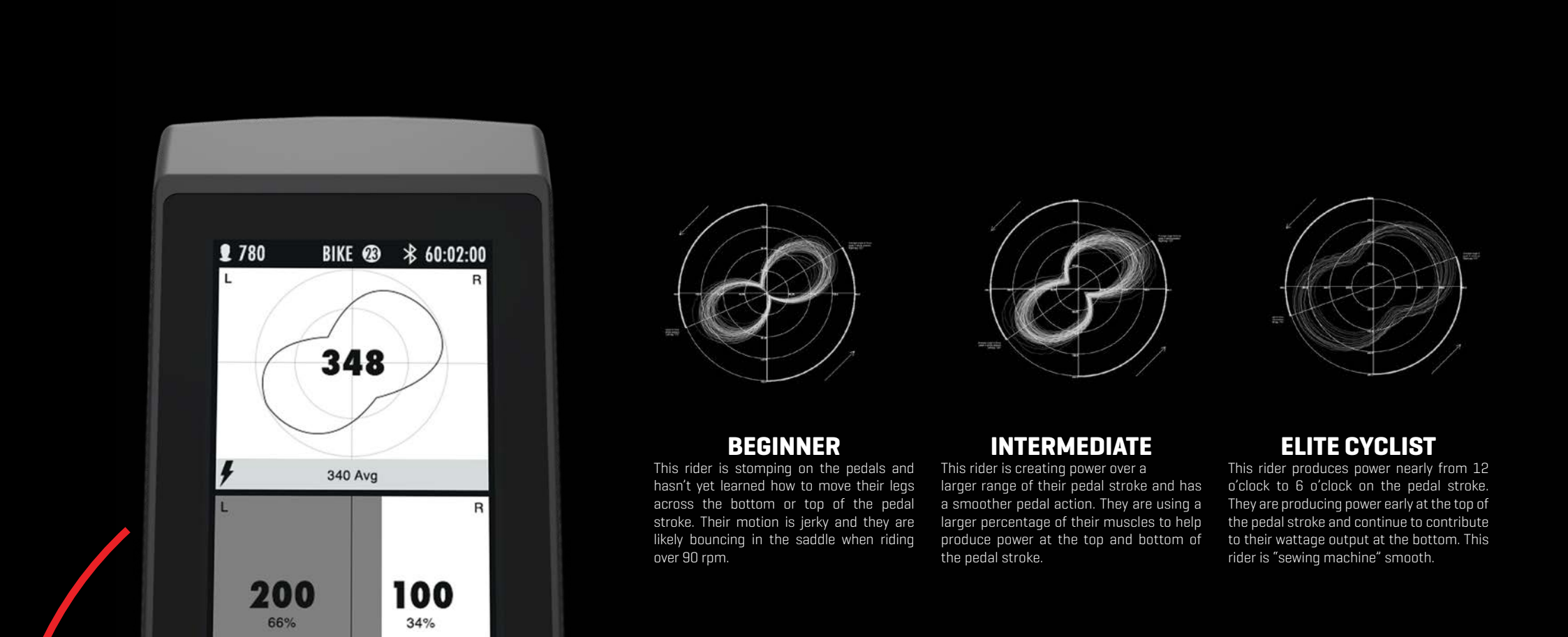
Presented over 5 screens, with the orientation of zooming into more data as you scroll, the User Interface keeps life simple whilst offers up over 40 performance metrics. At the end of your sessions view a comprehensive summary of your training including each and every lap.

### Performance

A full-color screen with a color changing front LED for coaches. Customizable screen flows, designs and training zone animations provide engagement and motivation during training.

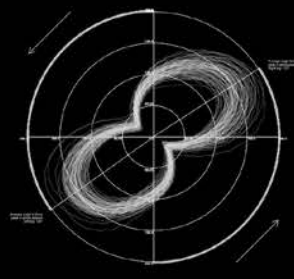
### Connectivity

A customized Bluetooth® connection with the ICG Training App tracks rides and data. ANT+ transmission enables power and cadence connection to a wide range of third party apps.



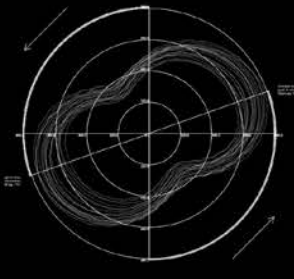
### BEGINNER

This rider is stomping on the pedals and hasn't yet learned how to move their legs across the bottom or top of the pedal stroke. Their motion is jerky and they are likely bouncing in the saddle when riding over 90 rpm.



### INTERMEDIATE

This rider is creating power over a larger range of their pedal stroke and has a smoother pedal action. They are using a larger percentage of their muscles to help produce power at the top and bottom of the pedal stroke.



