

# Life Fitness ICG IC5 Indoor Cycle

IC-LFICGIC5-01

## Parts Manual

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**BELT APPLYING TOOL**

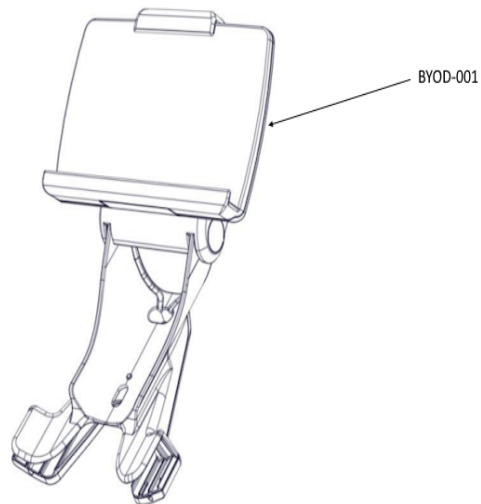
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| Ref #   | Part Number     | Qty | Description |
|---------|-----------------|-----|-------------|
| BAT-001 | 200-04-00011-02 | 1   |             |

## BRING YOUR OWN DEVICE

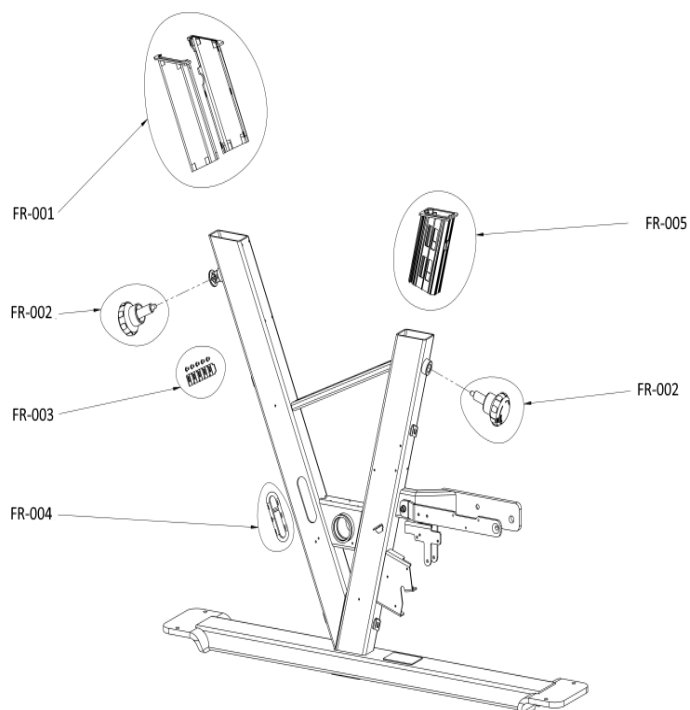
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\*\*All hardware and fixings (screws, washers, bolts etc) are included with each referenced assembly

| Ref #    | Part Number | Qty | Description                                 |
|----------|-------------|-----|---------------------------------------------|
| BYOD-001 | VI-BYOD-01  | 1   | Universal tablet tray and handlebar bracket |

