



COACH BY COLOR®

TRAINING WITH COLOR ZONES

ICG® is the only provider in the market to combine the individual FTP value (continuous power threshold in watts) with five colored training zones of the Coach By Color® training system. In doing so, Coach By Color® is the best tool to enhance the training experience as it is one of the most intuitive and effective forms of communication. Colors influence human reactions and interactions (psychological and physiological) in many areas of our lives. The Coach By Color® training system uses the natural stimulating properties of colors to precisely control the user's performance during training. The Coach By Color® training system is the foundation of ICG's physical and digital products and services.

HEART RATE TRAINING



POWER TRAINING (WATT)



VERY LIGHT
IMPROVEMENT OF HEALTH & RECOVERY



LIGHT
ACTIVATION OF FAT METABOLISM



MODERATE
IMPROVEMENT OF THE CARDIOVASCULAR
SYSTEM & GENERAL FITNESS



HARD
INCREASE IN AEROBIC CAPACITY
& LACTATE TOLERANCE



MAXIMAL
EXPANSION OF MAXIMUM POWER



ICG® APP

YOUR MORE COLORFUL, POWERFUL PERSONAL TRAINER.

The ICG® App offers digital Coach By Color® workouts, developed by the ICG® Master Trainers, which guarantees a high-quality and motivating training experience. Depending on the training goal, different workouts can be selected or created by the user. During the workout, all that is needed is to match the color of the computer screen with that of the workout. Via Bluetooth, it is also possible to download personal data from the ICG® App to the WattRate® Computer and save the data in the app's activities. This means that monitoring individual training success is now even more effective.

It's free! Available for iOS® and Android™
on your smartphone or tablet.



Available on the
App Store

GET IT ON
Google play



EXPERIENCE A NEW ERA IN INDOOR CYCLING



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PARTICIPATION INDOOR CYCLING

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. Not only will all those calories melt way, many muscle groups will get trained simultaneously; 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.



INDOOR CYCLING BENEFITS

The body

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

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.

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.

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 power-based training (measuring in watts). Even in Indoor Cycling, power training has become increasingly important, for this reason the ICG® Indoor Cycles both measure and display wattage ratings on the WattRate® computer during a power training session. The key values for power-based training is your Functional Threshold of 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.



FTP-TEST

The 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 he 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.

