



Indoor Cycling Series

Incredible Ride. Incredible Value.

For two decades ICG® have globally motivated, mentored & measured positive change in the lives & rides of the fitness & sporting community

Striving for excellence in Indoor Cycling has made Indoor Cycling Group (ICG®) the world's largest corporation specializing in the design, manufacturer and programming of Indoor Cycling equipment. With more than 250 dedicated staff in Europe, North America and Asia, we ride united as one team - Team ICG®.

1995 - 1996

The Indoor Cycling Group (ICG) was born and Tomahawk® Indoor Cycles went into mass production.

1997 - 1998

ICG opened European distribution channels and established the Indoor Cycling Education (I.C.E.).

1999 - 2000

Tomahawk "XXL" - the 2nd generation of the Tomahawk Indoor Cycle was released and distribution to North America was established.

2001 - 2002

A special edition Tomahawk "Stainless Steel" Indoor Cycle was introduced in Europe to mark equipping the global market with 100,000 bikes.

2003 - 2004

ICG established a subsidiary office in the UK. Also established "Evolution Ride" in Germany, one of Europe's largest annual Indoor Cycling events.

2005 - 2006

The 10,000th I.C.E instructor was enrolled. The 3rd generation of Tomahawk Indoor Cycles was released, the S & E Series. ICG won 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2007 - 2008

Myride® virtual cycling was launched to drive growth in new market segments. ICG won 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2009 - 2010

ICG launched the first LIVESTRONG® Indoor Cycle, joining the global fight against cancer. ICG launched Myride 3.0, introduced the Be Your Own Hero campaign and provided a new eLearning platform for its I.C.E education program.

2011 - 2012

ICG launched Myride+, the market's first Forward-motion Video program for "Live" instructor-led classes. ICG re-launched its I.C.E. education division under its ICG brand and expanded its services and community support.

2012 - 2013

ICG launched its Tomahawk IC3 Indoor Cycle and set a new 155mm Q Factor industry standard whilst winning 1st place at the BodyLife Awards - best product in Indoor Cycling category.

2014 - 2015

ICG launched its Tomahawk IC7 Indoor Cycle winning the globally recognised "Red Dot", "Plus X" and "ISPO" product design awards.

2016 - 2017

ICG launches its new award winning generation of Indoor Cycles - the Tomahawk IC4, IC5, IC6 and IC7. ICG joins the Life Fitness brand family.

Our Awards



2005

Best in "Indoor Cycling" category



2006

Best in "Indoor Cycling" category



2008

Best in "Indoor Cycling" category



2009

Best in "Indoor Cycling" category



2011

Best in "Indoor Cycling" category



2012

Best in "Indoor Cycling" category



2013

Best in "Indoor Cycling" category



2014

Reddot award winner



2014

Best in "Indoor Cycling" category



2015

Plus-x award winner



2015

ISPO product of the year award winner

Our Brands

TOMAHAWK

ICG's founding brand

Tomahawk® is ICG's founding brand, the name of our bikes. A heritage of two decades empowers an innovative approach to industrial design and the manufacture of commercial-grade Indoor Cycles. We strive to raise the bar for all our user groups: Owner, Instructor and Rider. By listening intently to our market, Tomahawk® has become one of the world's most recognized and

myride

Virtually everything is possible

Myride® is a fast-paced immersive technologies program of ICG. Its goal is to deliver the world's most advanced interactive media experience to enrich the indoor exercise environment.

TEAM ICG®

Our brand, our intent and our community

For two decades, Team ICG® have globally motivated, mentored and measured positive change in the "lives and rides" of its instructors and community. We're not the many, but the few that make a difference. Believing in better. Striving together. Advancing together. We're your teammate and team leader. "Team" is everything we stand for. "ICG" is who we are: Directors, Crew, Master Trainers and Fans. Team ICG® is woven into our jerseys and our daily attitude; it's our brand, our intent and our community.

BE YOUR OWN HERO

Our one voice, expressing the epic determination and courage of our global community

Be Your Own Hero® was originally to be a limited call-to-action campaign. Resonating louder than we ever envisioned, it's now our one voice, expressing the epic determination and courage of our global community. Universal yet deeply personal, the statement carries across the breadth of our business, used by us and by our clients at every opportunity: to inspire, motivate and make it happen.