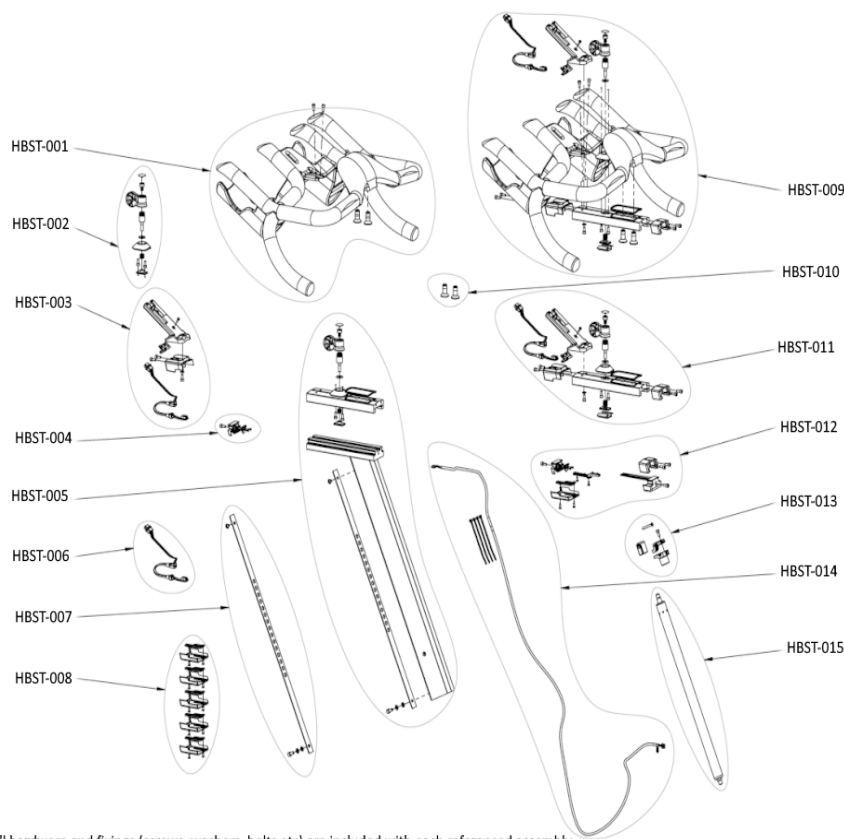
## FRAME



\*All hardware and fixings (screws, washers, bolts etc.) are included with each referenced assembly

| Ref #  | Part Number     | Qty | Description                                        |
|--------|-----------------|-----|----------------------------------------------------|
| FR-001 | 100-01-00010-02 | 1   | INSERT SLEEVE SET HANDLEBAR TUBE                   |
| FR-002 | 180-01-00074-01 | 1   | POP PIN VERTICAL ADJUSTMENT KNOB, BLACK FOR IC4/IC |
| FR-003 | 190-01-00086-01 | 1   | STOPPING TAP HANDLEBAR TUBE IC4&IC5&IC6 (5 PC)     |
| FR-004 | 100-03-00099-01 | 1   | CABLE GUIDE HANDLEBAR FRAME TUBE                   |
| FR-005 | 100-03-00094-02 | 1   | INSERT SLEEVE FOR SEATPOST TUBE FOR IC4/IC5/IC6    |