### ELITE CYCLIST

This rider produces power nearly from 12 o'clock to 6 o'clock on the pedal stroke. They are producing power early at the top of the pedal stroke and continue to contribute to their wattage output at the bottom. This rider is "sewing machine" smooth.

# WATTRATE POLAR VIEW

View in real time, and analyze at the end of the workout, detailed data on how you apply force through each pedal stroke and the balance between your left and right leg. Improving pedaling efficiency reserves energy and increases power — ultimately making you faster for longer.



# PERFORMANCE INSIGHT, DONE RIGHT

Access all the data you need when you need it. See lap and workout summary information directly on the screen. Let Coach By Color® zones guide your intensity. Monitor Intensity Factor (IF) and Training Stress Score (TSS) to keep you on track.



**DISPLAY 1**

Shows actual performance data in one screen view, including rpm, resistance level, watts, training zone and dynamic lap function.



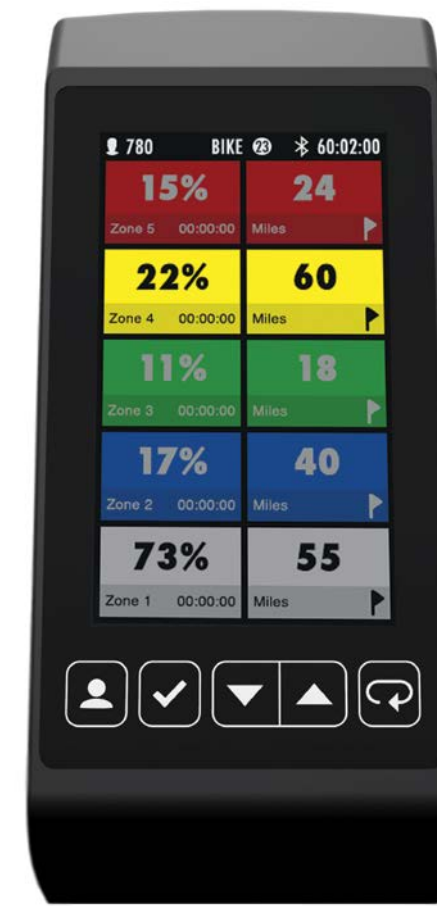
**DISPLAY 2**

Shows more detailed performance data such as heart rate, watt/KG and watt/HR.



**DISPLAY 3**

Provides a quick review of maximum and average performance values during the workout.



**DISPLAY 4**

Displays real-time feedback of time in each training zone along with how many miles and calories have been burned in each training zone.



**DISPLAY 5**

Shows the user's left/right leg balance along with power in watts per leg.



**SUMMARY**

Shows the user's lap times average and max power in watts.





# ICG TRAINING APP

**SELECT, CUSTOMIZE, SAVE AND EVEN SHARE TRAINING SESSIONS.**

- Select workouts by fitness goal, sport activity or specialist program
- Ride to colored FTP training zones
- Be the motivator and the motivated by customizing workouts and sharing with friends
- Automatically sync your personal data to the WattRate TFT computer
- Record your workouts and view in real time or after the session
- Coaches can build and send workouts to clients to keep them on track



**DOWNLOAD NOW**  
 APPTEAMICG.COM  
 Available on the App Store GET IT ON Google play



# IC8 WITH ICG CONNECT POWERFUL PACK PERFORMANCE

Whether you're training for a long climb, or putting in a powerful HIIT session, ride with a pack for maximum motivation, results and camaraderie. ICG Connect allows you to:

- Battle your buddies
- Lead the leaderboard
- Take the scenic route
- Train as a team
- Be part of a group



