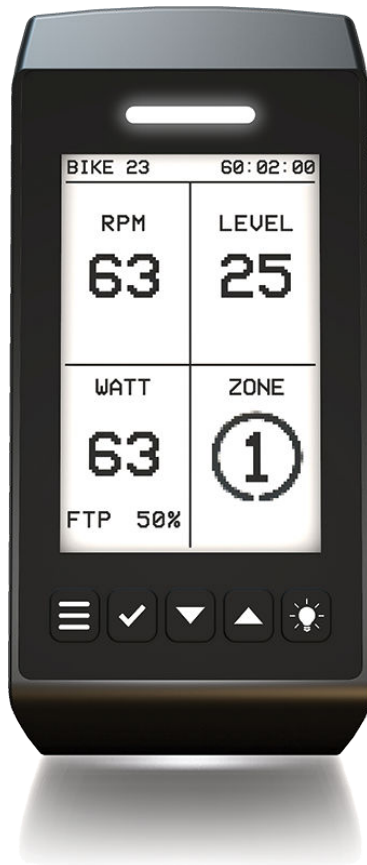


# WATTRATE LCD COMPUTER

Part Number 320-00-00019-02





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# 1. Safety

## Safety Instructions

- ⚠ **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.
- ⚠ **WARNING:** 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.
- ⚠ **WARNING:** Keep the bike indoors, away from moisture and dust. Do not place the bike outdoors in a garage or covered patio or near water or pools. Operating temperature of the bike has to be between 15°C ~ 40°C Celsius (59°F~104°F) at a maximum humidity of 65%.
- ⚠ **WARNING:** The training equipment can be used by children aged from 14 years and above and persons with lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children under 14 years of age and Persons with reduced physical, sensory or mental capabilities are prohibited from using the training equipment.
- ⚠ **WARNING:** All data shown on the display, especially the Watt values generated by the integrated power sensor, serve merely as information and to help guide training. Only exercise within your physical limitations.
- ⚠ **WARNING:** If you feel physical discomfort or dizziness, stop training and consult a physician. If the user requires medication that has 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.
- ⚠ **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising 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.

## 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.
- ⚠ **WARNING:** If you feel physical discomfort or dizziness, stop training and consult a physician.
- ⚠ **WARNING:** Color zones are for guidance only.
- ⚠ **WARNING:** 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.

## EU Declaration of Conformity

Life Fitness hereby declares that the radio equipment type Wattrate LCD Computer complies with Directive 2014/53/EU. The Declaration of Conformity can be viewed at [www.indoorcycling.com/conformity/](http://www.indoorcycling.com/conformity/).

## 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.

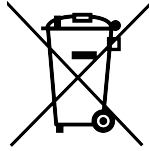
Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique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

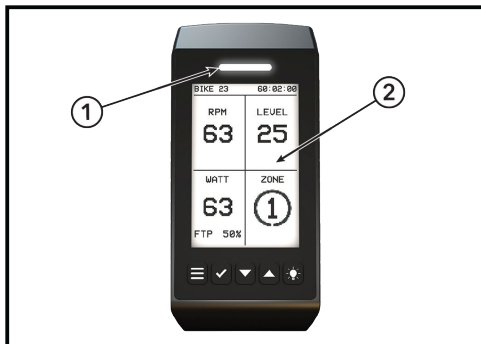
## Software License Notice

Certain ICG products (including but not limited to MyRide V3, MyRidePlus, MyRide VX, ICG Connect, Wattrate LCD Computer etc.) contain open source software.

For further details, please visit <https://support.teamicg.com> or contact [support@indoorcycling.com](mailto:support@indoorcycling.com).