## HANDLE BAR STEM

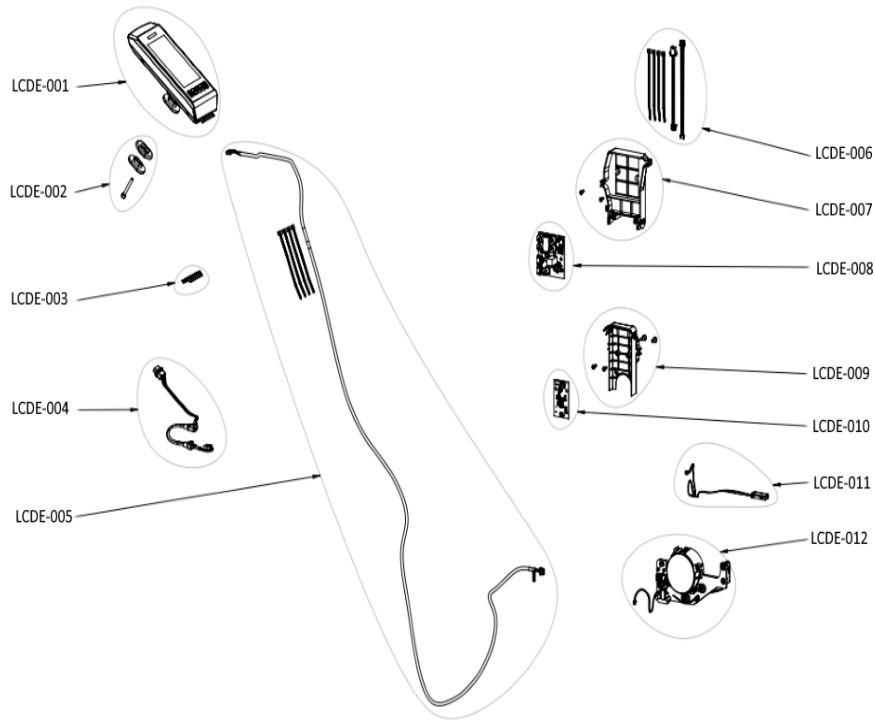


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| Ref #    | Part Number     | Qty | Description                                                                             |
|----------|-----------------|-----|-----------------------------------------------------------------------------------------|
| HBST-001 | 110-01-00117-01 | 1   | SPRINT-PRO HANDLEBAR INCL. MOUNTING BOLTS                                               |
| HBST-002 | 110-01-00093-01 | 1   | THUMB LOCK HANDLE ASSEMBLY FOR HORIZONTAL HANDLEBAR                                     |
| HBST-003 | 110-01-00116-02 | 1   | CONSOLE BRACKET ASSEMBLY FOR SPRINT-PRO HANDLEBAR                                       |
| HBST-004 | 110-01-00125-01 | 1   | FRONT PART LOWER HANDLEBAR SLIDER FRONT ENDCAP WIT                                      |
| HBST-005 | 190-01-00092-02 | 1   | VERTICAL HANDLEBAR STEM AND UPPER SLIDER WITHOUT END CAPS FOR IC4/IC5/IC6 FACELIFT/PLUS |
| HBST-006 | 170-02-00057-01 | 1   | CONSOLE CABLE LOWER HANDLEBAR SLIDER FOR IC5/IC6/I                                      |
| HBST-007 | 110-01-00027-01 | 1   | PROTECTION INSERT KIT VERTICAL HBAR STEM IC4/IC5/IC6                                    |
| HBST-008 | 190-01-00108-01 | 1   | LOWER FRONT ENDCAP FOR HANDLEBARSLIDER FOR IC5/IC6/IC7 (5PCS)                           |
| HBST-009 | 110-01-00120-01 | 1   | UPPER HANDLEBAR SLIDER ASSEMBLY INCL. SPRINT-PRO H                                      |
| HBST-010 | 190-01-00048-01 | 1   | HANDLEBAR MOUNTING BOLTS FOR IC4/IC5/IC6/IC7                                            |
| HBST-011 | 110-01-00121-01 | 1   | UPPER HANDLEBAR SLIDER ASSEMBLY FOR SPRINT-PRO HAN                                      |
| HBST-012 | 190-01-00090-03 | 1   | END CAP SET HORIZONTAL HANDLEBAR SLIDER                                                 |
| HBST-013 | 190-01-00045-01 | 1   | MOUNTINGKIT GASSPRING FOR IC4/IC5/IC6                                                   |

| Ref #    | Part Number     | Qty | Description                                           |
|----------|-----------------|-----|-------------------------------------------------------|
| HBST-014 | 190-01-00094-01 | 1   | CONSOLE CABLE INCL. MOUNTING PARTS FOR<br>IC5/IC6/IC7 |
| HBST-015 | 180-02-00029-01 | 1   | GASSPRING FOR IC4/IC5/IC6                             |

