ICG CONNECT System User Guide

**CONNECT System
User Guide**

Contents

INTRODUCTION

YOUR ICG® CONNECTED CYCLING EXPERIENCE
More than a brand of virtual products the ICG® digital ecosystem is a fast-paced immersive technology program powered by ICG®. Our goal is to deliver the world's most interconnected and advanced interactive media experience to enrich your indoor cycling offering.
The ICG® Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videocasted fitness programming for your cycling studio.

EXCITING NEW PROGRAM ADDITIONS

Just as the needs of today's riders are evolving, the all new ICG® Connect System builds on this success to stay at the forefront of delivering digital content that keeps the instructor in control and riders coming back for more. The ICG® Connect System comes to market with exciting new program additions as well as a new hardware format, these include;

- Changes to the app content to meet the needs of personal and group users.

- Additions to the program options allowing instructors to offer even more interactive content in their classes.

- The new floor standing unit allows for greater interaction between the instructor and riders and easier programming by the instructor.

WHY? WHO? HOW?

WHY?
The ICG® Connect System is the interactive multimedia system that brings experiential fitness to the heart of your group cycle offering. It drives purposeful goals and fitness targets by unifying the bikes interactive animated consoles, instructor music, choreography, forward motion video, real time data along with team and individual gaming.

STUDIO MANAGERS
The ICG® Connect System allows you to expand and diversify your scheduled indoor cycling class content. Allowing you to improve studio attendance by increasing class content to meet the needs of all fitness users and ensuring you stay ahead of the competition.

WHO?
INSTRUCTORS
Instructors can offer diverse and enhanced live cycling formats – stunning outdoor imagery, data combined gamification and all the programming options instructors will have along with their choreography and music creates a synergy of experience that lifts indoor cycling to new heights.

MEMBERS
Diverse, purposeful and fun indoor cycling classes increase the appeal to a wider range of members enabling them to get fitter, faster while loving every minute of it. Our ICG® Connect System programs and live options appeal to every kind of member, no matter how fit, how much time they have or what class style they prefer!

HOW?
The ICG® Connect System utilizes all the unique features of the ICG® products: Coach By Color® and Heat zones, animated interactive bike computers, forward motion video, gamification, and all the users training data is collected via the ICG® App. This complete ecosystem of group training inspires personal peak- performance and increases social interaction, the foundation for any successful group training format.

THE TECHNOLOGY

MANY COMPANIES BUILD BIKES, AND MANY MORE DEVELOP APPS, BUT ICG® IS THE FIRST
TO DESIGN A TRULY INTERCONNECTED USER EXPERIENCE BETWEEN THE TWO.
The users connected bike computer, the instructor display and the group's large screen all mirror the same performance metrics, user interface and beautiful animations to make coaching and following instruction highly motivational and flawless.
The immersive interactive qualities of this interconnected experience drive greater training engagement for members and trainers in a cycling session.

THE SOFTWARE

MEASUREMENT AND MOTIVATION COME IN DIFFERENT FORMS, THAT'S WHY THE ICG® CONNECT SYSTEM DELIVERS A VARIETY OF PROGRAMS, MODES AND FEATURES….