CYBEX®





Incredible ride, incredible value. The 600IC, powered by ICG, provides three critical components for improving users' cycling performance

16.1" Q Factor, ergonomic handlebar, and advanced geometry. For club-owners, there's ICG's Poly-V belt drivetrain technology for maximum durability and reduced servicing. Take the 600IC for a ride and you'll be a believer.

- 16.1" Q Factor
- High Inertia Flywheel
- Ergo-formed Handlebar
- 4-Way Bike Fit
- Poly-V Belt Drivetrain
- Integrated Dual Bottle Holder
- Aluminum Posts
- Dual-sided SPD-Compatible Pedals
- Premium Protection Plates
- Protection Post Insert
- Oversized Stabilizer Bars
- ANT+ Console (Optional)

CYBEX®





As ICG's entry-level cycle, the 500IC offers a simplified feature-set without compromise on premium grade materials, proven engineering process and styling.

The 500IC is a rock-solid product, suitable for high footfall commercial use and offers leading industry warranties.

- Poly-V Belt Drivetrain
- Aluminum Posts
- Perimeter-Weighted Flywheel
- Dual-Sided SPD-Compatible Pedals
- Sweat Guard
- 4-way Saddle Adjustment
- Handlebar Bottle Holder (Optional)
- ANT+ Console (Optional)

CYBEX®





The ANT+ Console places the riders performance data upfront and centre, features ANT+ wireless technology and a new fully sealed sweat-resistant housing.

We believe measurement matters. Performance measurement permits the instructor to demonstrate effectively both intensity and effort, and enables the student to gain more from every class. Our ANT+ console shows cadence, heart rate, calorie expenditure and other data, giving students immediate and valuable feedback on the intensity of their training effort.

- ANT+ wireless communication
- Fully enclosed sweat resistant housing
- Digital and analog heart rate
- Backlight operation
- Cadence, distance, time and calories

Specifications

Item	600IC	500IC
WattRate® (Power) Meter	No	No
Console	ANT+ Console (optional)	ANT+ Console (optional)
Power Supply	Batteries	Batteries
Resistance System	Friction	Friction
Emergency Stop	Pull	Push
Flywheel	Front, steel, 18 kg / 40 lbs	Front, steel, 15 kg / 33 lbs
Drivetrain	Poly-V belt	Poly-V belt
Drivetrain Gear Ratio	1:3	1:3
Frame Color	Matte slate	Matte slate
Frame Material	Steel	Steel
Shrouds/Guards	Drivetrain & resistance technology	Drivetrain & resistance technology
Frame Design	Parallel	Parallel
Adjustment Type	Dials & levers	Dials & levers
Posts & Sliders	Aluminum, pin-to-lock adjustment	Aluminum, pin-to-lock adjustment
Q Factor	6.1" (155mm)	6.81" (173mm)
Crank Type	CrMo 6.79" (172.5mm)	CrMo 6.79" (172.5mm)
Pedal Type	Dual-sided SPD & toe cage	Dual-sided SPD & toe cage
Handlebar	Ergo-formed, multi position, soft PVC	Multi position, PVC
Handlebar Adjustments	Vertical & horizontal	Vertical
Saddle	Unisex padded sport saddle	Unisex padded sport saddle
Saddle Adjustments	Vertical & horizontal	Vertical & horizontal
Water Bottle Holder	Dual, integrated on handlebar	Single, on frame
Frame Stabilizer Bars	Oversized, hidden bolts & fixings	Standard
Protection And Stretch Plates	Molded form-fit with stretch plate	No
Max User Weight	287 lbs (130 kg)	287 lbs (130 kg)
Assembled Weight	126 lbs (57 kg)	106 lbs (48 kg)
Assembled Dimensions (L x W x H)	47.2" × 20.5" × 43.3" (120 cm × 52 cm × 110 cm)	47.2" × 20.5" × 43.3" (120 cm × 52 cm × 110 cm)
Leveling Feet	4	4
Transport Wheels	2	2
Warranty (Parts)	3 years*	3 years*



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Specifications subject to change. Actual color may differ from samples shown.