## LCD AND ELECTRONICS

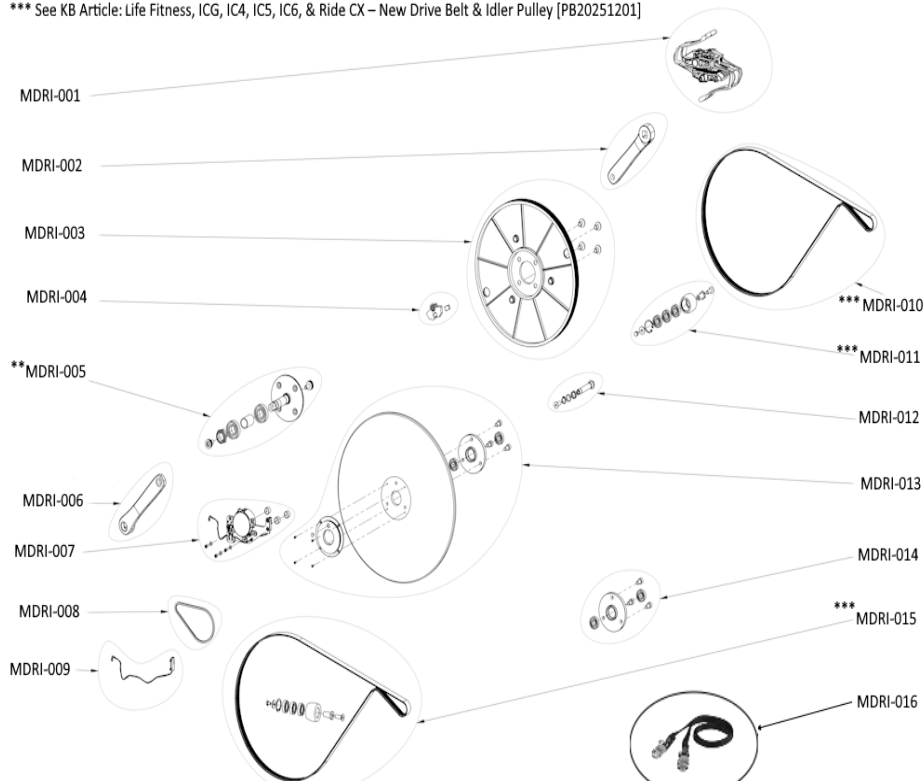


| Ref #    | Part Number     | Qty | Description                                        |
|----------|-----------------|-----|----------------------------------------------------|
| LCDE-001 | 320-00-00020-01 | 1   | WATTRATE LCD+ COMPUTER INCL. MOUNTING PARTS        |
| LCDE-002 | 190-01-00049-01 | 1   | CONSOLE MOUNTING BRACKET INCL. BOLT HBAR BRIDGE    |
| LCDE-003 | 180-03-00248-01 | 1   | CONSOLE GASKET                                     |
| LCDE-004 | 170-02-00057-01 | 1   | CONSOLE CABLE LOWER HANDLEBAR SLIDER FOR IC5/IC6/I |
| LCDE-005 | 190-01-00094-01 | 1   | CONSOLE CABLE INCL. MOUNTING PARTS FOR IC5/IC6/IC7 |
| LCDE-006 | 170-01-00046-01 | 1   | CABLE FOR PUFFER PCB INCL. CABLE TIE               |
| LCDE-007 | 170-01-00045-01 | 1   | BRACKET FOR PUFFER PCB INCL. BOLTS                 |
| LCDE-008 | 170-02-00071-01 | 1   | PUFFER PCB FOR IC5                                 |
| LCDE-009 | 190-01-00051-01 | 1   | GEAR MODULE BRACKET INCL. BOLTS                    |
| LCDE-010 | 170-02-00062-01 | 1   | GEAR MODUL 3. GEN TFT                              |
| LCDE-011 | 170-02-00008-01 | 1   | REED SWITCH FOR IC5 & IC7                          |
| LCDE-012 | 150-01-00072-01 | 1   | GENERATOR ASSEMBLY FOR IC6                         |

## MAIN DRIVE

\*\* See KB Article: Life Fitness ICG IC3, IC5, IC6, IC7 - New Bottom Bracket Design [PB20251204]