To get all indoor cycling fanatics engaged and amplifies the energy of the class through animations and on-demand challenges improving the riding experience and bringing riders closer to each other. All workout options are controlled by the instructor.
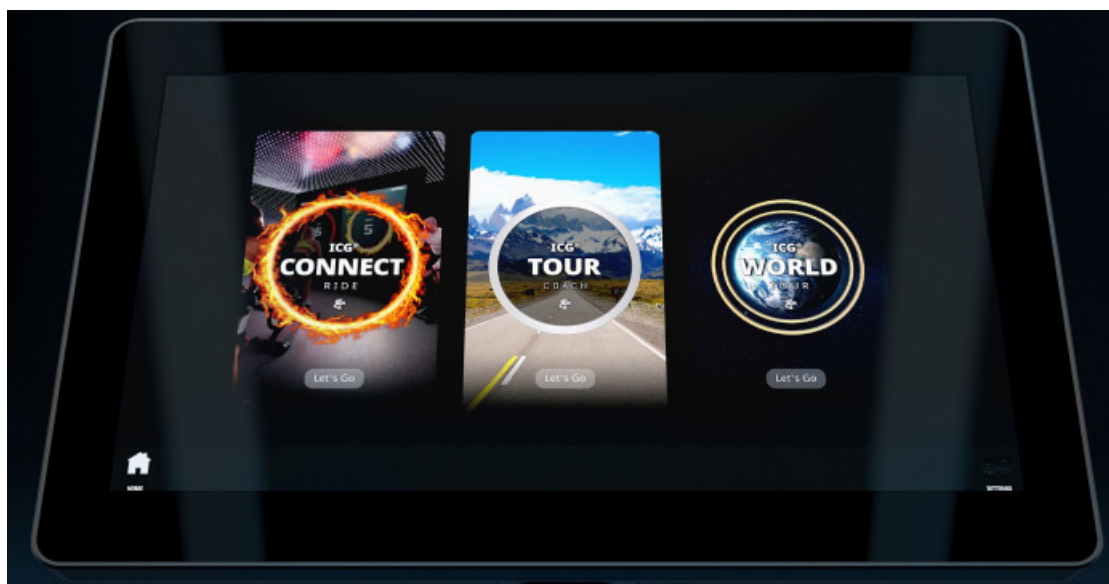
THE EXPERIENCE

IN EVERY CLASS, PARTICIPANTS RIDE FOR, WITH AND AGAINST EACH OTHER TO MEET THE GROUP AND INDIVIDUAL TARGETS, WIN TEAM BATTLES AND ACHIEVE PERSONAL BESTS.
ICG® Connect System technology elevates the class energy by making it visible and the emotional experience created brings riders to their goals and each other.

APPS

CONNECT RIDE
Built for instructors that want to deliver workouts using a variety of programs and features to engage all indoor cycling fanatics.

TOUR COACH
Forward-motion video that delivers ICG®'s pioneering simulation, interaction and telepresence teaching methods.

WORLD TOUR
Pre-choreographed workouts featuring stunning terrain focused footage that deliver engaging, interactive fierce workouts.

CONNECT RIDE

Connect ride is for instructors to deliver workouts using a variety of programs, modes and features to engage all indoor cycling fanatics.
Measurement and motivation come in different forms and Connect Ride amplifies the class energy by visualising it, allowing riders to react to what they see, bringing riders closer to their personal and team goals.

