



Product Service

# CERTIFICATE

No. Z1 095046 0007 Rev. 00

**Holder of Certificate:** **Life Fitness LLC**  
9525 West Bryn Mawr Avenue  
Rosemont IL 60018  
USA

**Certification Mark:**



**Product:** **Stationary training equipment**  
**Exercise bicycle with a fixed wheel**

The product was tested on a voluntary basis and complies with the essential requirements. The certification mark shown above can be affixed on the product. It is not permitted to alter the certification mark in any way. In addition, the certification holder must not transfer the certificate to third parties. This certificate is valid until the listed date, unless it is cancelled earlier. All applicable requirements of the Testing, Certification, Validation and Verification Regulations of TÜV SÜD Group have to be complied. For details see: [www.tuvsud.com/ps-cert](http://www.tuvsud.com/ps-cert)

**Test report no.:** 713309433

**Valid until:** 2029-05-02

**Date,** 2024-05-07

( Matthias Völz )

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**Model(s):** IC7  
**Model No.:** IC-LFICGIC7-01

## Parameters:

Bike with Belt drive and fixed wheel  
Steel frame with magnetic resistance system and emergency stop  
Rear & Front stabilizer with additional protection covers and rubber levelling feet  
Overall dimension: approx. 1200 mm x 1100 mm x 520mm (l x h x w)  
Maximum User weight: 150 kg  
Total weight: 54 kg

## Adjustment Range

Seat: max. Height 120cm  
Vertical: 0 ~ 30 = Stop  
Horizontal: -10 ~ +10  
Handlebar: max. Height 120cm  
Vertical: 0 ~ 26 = Stop  
Horizontal: -2 ~ +8

Assembly	Dimension	Material
Frame	1091 x 760 x 220	regular steel
Flywheel	405 Ø x 10	Alloy, 4kg
Crank length	172,5mm	Steel
Crank diameter stroke	345mm	
Q-Factor	155mm	
Brake System	180 x 120 x 60	Plastic
Handlebar	555 x 360 x 275	Steel & PVC
Stabilizer	520 x 200 x 70	Steel & Plastic
SPD combi pedal	115 x 100 x 25 (l x w x h)	Alloy body, Steel axle

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## Training computer IC7:

Computer with a full-color TFT display and a BLE and Ant+ communication interface. Backlight and front light for CBC (Couch By Color® Function).

Autonomous power supply (generator, LiPo battery, control board and brake positioning sensor)

Displayed information (depending on user setup)

- Cadence - RPM (actual, average, maximum)
- Power – Wattage, FTP (actual, average, maximum)
- Heart Rate – BPM, (actual, average, maximum, HR percent of maximum)
- Calories (kcal)
- Brake Level – 0...100%
- Workout Time
- Statistics of Workout Time in a given CBC Zone
- Average Effort Calculation of Watt/kg avg and/or Watt/BPM avg
- Speed (in metric or imperial units)
- Distance (in metric or imperial units)
- FTP% (Functional Threshold Power)
- Zone Range Indication (Heart Rate or Watt based)
- Pedal Efficiency Graph
- Left Power/Right Power (actual, average)
- Average Left/Right Pedal Balance
- User data input (depending on user setup)
- Gender, Age, Weight, Fitness Level, FTP (calculated and adjustable)
- FTP Test Function
- Workout Pause Function
- Workout Summary Function

**Tested according to:** EN ISO 20957-1:2013  
EN ISO 20957-10:2017