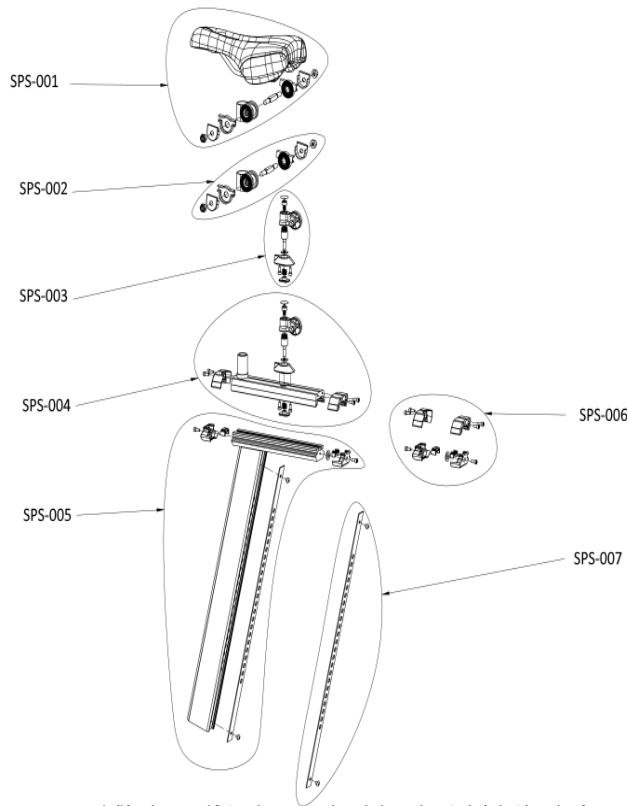
\*\*\* See KB Article: Life Fitness, ICG, IC4, IC5, IC6, & Ride CX – New Drive Belt & Idler Pulley [PB20251201]



\*All hardware and fixings (screws, washers, bolts etc) are included with each referenced assembly

| Ref #    | Part Number     | Qty | Description                                        |
|----------|-----------------|-----|----------------------------------------------------|
| MDRI-001 | 150-01-00005-04 | 1   | Pedal VP-S5                                        |
| MDRI-002 | 150-03-00249-01 | 1   | RIGHT CRANK ARM, BLACK FOR IC4/IC5/IC6 FACELIFT    |
| MDRI-003 | 150-01-00066-01 | 1   | PULLEY (8PJ) INCL. MOUNTING BOLTS IC4/IC5/IC6      |
| MDRI-004 | 150-01-00067-01 | 1   | MAGNET FOR CRANK PULLEY INCL. BRACKET FOR IC6      |
| MDRI-005 | 150-01-00021-02 | 1   | BOTTOM BRACKET REPLACEMENT KIT                     |
| MDRI-006 | 150-03-00248-01 | 1   | LEFT CRANK ARM, BLACK FOR IC4/IC5/IC6 FACELIFT     |
| MDRI-007 | 150-01-00072-01 | 1   | GENERATOR ASSEMBLY FOR IC6                         |
| MDRI-008 | 150-03-00045-01 | 1   | POLY V BELT 2PJ 330 FOR GENERATOR DRIVE IC7        |
| MDRI-009 | 170-02-00008-01 | 1   | REED SWITCH FOR IC5 & IC7                          |
| MDRI-010 | 150-03-00076-04 | 1   | OPTIBELT PJ8 FLEX BELT                             |
| MDRI-011 | 150-01-00154-01 | 1   | IDLER PULLEY ASSEMBLY                              |
| MDRI-012 | 150-01-00065-01 | 1   | FLYWHEEL AXLE KIT FOR IC4/IC5/IC6                  |
| MDRI-013 | 150-01-00146-01 | 1   | FLYWHEEL ASSEMBLY, BLACK FOR IC4/IC5/IC6 FACELIFT  |
| MDRI-014 | 150-01-00064-01 | 1   | FLYWHEEL HUB ASSEMBLY FOR IC4/IC5/IC6              |
| MDRI-015 | 190-01-00115-01 | 1   | OPTIBELT PJ8 FLEX BELT AND IDLER PULLEY ASSEMBLY A |
| MDRI-016 | 150-03-00048-01 | 1   | TOE STRAP SET                                      |