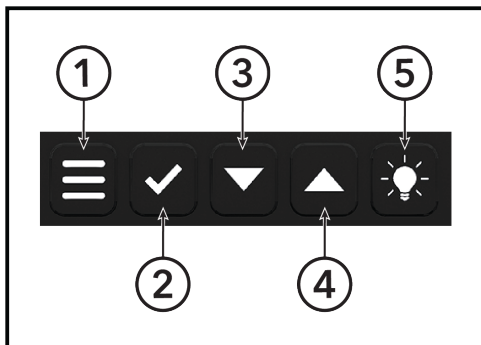
## 2. Overview

### Wattrate LCD Computer



Item	Description	Qty
1	User facing Coach by Color Zone display	1
2	LCD Screen	1

#### Button functions



Item	Description	Qty
1	Menu	1
2	Confirm	1
3	Down Arrow	1
4	Up Arrow	1
5	Light	1

<b>Menu</b>	Push the <b>Menu</b> button to display the available options. If the <b>Menu</b> button is pushed and nothing is selected, pressing the <b>Menu</b> button again will take you back one level in the menu.
<b>Confirm</b>	Press <b>Confirm</b> (check mark) button to confirm a given selection.
<b>Up and Down arrows</b>	Use the arrow buttons within the menus to navigate <b>Up</b> or <b>Down</b> .
<b>Light</b>	Press the <b>Light</b> button to increase / decrease backlight.

# Using the Wattrate LCD Computer

## Switch On

Until the bike is pedaled, the computer is in deep sleep mode. To switch the computer from standby mode to operational mode, pedal the bike one full revolution. After approximately 5 seconds, the computer is then switched on and the display activated.

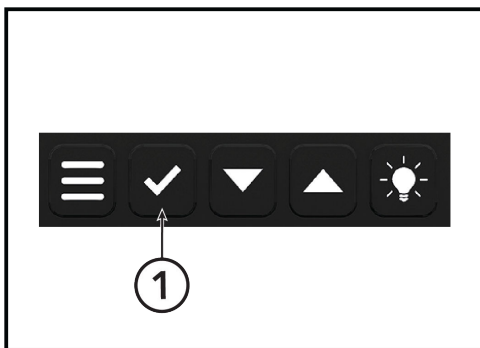
## Switch Off

The computer is automatically switched off after 2 minutes if the bike is not pedaled. The switch off time is extended when selecting the pause mode.

## Pause Mode

Activating Pause mode will increase the duration until the bike turns off to 5 minutes when the bike is not pedaled. Pause mode will be deactivated once the bike is pedaled.

Select Pause mode by pushing the **Pause** (check mark) button and selecting pause mode in the menu.



Item	Description	Qty
1	Pause	1

Each time **Pause** is selected in menu, the switch off time is reset to 5 minutes.

## Battery Status Display

If the battery is low, an empty battery symbol is shown at the top of the display. If the battery is almost depleted, the battery symbol will blink. The console may switch off suddenly and replacement of the batteries is required.

## Power Supply

The bike computer requires 2 D-cell batteries. Please refer to the bike manual for instructions on how to replace the batteries.

## Accuracy

The average displayed values on the IC3 are accurate within +/- 10 % at 50 - 120 RPM's at a power of 50 - 400 watts.

## Definition Terms and 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 work is done. The calculation is carried out using the formula: Power (measured in Watts) = force x speed.

### 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  $FTP\% = (\text{current power in Watts} / \text{FTP}) \times 100$ .

### 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  $HR\ MAX\ \% = (\text{current HR} / \text{HR max}) \times 100$ .

### BPM

Beats per Minute relates to the heart rate of the user in this manual.

### TSS®

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

### IF®

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

### EFFORT POINTS

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®

### 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 a compatible heart rate sensor. 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.

### Training Zones

# COACH BY COLOR® – 5 ZONES

5 Colored Zones	Powered % FTP	Time	% HR <sup>Max</sup>	Load
Active Recovery	< 55 %	Infinity	< 60 %	Very Light
Endurance	56 – 75 %	3 – 8 hours	61 – 70 %	Light
 Ignite	67 – 75 %		66 – 70 %	Light/Moderate
Tempo	76 – 90 %	3 – 8 hours	71 – 80 %	Moderate
 Heat	85 – 95 %		78 – 85 %	Moderate/Hard
Lactate Threshold	91 – 105 %	10 – 60 min	81 – 90 %	Hard
V <sub>O</sub> 2 <sup>Max</sup>	> 105 %	1 – 8 min	> 90 %	Hard/Maximal
 On Fire/Anaerobic Capacity	121 – 150 %	1 – 5 min	92 – 94 %	Maximal
 Burn/Neuromuscular Power	> 150 %	5 – 10 sec	95 – 100 %	Maximal

## Connectivity

### Heart Rate Sensors

- Bluetooth (BLE) compatible heart rate sensors
- ANT+ compatible heart rate monitors
- Analog heart rate sensors at 5.5 kHz (coded sensors recommended).

