

IC7 INDOOR CYCLE



WATTRATE® DIRECT
POWER METER



PEDAL
EFFICIENCY GRAPH



SELF-POWERED
GENERATOR



SPRINT PRO
HANDLEBAR



COACH
BY COLOR®



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



WATTRATE® TFT COMPUTER



"USER-ASSIST" POSTS

SPECIFICATIONS

POWER MEASUREMENT (WATT)	WattRate® Direct Power Meter (+/-1%)
COMPUTER	WattRate® TFT Computer
COMPUTER POWER SUPPLY	Self-powered generator with LiPo battery
TRAINING INTENSITY GUIDE	Coach By Color® (user & instructor)
CONNECT TECHNOLOGY	Bluetooth® and ANT+™
PEDALLING EFFICIENCY TECHNOLOGY	Left/Right Leg independent power measurement
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	Lever
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, Sprint Pro, 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.



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