

# Life Fitness IC1 Indoor Cycle

£895.00

## Product Images





## Short Description

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Providing you with a simplified feature-set without any compromise on the premium grade materials, proven engineering, or aesthetics. Already proving to be highly popular.

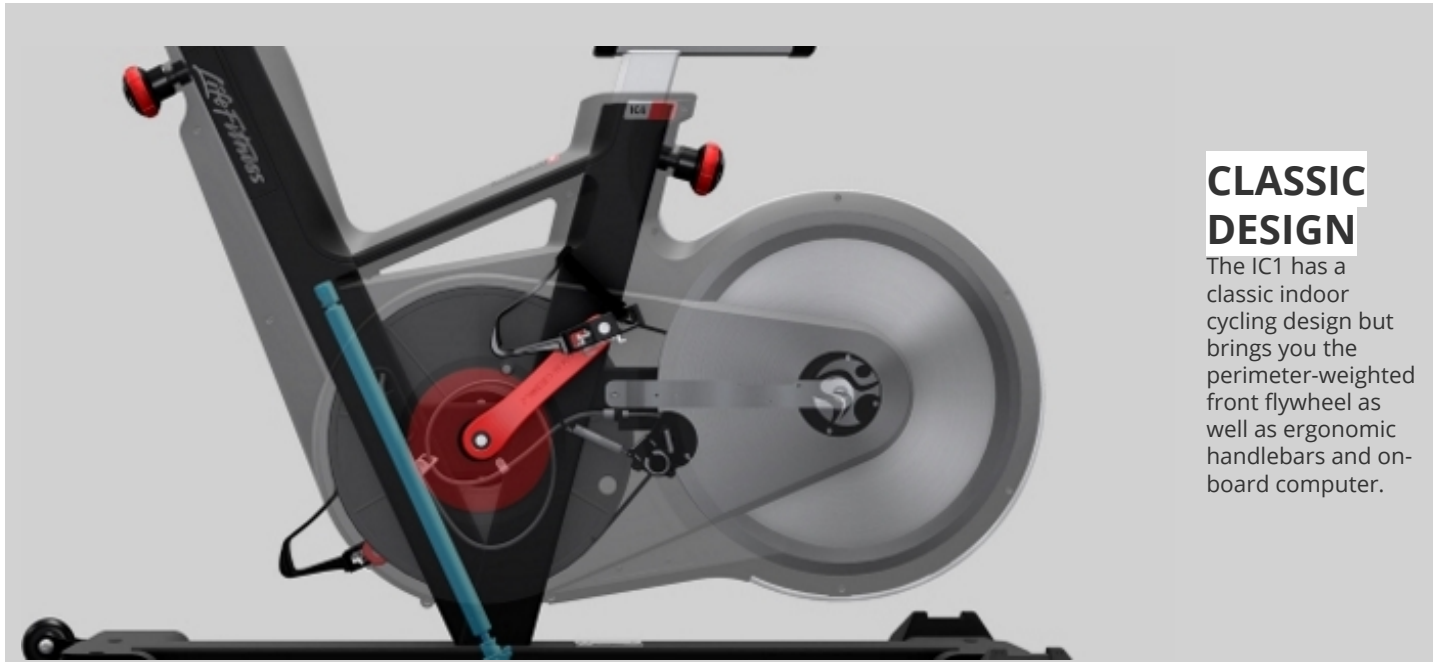
## Why the IC1 Indoor Cycle?

Indoor cycling provides a low impact workout, whilst allowing you to make the workout/ride as intense as you wish during the workout. Seamless resistance changes and a comfortable riding position makes this is a great cardio workout whether you're at home, in the gym or in a group cycling class. Life Fitness have got this one just right.

# The IC1 Indoor Cycle

The entry level indoor cycle from Life Fitness, this is far from a bare minimum, starter bike. It comes with a small footprint and a well-engineered frame and components. The Life Fitness IC1 brings an incredible indoor cycling experience to your home and with tried and tested engineering, this bike will last the course whatever you throw at it. With its sleek and elegant frame, the IC1 fits nicely into any space.

## CLASSIC DESIGN | ON-BOARD COMPUTER | POLY-V BELT DRIVETRAIN



### CLASSIC DESIGN

The IC1 has a classic indoor cycling design but brings you the perimeter-weighted front flywheel as well as ergonomic handlebars and on-board computer.



### ON-BOARD COMPUTER

The built-in console displays your cadence, heart rate and calorie expenditure meaning you'll see exactly how the workout's going for you.



## **POLY-V BELT DRIVETRAIN**

Using the Poly-V belt ensures you transfer the huge torque smoothly and quietly. It needs no maintenance and offers a quiet ride.

## **Key Features**

- heart rate measurement: hand pulse sensors
- battery powered
- Saddle adjustment: horizontal, vertical
- Handlebar adjustment: vertical
- Pedals with toe clips and straps
- Extras: transport wheels, drinking bottle holder

## **Computer - Display**

- Display: duration, distance, RPM, calories, heart rate
- Display of exercise profiles via LCD

## **IC1 Technical Info**

- Braking system: friction brake
- Flywheel mass: 15 kg
- Length of the pedal arms: 17 cm
- Bottom bracket width: 11.3 cm

## Additional Information

SKU	IC-LFIC1B1-01
Weight	52.000000
Equipment Usage	Home & Commercial Use
Warranty	Structural frame: 5 years Mechanical components: 3 years Other parts: 1 year
Made From	Steel
Additional Features	Braking: Emergency Stop, Adjustment Type: Dials & levers, Posts & Sliders: Chrome plated, pin-to-lock adjustment
Display Monitor	ConsoleWired on-board computer
Max User Weight	287 lbs (130 kg)
Resistance Type	Friction
Accessories Available	Water Bottle Holder Single, on frame
Drivetrain	Drivetrain: Poly-V belt ,Drivetrain Gear Ratio1:3
Flywheel	Front, steel
Flywheel Weight	40 lbs. (18kg)
Pedal Type	Regular and toe cage
Saddle	Unisex padded sport saddle
Seat Adjustment	Vertical & horizontal
Handlebars	Multi-position, PVC
Handlebar Adjustments	Vertical
Length Dimensions	115cm
Width Dimensions	55cm
Height Dimensions	110 cm