

2024 | Product  
Catalog

# ICAROS

From Patient to Athlete

# The Synergy of Health & Gamification



## EXERGAMES

In-house Development of Software for VR and Mobile



## GAMIFIED FITNESS

In-house Development of Software for VR and Mobile



## WORKOUT PLATFORMS

Patented, Awarded Hardware, Established Production



## DIGITAL TECHNOLOGIES

Mobile Devices, Sensors, VR-Headsets

# About ICAROS

@icarosflight [f](#) [@](#) [▶](#) [♪](#) [in](#)

ICAROS, founded in Munich, Germany in 2015, aims to transform the approach to fitness and therapy. By integrating training, gaming, and social competition, our products offer exhilarating and effective workout experiences.

Our objective is to combat the increasingly sedentary lifestyle in our society by providing highly motivating and health-centric training experiences.

We take pride in the global installation of our ICAROS professional systems in top-tier fitness clubs, luxury hotels, and leading orthopedic and neurologic therapy centers.

Expanding into the consumer market in 2021, ICAROS introduced the ICAROS Home and ICAROS Cloud. These innovations enable families, individuals, and athletes to enjoy thrilling gamified workouts, fostering competition and connection with the worldwide ICAROS community.



# References



## Lanserhof at The Arts Club, London, UK

A world-class gym combined with the most innovative medical treatments from the World's leading experts – Lanserhof at The Arts Club is located in the middle of the famous Mayfair district of London. The focus is on an integrated, holistic approach to increasing well-being under medical supervision. Lanserhof at The Arts Club offers members an unrivalled approach to physical fitness.

## Vivamayr Medical Spa, Altaussee, Austria

Surrounded by breathtaking countryside with a magical lake and fabulous mountain scenery, all those who are on the search for recovery, relaxation and health will find the perfect conditions in which to activate both body and spirit in Altaussee.



## 7 Pines Resort, Ibiza, Spain

The high-quality equipped fitness area of the 7 Pines Resort stands out with a motivating view over the open sea and carries you weightlessly to new heights of physical fitness. The setting includes two ICAROS Pro devices with a personal trainer on request.

## MS 1, MS 2 and MS 7 TUI Cruises

The Mein Schiff 1 is a cruise ship of the shipping company TUI Cruises. It was put into service in 2018, has a length of about 316 meters and is approved for 2894 passengers. An ICAROS Pro set-up accompanies the Mein Schiff 1 throughout all its journeys across the oceans. Since 2019, ICAROS is also part of the newly build Mein Schiff 2.





## SRH Gesundheitszentrum, Dobel, Germany

This top-notch medical rehabilitation center is located in the picturesque setting of the „sun island“ Dobel. The SRH Clinic is dedicated to a comprehensive approach, which includes physical rehab, nutritional advice and psychological support.

## SHA Wellness Clinic, L'Albir, Spain

The SHA Wellness Clinic is a beacon of medical innovation, natural therapies, and healthy nutrition, all geared toward helping people live longer and better lives. In recognition of their exceptional commitment to wellness, SHA was recently honored with the title of World's Best Wellness Clinic of 2022.



## Hessingpark Clinic, Bavaria, Germany

The Hessingpark Clinic is a center for conservative and surgical orthopaedics. The high medical quality of the Hessingpark Clinic is the result of consistent specialization and an intensive international exchange of experience. Their treatment concept is rounded off by the departments for magnetic resonance imaging and therapy and training.

## Palazzo Fiuggi Wellness Medical Retreat, Italy

Palazzo Fiuggi Wellness Medical Retreat is located on an ancient hilltop in a private 8-hectare park, just 50 minutes away from Rome. The culmination of years of scientific and medical research, innovative protocols development and a team of experts learning how to strengthen one's immune system and cellular regeneration of the body and mind, to maximise your health and wellbeing.



**THE SUNDAY TIMES**  
„Can a flying machine help  
you walk again?“



Cognitive Motor  
Control



Healthy Back



Postural Control

CE

\*CE mark exclusive to hardware,  
digital accessoires excluded.

# ICAROS Health

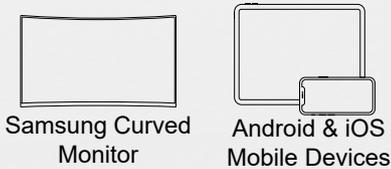
The ICAROS Health is designed and optimized for professional use in orthopedical and neurological therapy and rehabilitation. It offers effective core and balance training for patients with

physical limitations. The devices are adjustable, easy to use and can be customized to patient's needs. ICAROS Health combines innovative and rehabilitative fitness on a premium level.