### ICG App \*, \*\*

You can connect the ICG App to the bike console with your mobile device via Bluetooth (Bluetooth must be manually activated in your mobile device). The app can transfer your personal data such as gender, age, weight and FTP value automatically to your bike console before workouts and record your workouts for personal review.

### Broadcast Data \*, \*\*

Hardware or apps that support ANT+ or BLE technology can in principle receive the provided data.

	ANT+	BLE
Heart Rate	Yes	No
Cadence	Yes	Yes
Power	Yes	Yes

\* Some features may depend on the installed software version of your Wattrate LCD computer.

\*\* Your mobile device and apps must support the features and they must be enabled before use on the Wattrate LCD computer.

### Pairing the ICG App to the Console

1. Start the console on the bike until you see the training selection screen.
2. Start the app on your mobile device and follow the instructions.

**IMPORTANT:** To transfer personal data (FTP etc.) the app must be paired on the home screen. The apps can also be paired in pause mode or within the workout.

# 3. Workouts

## Workout Mode Selection

### 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 heart rate sensor. Training zone guidance is based on watts (power).

### Heart rate training

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

### Power test

Will allow you to select between two power tests to determine your FTP.

### Pause mode

To pause the time during a workout, press the **Confirm** button to enter the pause mode when you are in one of the main training screens.

See [Using the Wattrate LCD Computer](#) for more information.

### Resume

By pressing **Confirm**, the current workout will be resumed.

### Summary

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

### Restart workout

Begins a new workout and keeps the user settings.

### End workout

Ends workout and records workout data if paired with a mobile device.

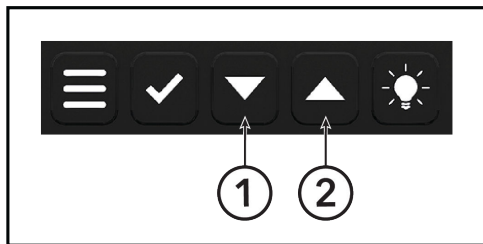
## Quick Start Mode

- Select **Quick-Start** mode, and begin training.  
The Quick Start mode has two screens that display different information during the workout.

<b>RPM</b> Current Cadence	<b>LEVEL</b> Resistance (0-100)
<b>WATT</b> Current Power Output	<b>KCAL</b> Kilocalories Burned
<b>DISTANCE</b> Distance Covered	<b>SPEED</b> KMH - MPH

<b>WATT MAX</b> MAX POWER OUTPUT	<b>WATT AVG</b> AVERAGE POWER OUTPUT
<b>▼ MAX</b> MAX HEART RATE	<b>▼ AVG</b> AVERAGE HEART RATE
<b>RPM MAX</b> MAXIMUM CADENCE	<b>RPM AVERAGE</b> AVERAGE CADENCE
<b>MPH, KPH MAX</b> MAX SPEED	<b>MPH, KPH AVG</b> AVERAGE SPEED

- Toggle between the screens by pressing the **Down** or **Up** arrow buttons.



Item	Description	Qty
1	Down Arrow	1
2	Up Arrow	1

## Power Training

The Power Training mode enables you to enter additional user settings and to connect the computer to a compatible heart rate sensor. 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.