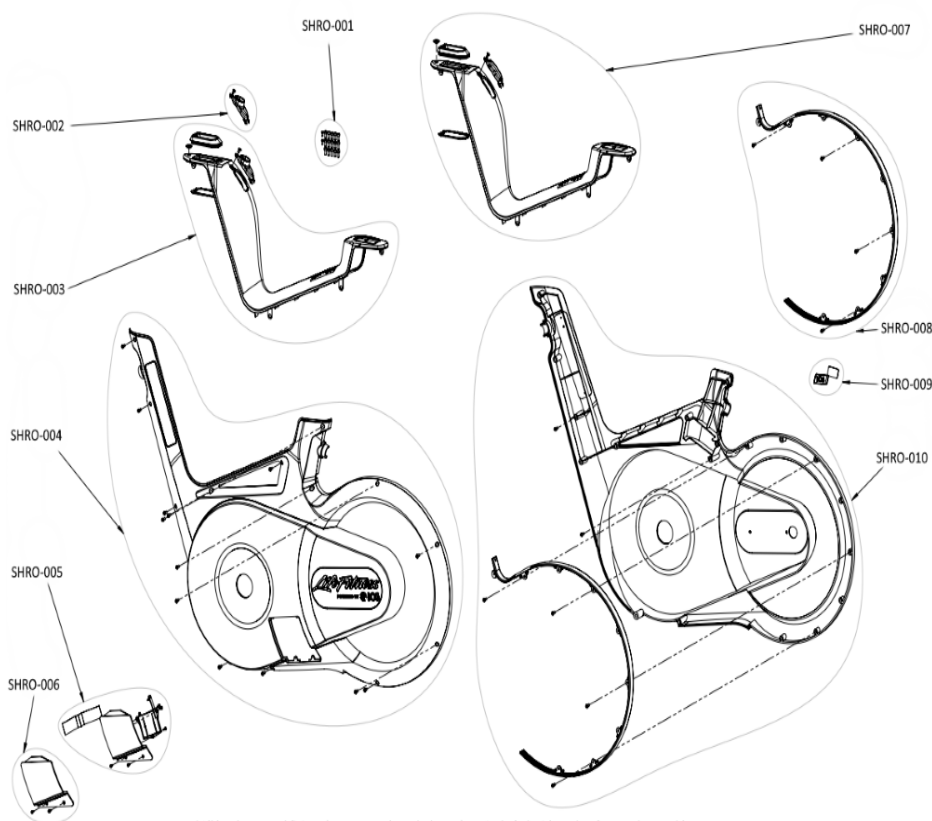
## SEAT POST SADDLE



\*All hardware and fixings (screws, washers, bolts etc.) are included with each referenced assembly

| Ref #   | Part Number     | Qty | Description                                                                   |
|---------|-----------------|-----|-------------------------------------------------------------------------------|
| SPS-001 | 120-01-00076-01 | 1   | SPORT SADDLE BLACK INCL. SADDLE CLAMP WITHOUT STOP                            |
| SPS-002 | 120-01-00017-01 | 1   | SADDLE CLAMP WITHOUT STOPPER                                                  |
| SPS-003 | 120-01-00072-01 | 1   | THUMB LOCK HANDLE ASSEMBLY FOR HORIZONTAL SEATPOST                            |
| SPS-004 | 120-01-00078-01 | 1   | NARROW UPPER SEATPOST SLIDER ASSEMBLY, BLACK FOR I                            |
| SPS-005 | 120-01-00077-01 | 1   | NARROW VERTICAL SEATPOST STEM ASSEMBLY, BLACK FOR                             |
| SPS-006 | 190-01-00036-02 | 1   | END CAP SET NARROW HORIZONTAL SEATPOST SLIDER FOR IC4 & IC5 & IC6 & IC7 & IC8 |
| SPS-007 | 120-01-00025-01 | 1   | PROTECTION INSERT KIT VERTICAL SEATPOST STEM IC4/IC5/IC6                      |