GROUP MODE   PERSONAL MODE

SCENIC MODE   PRO MODE

PERSONAL RACE   TEAM RACE
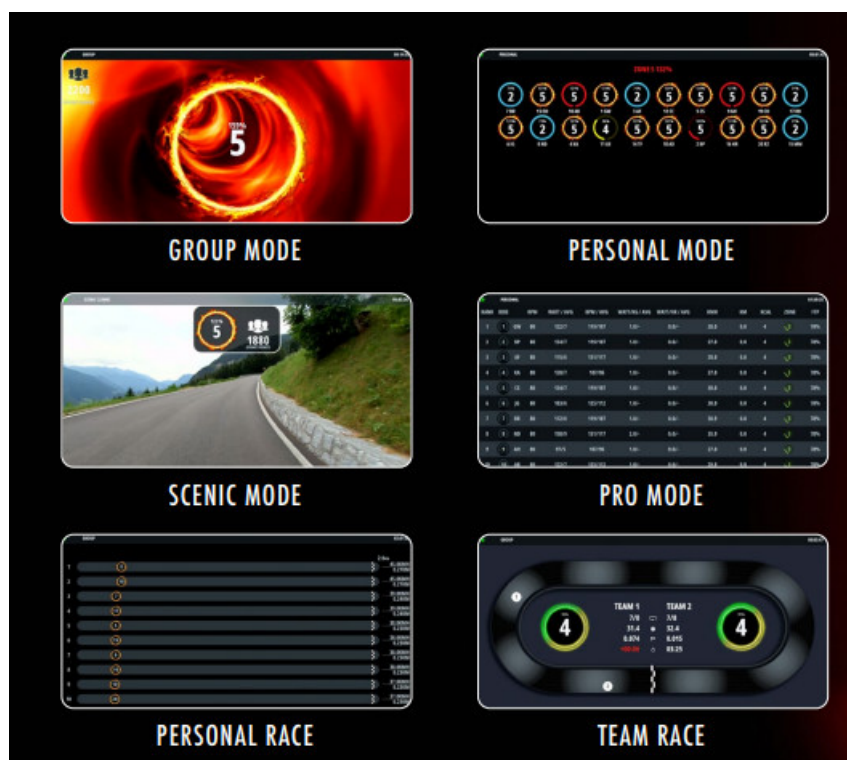
CONNECT RIDE

GROUP MODE
Coach By Color® zones capturing all the riders effort and collective group data.

CONNECT RIDE

PERSONAL MODE

Encouraging individual achievement, displayed by a variety of instructor selected metrics.

CONNECT RIDE

PRO MODE

Comprehensive performance data for cycling communities and performance based groups.

SCENIC MODE

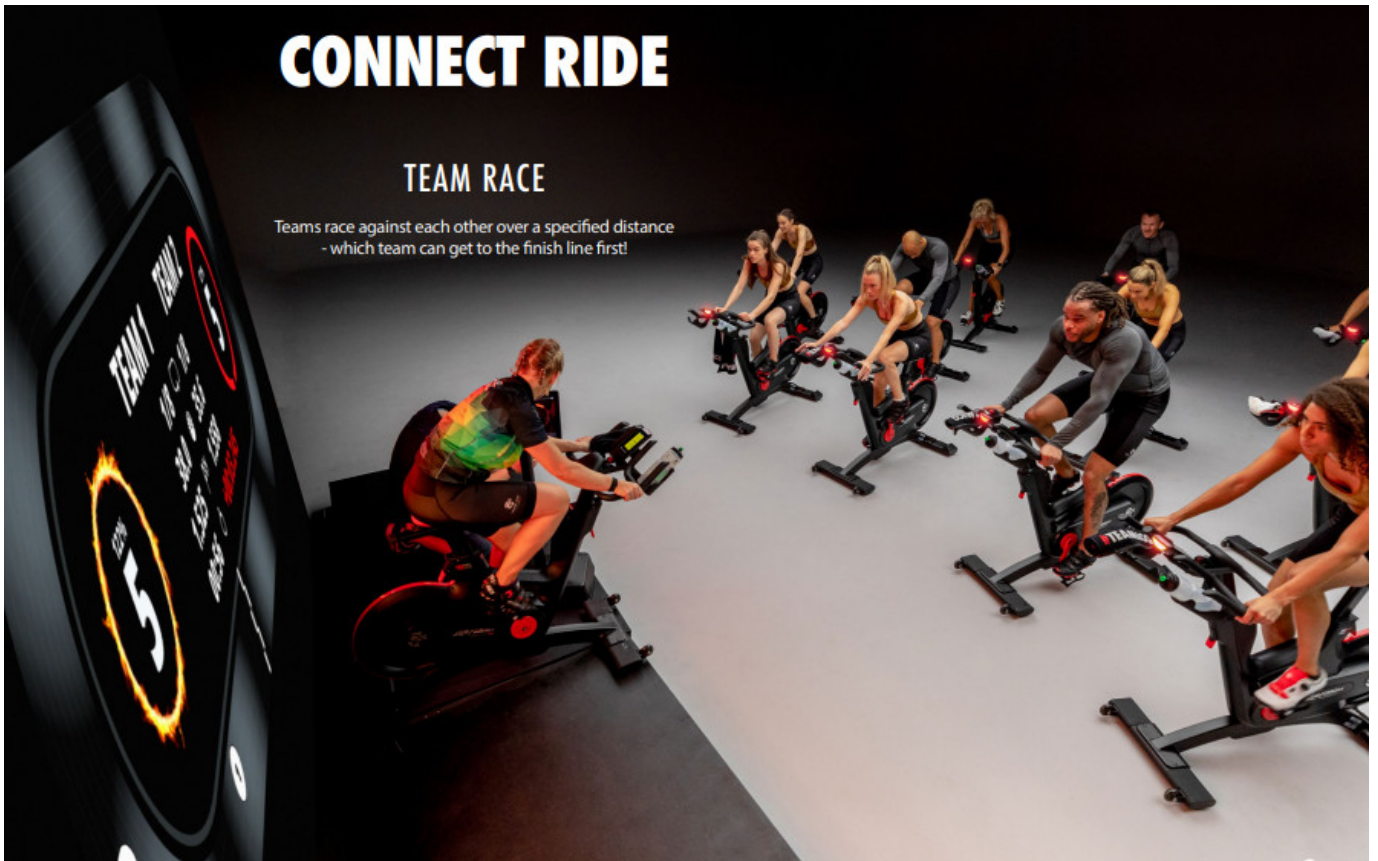Creating a group immersive journey with forward motion road video footage.