Screen 1

<b>RPM</b> Current Cadence	<b>LEVEL</b> Resistance (0-100)
<b>WATT</b> Current Power Output % of FTP	<b>ZONE</b> Current Training Zone

Screen 2

♥ % % of Max Heart Rate	<b>KCAL</b> Calories Burned
<b>MI / KM</b> Distance	<b>MPH / KMH</b> Speed
<b>WATT / KG</b> The Wattage per kg of Body Weight	<b>WATT / HR</b> The average Wattage with respect to average HR

Screen 3

<b>WATT MAX</b> MAX POWER OUTPUT	<b>WATT AVG</b> AVERAGE POWER OUTPUT
♥ MAX MAX HEART RATE	♥ AVG AVERAGE HEART RATE
<b>RPM MAX</b> MAXIMUM CADENCE	<b>RPM AVERAGE</b> AVERAGE CADENCE
<b>MPH, KPH MAX</b> MAX SPEED	<b>MPH, KPH AVG</b> AVERAGE SPEED

Screen 4\*

<b>FTP IN %</b>	<b>RED / ZONE 5</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 5</b>
<b>FTP IN %</b>	<b>YELLOW / ZONE 4</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 4</b>
<b>FTP IN %</b>	<b>GREEN / ZONE 3</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 3</b>
<b>FTP IN %</b>	<b>BLUE / ZONE 2</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 2</b>
<b>FTP IN %</b>	<b>WHITE / ZONE 1</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 1</b>

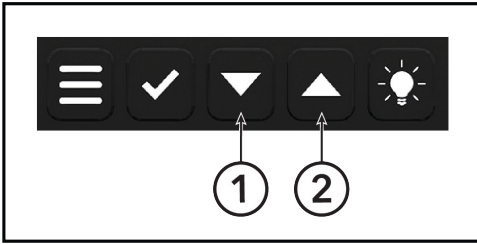
\*Dynamic overview of training zones and time. The absolute time spent and percentage of the time in which you were training in each zone is displayed.

- ⚠ **WARNING:** Systems for monitoring heart rate may not be completely accurate.
- ⚠ **WARNING:** Excessive exercise can cause severe damage to health and can even result in death.
- ⚠ **WARNING:** If you feel dizzy or weak, stop exercising immediately.
- ⚠ **WARNING:** 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 (Example: from a doctor, trainer, etc.).
- ⚠ **WARNING:** Children must be supervised at all times to ensure that they do not play with the equipment.
- ⚠ **WARNING:** 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.

**IMPORTANT:** Follow the step by step directions carefully as prompted on the display to start a training session.

The power training mode has four screens that display different information during training.

Toggle between the screens by pressing the **Down** or **Up** arrow buttons.



Item	Description	Qty
1	Down Arrow	1
2	Up Arrow	1

# Heart Rate Training

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

Screen 1

<b>RPM</b> Current Cadence	<b>LEVEL</b> Resistance (0-100)
<b>BPM</b> Heart Rate	<b>ZONE</b> Current Training Zone

Screen 2

<b>WATT %</b> Watt as percentage based on FTP value	<b>KCAL</b> Kilocalories Burned
<b>WATTS</b> Current output power in Watts	
<b>MILES / KM</b> Distance	<b>MPH / KMH</b> Speed
<b>WATT / KG</b> The Wattage per kg of Body Weight	<b>WATT / HR</b> The average Wattage with respect to average HR

Screen 3

<b>WATT MAX</b> MAX POWER OUTPUT	<b>WATT AVG</b> AVERAGE POWER OUTPUT
<b>▼ MAX</b> MAX HEART RATE	<b>▼ AVG</b> AVERAGE HEART RATE
<b>RPM MAX</b> MAXIMUM CADENCE	<b>RPM AVERAGE</b> AVERAGE CADENCE
<b>MPH, KPH MAX</b> MAX SPEED	<b>MPH, KPH AVG</b> AVERAGE SPEED

Screen 4\*

<b>▼ MAX IN %</b>	<b>ZONE 5</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 5</b>
<b>▼ MAX IN %</b>	<b>ZONE 4</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 4</b>
<b>▼ MAX IN %</b>	<b>ZONE 3</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 3</b>
<b>▼ MAX IN %</b>	<b>ZONE 2</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 2</b>
<b>▼ MAX IN %</b>	<b>ZONE 1</b>
<b>TIME IN ZONE</b>	<b>% OF TIME IN ZONE 1</b>

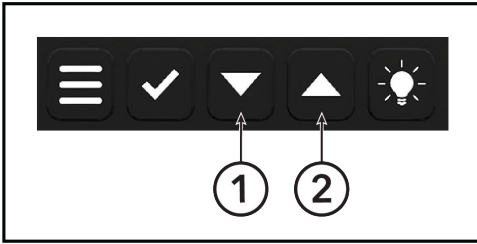
\*During the work out, one of the five training zones is highlighted depending on the training zone you are currently in.