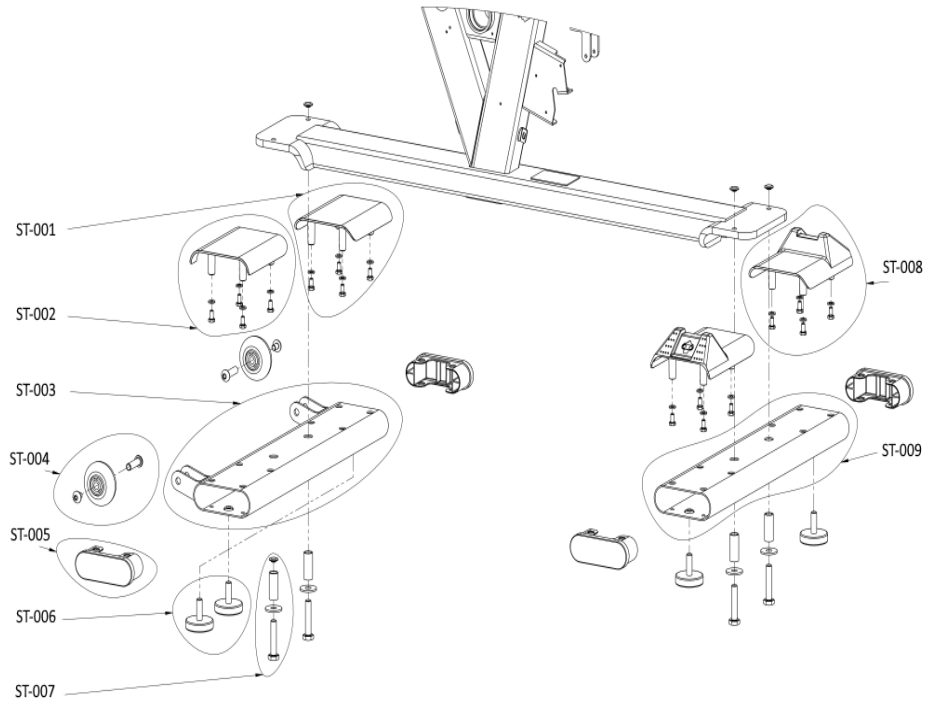
## SHROUD



\*All hardware and fixings (screws, washers, bolts etc) are included with each referenced assembly

| Ref #   | Part Number     | Qty | Description                                        |
|---------|-----------------|-----|----------------------------------------------------|
| SHR-001 | 190-01-00098-01 | 1   | ASSEMBLY PARTS FOR SHROUD FOR IC4/IC5/IC6 & CONSUM |
| SHR-002 | 160-01-00102-01 | 1   | BRAKE HANDLE COVER ASSEMBLY FOR IC4/IC5/IC6 FACELI |
| SHR-003 | 160-01-00099-01 | 1   | TOP MAIN COVER KIT FOR IC4/IC5/IC6 FACELIFT        |
| SHR-004 | 160-01-00120-01 | 1   | LEFT SIDE MAIN SHROUD KIT FOR IC5 AND IC6          |
| SHR-005 | 160-01-00097-01 | 1   | COVER FOR BATTERY COMPARTMENT INCL. MOUNTING BOLTS |
| SHR-006 | 160-01-00020-01 | 1   | COVER BATTERY COMPARTMENT INCL. BOLTS IC4/IC5/IC6  |
| SHR-007 | 160-01-00021-03 | 1   | TOP MAIN COVER KIT FOR IC4/IC5/IC6                 |
| SHR-008 | 160-01-00103-01 | 1   | ALUMINIUM PROTECTION RING KIT, RED FOR IC4/IC5/IC6 |
| SHR-009 | 160-01-00091-01 | 1   | DECAL FOR IC5 FACELIFT - ALUMINIUM BADGE - RIGHT A |
| SHR-010 | 160-01-00119-01 | 1   | RIGHT SIDE MAIN SHROUD KIT INCL. ALUMINIUM RING FO |