CONNECT RIDE

PERSONAL RACE

Individuals race against each other over a specified distance - who can get to the finish line first!

TOUR COACH

OVER 500+ 5 MINUTE UNIQUE LOCATIONS FILTERED BY TERRAIN

Tour Coach's panoramic footage enhances an instructor's live Indoor Cycling class. The forward-motion video delivers ICG®'s pioneering simulation, interaction and telepresence teaching methods that improves the user's ability to achieve their fitness goals. The synergy of imagery and music lifts indoor cycling to new heights. See it and ride it.

WORLD TOUR
PRE-CHOREOGRAPHED WORKOUTS READY TO RIDE

World Tours pre-choreographed workouts feature stunning terrain focussed footage that delivers engaging, interactive workouts that are built for the instructor and enthusiast alike.

Ride it as if you're actually there, free of distraction and immerse yourself in beautiful scenery from all over the world.

Instructors can create their own music playlist and ride choreography to the pre-designed footage.
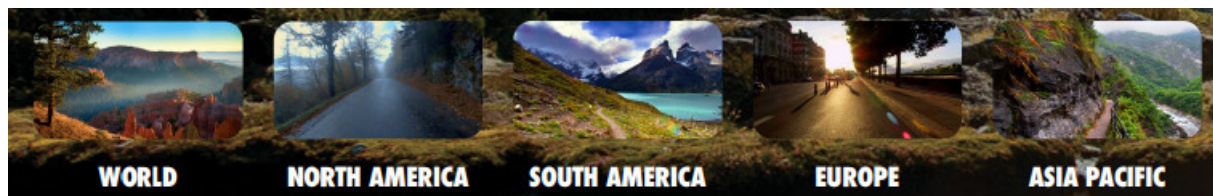
SPECIFICATIONS