# ICG CONNECT MODES AND FEATURES



## GROUP

Captures the collective efforts of all riders



## PERSONAL

Encourages individual achievement



## SCENIC

Creates an immersive group journey



## BATTLE

To stimulate peak performance through healthy competition



## LEADERBOARD

Rewarding the top riders in class



## TEAM POINTS

A single metric to achieve group goals



## ATHLETE VIEW

A closer look at the group's performance



# IC8 SPECIFICATIONS

## SIZE AND WEIGHT

### Dimensions:

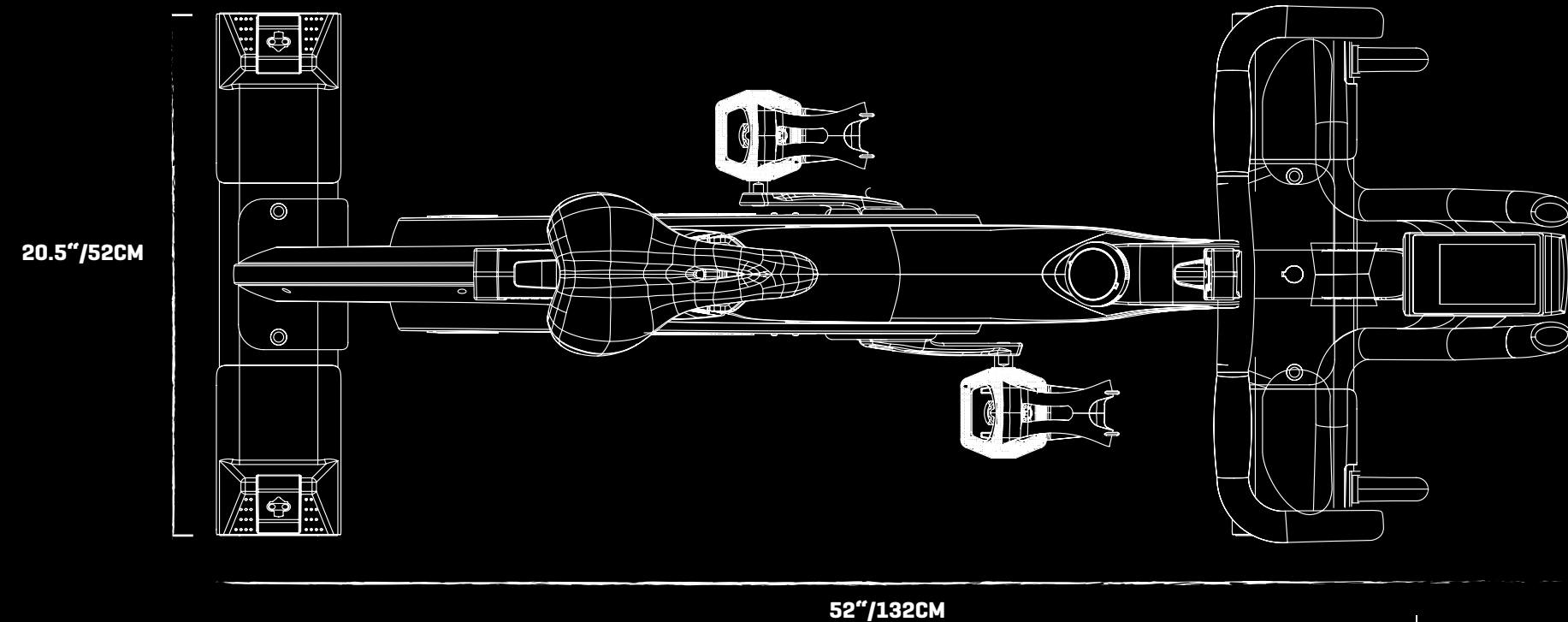
56.7 inches [144cm] wide  
20.5 inches [52cm] deep  
40.5 inches [103cm] high

### Weight:

119lbs [54kg]

### Max User Weight:

330lbs [150kg]



*Life Fitness* | INDOOR CYCLING GROUP

## SPECIFICATIONS

## IC8

Power Measurement [Watt]	WattRate Direct Power Meter (+/-1%)
Computer	WattRate TFT Computer with Polar View
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 Training App
Resistance System	0 - 3800W magnetic resistance (via 300° dial)
Flywheel	Rear, aluminum, evenly weighted
Drivetrain	2-stage hybrid chain & Poly-V belt, freewheel
Drivetrain Gear Ratio	1:13.75
Frame Color	Matte slate
Frame Material	Steel
Shrouds and Guards	Full-cover shroud
Frame Design	Off-set with arc frame access
Adjustment Type	Levers
Posts and Sliders	Black anodized aluminium
User Assist Adjustments	Handlebar and saddle assisted
Q-Factor	6.1" / 155mm
Crank Type	CrMo 6.79" / 172.5mm
Pedal Type	Dual-sided SPD and toe cage
Handlebar	Pro performance handlebar, soft PVC
Handlebar Adjustments	4-way stepless, vertical and horizontal
Saddle	Unisex padded performance saddle
Saddle Adjustments	4-way stepless, vertical and horizontal
Water Bottle Holder	Single, integrated on handlebar
Frame Stabilizer Bars	Oversized, hidden bolts and fixings
Protection & Stretch Plates	Molded form-fit with stretch plate
Max User Weight	330lbs / 150 kg
Assembled Weight	119lbs / 54 kg
Assembled Dimensions	56.7" x 20.5" x 40.5" / 144 x 52 x 103 cm
Leveling Feet	4
Transport Wheels	2



*LifeFitness*

INDOOR  CYCLING  
GROUP

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