



COACH BY COLOR® TRAINING WITH COLOR ZONES

Only few people have sufficient knowledge of watts and heart rate based training. For the majority, it is only an additional number on the display, making training even more complicated. ICG's answer is not only to illustrate training in numbers, but working with color to guide us. Color is universal. Red means "hot" and blue means "cool" in just about every culture. The colors behind the unique Coach By Color® concept makes it easier and fun to interpret the numbers and integrate it in your training.

The Coach By Color® training guide, provides individual training intensity based on watts or heart rate performance in 5 colored training zones (white, blue, green, yellow and red) displayed through the WattRate® computer, based on the individual FTP value, respectively the maximum heart rate value. Ensuring that power and heart rate based training, are easily and quickly applicable for pros and beginners whether training alone or in a group.



ICG® TRAINING APP YOUR MORE COLORFUL, POWERFUL, PERSONAL TRAINER



TRAINING ZONES FOR HEART RATE	COACH BY COLOR® TRAINING ZONES	TRAINING ZONES FOR POWER
90-100%	MAXIMUM Feels almost impossible to continue, no conversation possible	106-150+%
80-90%	HARD On the verge of becoming uncomfortable, breathing heavily, conversation becomes difficult	91-105%
70-80%	MODERATE Feels like you can maintain activity for hours, breathing heavily but can carry on a conversation	76-90%
60-70%	LIGHT Feels like you can maintain activity for hours, easy to breathe & carry on a conversation	56-75%
50-60%	VERY LIGHT Little to no activity	<55%

The ICG® Training App provides digital Coach by Color® workouts, developed by the ICG® Master Trainers who guarantee a high quality and motivating training guide. Depending on the training aim, different workouts can be selected or even created. Color match - during the workout, the color on the WattRate® computer must be matched with the workout displayed on your phone. Via Bluetooth it is now possible to load personal data from the ICG® Training App on to the WattRate® computer as well as saving and storing data of individual workouts.



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EXPERIENCE A NEW ERA IN INDOOR CYCLING



TEAM ICG®

Enjoy the fascination Indoor Cycling at one of our many events.

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LifeFitness

INDOOR CYCLING FASCINATION



MIGROS FITNESSSPARKS,
SWITZERLAND



Anyone can ride a bike - regardless of age, weight or individual fitness level. With Indoor Cycling, workload is controlled through the individual resistance level being applied, therefore everyone can train according to their own fitness level and pace. Indoor Cycling is the ideal cardio training, hardly any other sport burns as many calories as a good session on a bike.

Not only will all those calories melt away, many muscle groups get simultaneously trained; thighs, glutes, abdominal and also arm muscles. Moreover, Indoor Cycling is significantly joint-friendly in comparison to other endurance sports, meaning less stress on the knees and hips are exerted.

Indoor Cycling is more than just cycling. Experienced trainers define goals with training zones, motivational music and a contagious group dynamic that quickly creates enthusiasm and fun in every session - an Indoor Cycling class keeps you motivated making you fitter. Faster.

GETTING PREPARED

Getting prepared for your ultimate cycling experience class:

- Bring a towel and enough to drink.
- Use footwear with a hard sole - the best option would be to wear cycling shoes with an SPD system.
- Wear tight shorts or cycling shorts (with seat cushion).
- Ideally use a chest belt heart rate monitor.



INDOOR CYCLING BENEFITS

THE FIGURE

Toning and defining leg and gluteal muscles plus rapid weight loss due to high calorie consumption.

THE HEART / CIRCULATORY SYSTEM

Improved circulation and oxygen supply to the heart. Reduction or stabilization of blood pressure.

THE MUSCULOSKELETAL SYSTEM

Improve endurance performance. Stabilization of joints, equalizing muscular imbalances, increase bone density and prevent wear and tear, such as osteoporosis.

POWER TRAINING

As heart rate is influenced by different factors (among others nutrition, health, daily current bodily condition), the competitive sports training field have orientated themselves to a power-based training (measurements in watts). Even in Indoor Cycling, power training has become increasingly important, for this reason the new Life Fitness Powered By ICG® Indoor Cycles both measure and display wattage ratings on the WattRate® computer during a power training session.

One of the key values for power-based training is the Functional Threshold Power (FTP). FTP is the maximal power output that can be sustained for the duration of one hour, the classic time trial. The higher the FTP is, the stronger the athlete, with workouts recorded as a percentage of FTP. Moreover, the value is also used to determine the individual Coach by Color® training zones making your workouts more individualised to your own fitness level. No more wasting time or trying to keep up with your trainer - your workouts just got personal.

WATTRATE®
LCD COMPUTER
LIFE FITNESS® IC5

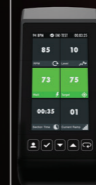


WATTRATE®
TFT COMPUTER
LIFE FITNESS® IC6 & IC7

FUNCTIONAL THRESHOLD POWER (FTP) TEST



IN THE ZONE



OUT OF ZONE



The Life Fitness Powered By ICG® Indoor Cycle in your studio offers the possibility to determine your own FTP value with the WattRate® computer by doing an 'FTP Test'. The FTP Test is used to help measure a user's fitness level and establish their 5 Coach By Color® training zones. This allows every individual in a class to train to their own fitness capabilities by using their unique FTP value.

HOW DOES THE FTP TEST WORK?

Every 4 minutes the WATTs target will increase 25 watts, all the rider has to do is "keep it green" for as long as they can. The aim is to stay within the specified range for as long as possible (+/- deviation of the required value). Green indicates that the user is within the required range. If the screen turns red, the deviation from the target value is too high. At the end of the FTP test, the personal FTP value is determined.