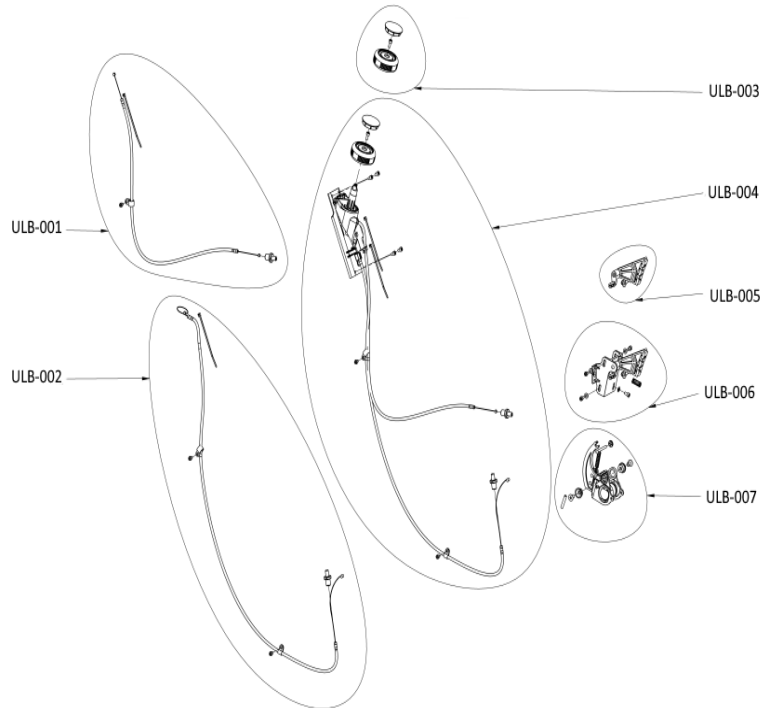
## STABILISERS



\*All hardware and fixings (screws, washers, bolts etc.) are included with each referenced assembly

| Ref #  | Part Number     | Qty | Description                                                 |
|--------|-----------------|-----|-------------------------------------------------------------|
| ST-001 | 140-01-00005-01 | 1   | FRONT STABILIZER PROTECTION PLATE KIT RIGHT IC3 & IC5 & IC7 |
| ST-002 | 140-01-00004-01 | 1   | FRONT STABILIZER PROTECTION PLATE KIT LEFT IC3 & IC5 & IC7  |
| ST-003 | 140-02-00003-01 | 1   | FRONT STABILIZER WELDMENT FOR IC3                           |
| ST-004 | 140-01-00003-01 | 1   | TRANSPORTATION WHEEL ASSEM IC2 & IC3 & IC5 & IC7            |
| ST-005 | 140-03-00001-01 | 1   | STABILIZER END CAP (FRONT & REAR) IC3 & IC5 & IC7           |
| ST-006 | 190-01-00027-01 | 1   | LEVELING FEET RUBBER 75 SHORE (2 PCS) IC2 & IC3 & IC5 & IC7 |
| ST-007 | 190-01-00004-01 | 1   | STABILIZER KIT ( 1X BOLT WASHER CAP SLEEVE) IC3 & IC5 & IC7 |
| ST-008 | 140-01-00006-01 | 1   | REAR STABILIZER STRETCH PLATE KIT IC3 & IC5 & IC7           |
| ST-009 | 140-02-00002-01 | 1   | REAR STABILIZER TUBE FOR IC3 & IC5 & IC7                    |

## UPPER LOWER BRAKE



\*All hardware and fixings (screws, washers, bolts etc,) are included with each referenced assembly

| Ref #   | Part Number     | Qty | Description                                        |
|---------|-----------------|-----|----------------------------------------------------|
| ULB-001 | 190-01-00088-01 | 1   | BOWDENCABLE KIT, EMERGENCY BRAKE FOR IC4/IC5/IC6 F |
| ULB-002 | 130-01-00062-01 | 1   | BOWDENCABLE KIT, EDDY CURRENT BRAKE FOR IC4/IC5/IC |
| ULB-003 | 130-01-00014-02 | 1   | BRAKE DIAL KIT 55MM FOR IC5 & IC7                  |
| ULB-004 | 130-01-00061-01 | 1   | COMPLETE UPPER BRAKE ASSEMBLY FOR IC4/IC5/IC6 FACE |
| ULB-005 | 130-02-00014-01 | 1   | EMERGENCY BRAKE ENGAGEMENT LEVER FOR FWS IC5 HOME  |
| ULB-006 | 130-01-00029-01 | 1   | LOWER EMERGENCY BRAKE ASSEMBLY FOR FWS IC5 HOME    |
| ULB-007 | 130-01-00060-01 | 1   | MAGNETIC BRAKE ASSEMBLY FOR IC4/IC5/IC6 FACELIFT   |