- ⚠ WARNING:** Systems for monitoring heart rate may not be completely accurate.
- ⚠ WARNING:** Excessive exercise can cause severe damage to health and can even result in death.
- ⚠ WARNING:** If you feel dizzy or weak, stop exercising immediately.
- ⚠ WARNING:** 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 (Example: from a doctor, trainer, etc.).
- ⚠ WARNING:** Children must be supervised at all times to ensure that they do not play with the equipment.
- ⚠ WARNING:** 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.

**IMPORTANT:** Follow the step by step directions carefully as prompted on the display to start a training session.

The heart rate training mode has four screens that display different information during training.

Toggle between the screens by pressing the **Down** or **Up** arrow buttons.



Item	Description	Qty
1	Down Arrow	1
2	Up Arrow	1

## 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 (+/- 15 W) 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 CBC LED changes to red. If the target value is met, the CBC LED 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.

Your Current Cadence <b>RPM</b>	Your Current Resistance <b>LEVEL</b>
Your Current Power Output <b>WATT</b>	Target Power Output <b>LEVEL</b>
Time until next ramp is reached <b>RAMP TIME</b>	Current Ramp Number <b>RAMP</b>

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.
- CAUTION:** The FTP (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
- CAUTION:** 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.

## 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 CBC LED 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 RPM's. Staying within the cadence range as much as possible will provide a more accurate test result.

Your Current Cadence  <b>RPM</b>	Your Current Resistance  <b>LEVEL</b>
Your Current Power Output  <b>WATT</b>	Average Power Output  <b>WATT AVG</b>

**NOTE:** Before you start the test, be sure you have completed a full warm up.

- ⚠ 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.
  - ⚠ CAUTION:** The FTP (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
  - ⚠ CAUTION:** 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.
1. A 60 second countdown will commence the start of the test.
  2. Begin pedaling and adjust the resistance and maintain the correct cadence.
  3. Once you have finished the test, perform a proper COOL DOWN.
  4. Note your FTP value for future use with Coach by Color Power Training and monitoring your fitness progress.

## FTP 20 Minute Test

The 20 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 20 minutes and by staying within the target cadence range of 70 - 100 RPM. The Coach by Color LED 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 70 - 100 RPM's. Staying within the cadence range as much as possible will provide a more accurate test result.

Your Current Cadence  <b>RPM</b>	Your Current Resistance  <b>LEVEL</b>
Your Current Power Output  <b>WATT</b>	Average Power Output  <b>WATT AVG</b>

**NOTE:** Before you start the test, be sure you have completed a full warm up.

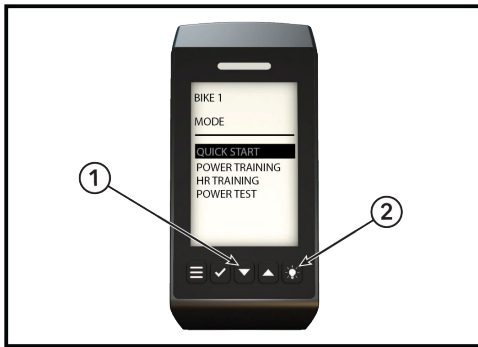
- ⚠ CAUTION:** The integrated FTP (power) test in the form of a 20 minute test represents a subjective test, which the user can end at any point.
- ⚠ CAUTION:** The FTP (power) test should only be carried out under the supervision of a qualified and experienced trainer or instructor.
- ⚠ CAUTION:** It 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.

1. A 60 second countdown will commence the start of the test.
2. Begin pedaling and adjust the resistance and maintain the correct cadence.
3. Once you have finished the test, perform a proper COOL DOWN.
4. Note your FTP value for future use with Coach by Color Power Training and monitoring your fitness progress.