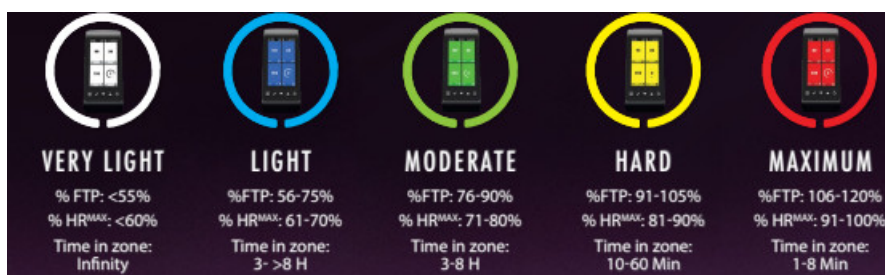|	
ASSEMBLED DIMENSIONS	53.5 x 36 x 116 CM / 22 x 14 x 46"
ASSEMBLED WEIGHT	23 KG / 51 LBS
OPERATING SYSTEM (OS)	ICG® Customized Linux OS
COMPUTER	AMD Ryzen R1505 APU
ASPECT RATIO	16:9 (External Screen)
SCREEN VIEWING POSITION	Adjustable - Tilt & Pivot (rotation)
INTERNET CONNECTIVITY	Wired, RJ45 LAN cable
SOFTWARE UPDATE	Wired Internet / USB flash drive
USB 2.0	1
HDMI 1.3	1
AUDIO PORT	1 x 3.5MM input
ETHERNET PORTS (RJ45)	3
DISPLAY TYPE	15.6" Touch Screen
POWER REQUIREMENTS	110-220v AC input
LEVELLING FEET	2
TRANSPORT WHEELS	2
WARRANTY (PARTS)	1 Year
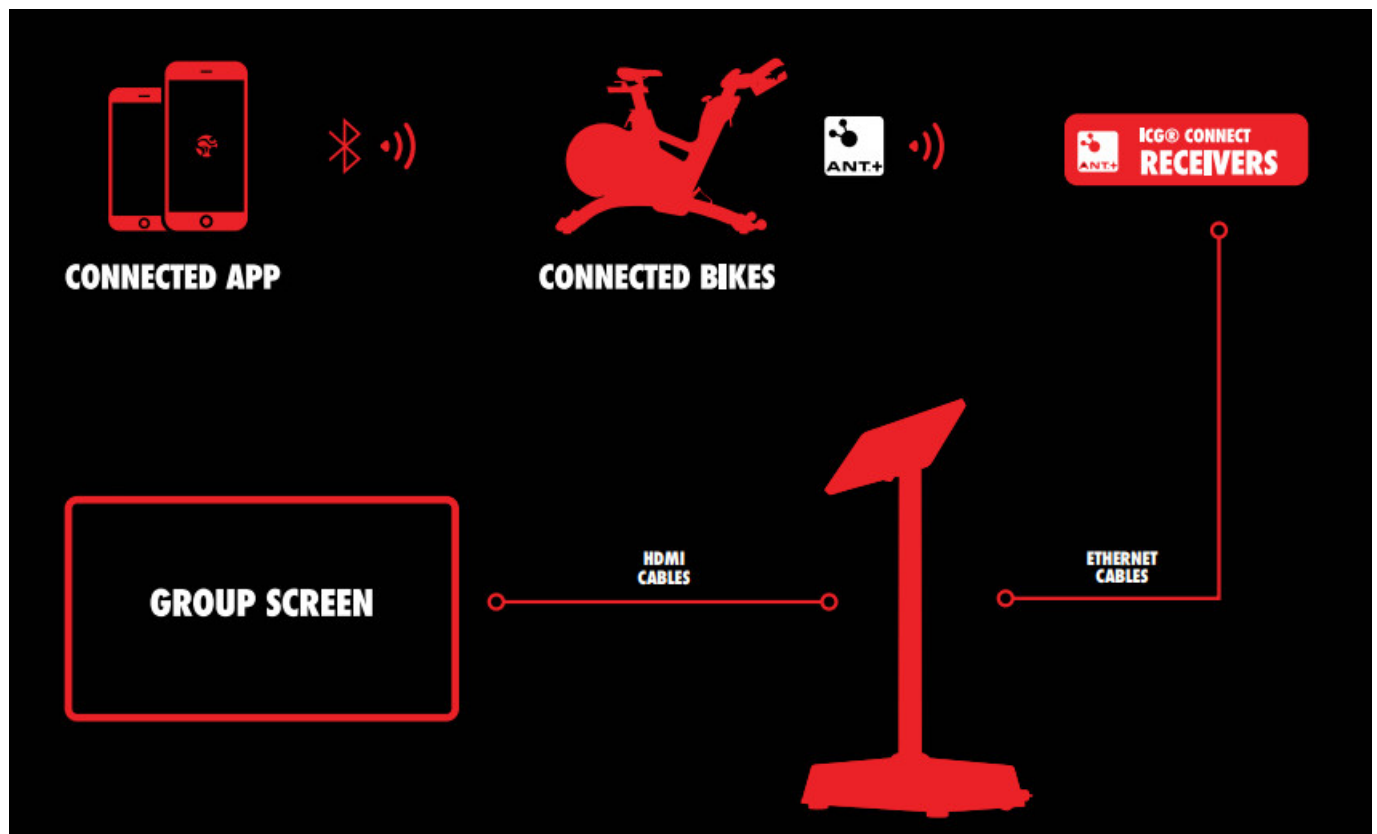
FOR A CLOSER LOOK AT CONNECT'S SOFTWARE, OR FOR MORE INFORMATION ON CONNECTED BIKES, APP, AND TRAINING PLEASE VISIT **WWW.TEAMICG.COM**