# 4. Settings

## Entering the Settings Menu

1. Start the console by continually pedaling the bike at >50 RPM and stay in the mode selection screen.
2. To enter the **Settings Menu**, make sure you are in the mode select screen and press the **Down** arrow and the **Back Light** button together for 3 seconds.



Item	Description	Qty
1	Down Arrow	1
2	Back Light Button	1

## General Settings

Make selections according to your regional or personal preferences.

### Language

Selection menu

### Weight Units

KG / LBS

### Distance Units

KM / MILES

### Pair APP Hint

If on, a hint will appear on the console to pair the console with **ICG TRAINING APP**.

### Bike ID

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

### Coach by Color

**Color Mode:** Turns Coach by Color LED bar on or off.

### System

**⚠ WARNING:** Calibration and adjustment settings for technicians only.


### ANT / Bluetooth

Console communication settings for ICG Connect, ANT and Bluetooth.

### About

FCC certification details.

## System Settings

 **WARNING:** Calibration and adjustment settings for technicians only.

### Usage

Displays the number of hours in which the indoor cycle has been in use.

### Firmware

Displays firmware version built in components.

### Brake Calibration

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

**IMPORTANT:** Follow the step by step directions carefully as prompted on the display.

- 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 at the factory. It can be repeated by following the step by step directions as prompted on the display.

### Factory Settings

The bike can be reset to factory settings by confirming within the factory settings menu.

### System Check

The System Check serves as a means of diagnosing errors for the Technical Service Team.

If an error should occur in the electronics, it is recommended to carry out the **System Check**.

- If error messages (error codes) are shown on the display, these can be reset by pressing down the **Confirm** button for 2 seconds.
- After resetting the error message, the system is checked again.
- If the error messages (error codes) are displayed again, please pass them onto the Technical Service Team.

### Firmware Update

Firmware update must be installed by a technician or with the ICG Training App.

For more information, contact Life Fitness Service.

## Training Mode Values

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

### Available values in the various training modes

Training Mode	Quick Start	Power Training	Heart Rate Training
RPM	X	X	X
Level %	X	X	X
Watt	X	X	X
FTP %		X	X
HR	Optional	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
Screen 4		X	X
Coach by Color® (WATTRATE®)		X	
Coach by Color® (HEART RATE®)			X
Adjusting the individual 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

<b>Down</b> arrow	Press	Scroll down / reduce value
<b>Down</b> arrow	Press and Hold	Reduce the value incrementally
<b>Up</b> arrow	Press	Scroll up / increase value
<b>Up</b> arrow	Press and Hold	Increase the value incrementally
<b>Menu</b>	Press	No function / exit menu, back
<b>Confirm</b>	Press	Confirm entry

### User Mode

<b>Down</b> arrow	Press	Scroll down / reduce value
<b>Down</b> arrow	Press and Hold	Reduce the value incrementally
<b>Up</b> arrow	Press	Scroll up / increase value
<b>Up</b> arrow	Press and Hold	Increase the value incrementally
<b>Menu</b>	Press	Exit
<b>Confirm</b>	Press	Confirm entry

### Training Mode

<b>Down</b> arrow	Press	Switch to previous screen
<b>Down</b> arrow	Press and Hold	No function
<b>Up</b> arrow	Press	Switch to next screen
<b>Up</b> arrow	Press and Hold	No function
<b>Menu</b>	Press	Open user menu
<b>Confirm</b>	Press	Start pause mode
<b>Down</b> arrow and <b>Back Light</b> button	Press simultaneously for 3 seconds	Open settings menu

# 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	24:00:00	hh:mm:ss
FTP %	unlimited	%
HR %	unlimited	%
HR BPM	30 - 250	BPM
Level	0 - 100	%
RPM*	30 - 230	RPM
WATT**	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)
Workouts per week	0 - 10	Hours
FTP Index***	0 - 2500	FTP
HR max****	30 - 250	BPM

\*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.

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

\*\*The power is only displayed from a rotational speed of 50 RPM.

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

\*\*\*\*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.

**NOTE:** If the maximum value has been reached, the respective value is reset to 0.





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