MAKING FITNESS MORE COLORFUL

Coach By Color® standardizes and optimizes a user's indoor cycling training experience either in a group, personal or cardio floor setting allowing them to manage and maximize the results from whichever format they choose for their training. ICG® is the only provider on the market to combine the individual FTP value (continuous power threshold in watts) with five colored training zones with the Coach By Color® training system. To Coach By Color® is to use one of the world's most intuitive and effective forms of communication to improve the exerciser experience.

The Coach By Color® power program relies on color's natural stimulating properties to accurately coach a user's effort during a workout. It elicits the right psychological and physiological responses to encourage greater effort. It fosters connections among members and enhances instructor communication, and therefore increases social interaction while maximizing results. These benefits boost new member acquisition and retention. Coach By Color® is a very important part of the physical and digital ICG® products and is the link to the Team ICG® services! Coach By Color® makes Fitness more colorful!

Available for IC5-IC8

VERY LIGHT	LIGHT	MODERATE	HARD	MAXIMUM
% FTP: <55%	%FTP: 56-75%	%FTP: 76-90%	%FTP: 91-105%	%FTP: 106-120%
% HR^{MAX}: <60%	% HR^{MAX}: 61-70%	% HR^{MAX}: 71-80%	% HR^{MAX}: 81-90%	% HR^{MAX}: 91-100%
Time in zone: Infinity	Time in zone: 3- >8 H	Time in zone: 3-8 H	Time in zone: 10-60 Min	Time in zone: 1-8 Min

ICG® COMMUNITY

Team ICG® passes on its passion for indoor cycling to thousands of instructors around the globe every year. Live global ride events happen every year uniting instructors and cycling enthusiast keeping our ICG® community on the rise. Thanks to the Instructor Club, ICG® is able to provide fully trained instructors with expert knowledge and exclusive advantages. Through numerous events ICG® inspires people to take up indoor cycling.

ICG® ONLINE HUB

The ICG® Online Hub is a unique platform for instructors and cycling enthusiasts around the world. Cycling fans have the opportunity to gain deeper cycling knowledge
and training inspiration, use their Indoor Cycling knowhow for creating powerful Coach By Color® workouts via the ICG® Workout Builder or to join the unique Global ICG® Instructor Club!

ICG® APP

Whether at home, on the gym floor or in a cycling class, the ICG® App is perfect for a general exerciser or advanced athlete! Based on the Coach By Color® system Instructor led Coach By Color® rides and Official pre-designed ICG® workouts can be recorded and tracked with the app. Users can easily share training results with friends via social media after a workout.

ICG® CONNECT

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Changes to the product and services may occur.

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Documents / Resources

 ICG CONNECT System [pdf] User Guide
CONNECT System, CONNECT

References

- **Team ICG®**