The system comprises:

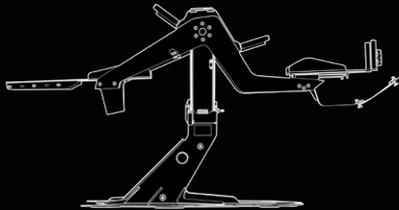
- ICAROS Health device
- Controller
- Tableholder
- VR Experience / App

Compatible with:

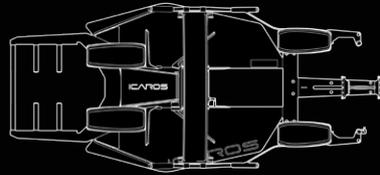


\*Only with link cable  
\*\*Tablet is not included

ICAROS Health Dimensions:



Height: 1040 mm / 41"



Width: 960 mm / 38"

Length: 2029 mm to 2078 mm / 80" to 81"

Weight: 131 kg / 289 lb



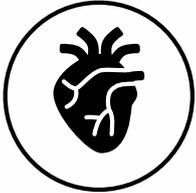
User's min/max size  
140 cm – 200 cm (4.6 ft, 6.56 ft)

User's max weight  
110 kg (243 lbs)

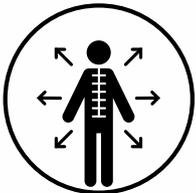
„Exergaming for balance, coordination and stability.“



Cognitive Motor Control



Cardiopulmonary Performance



Postural Control



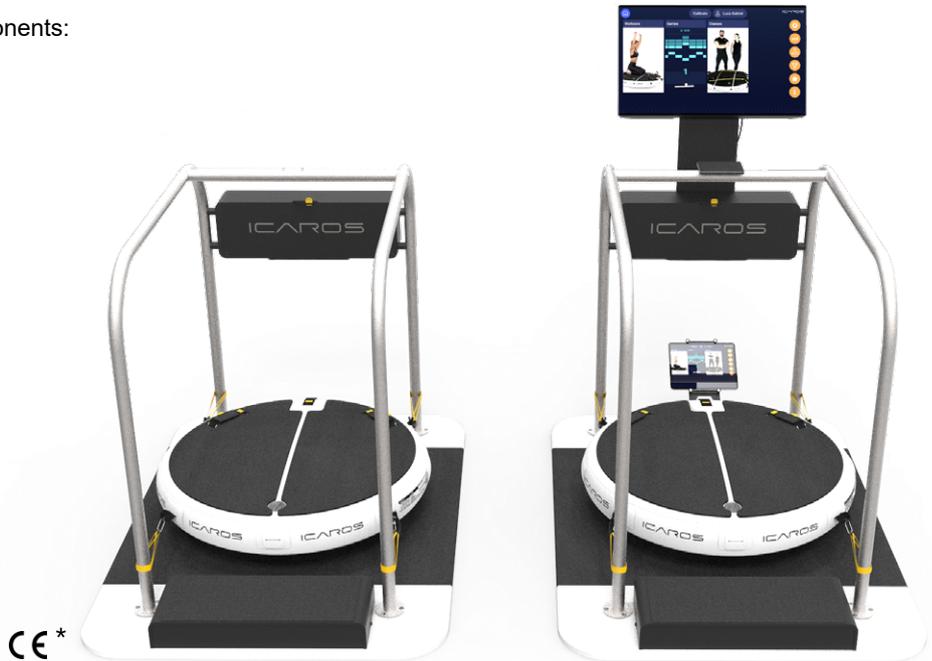
# ICAROS Guardian

Instable balance and stability training can be particularly challenging for physically restricted individuals. The ICAROS Guardian System combines ease of use with maximum safety and playful, immediately visible training success. ICAROS Guardian offers a fully equipped balance training

system for users that need additional support during their balance and stability workout. With the ICAROS Guardian, users improve their coordination, balance and reflexes in the most playful, safe and effective way.

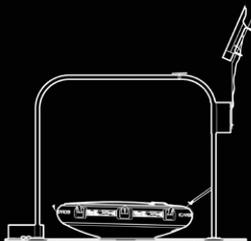
The system comprises all required components:

- ICAROS Cloud 360 package
- ICAROS Guardian
- iPad to access ICAROS App
- Apple TV box
- 27" screen
- Magic Trackpad



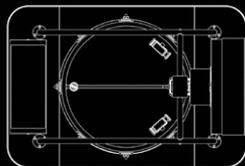
\*CE mark exclusive to hardware, digital accessoires excluded.

ICAROS Guardian Dimensions:



Length: 1860 mm / 73"

Height: 1816 mm / 71"



Weight: 70 kg / 154 lb

Width: 1200 mm / 47"



User's min/max size  
140 cm – 200 cm (4.6 ft, 6.56 ft)

User's max weight  
110 kg (243 lbs)

# Bloomberg

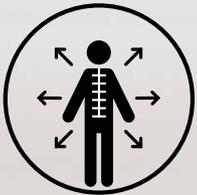
„Virtual Reality hits the gym“



Cognitive Motor Control



Healthy Back



Postural Control



reddot award 2016  
honourable mention



# ICAROS Pro

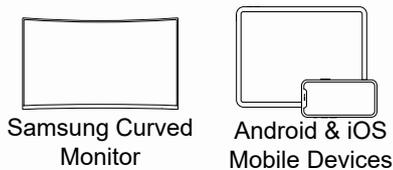
ICAROS Pro combines fitness with virtual reality, letting users fly, dive, or drive in virtual worlds while working out. It focuses on training the upper body and core, and also improves reflexes, balance, and coordination.

Made in Germany with high-quality materials, ICAROS Pro is perfect for professional use and easy to set up anywhere. The ICAROS Pro has won awards for its great design, effective exercise, and unique experience for users.

The system comprises:

- ICAROS device
- Controller
- Tableholder
- VR Experience / App

Compatible with:

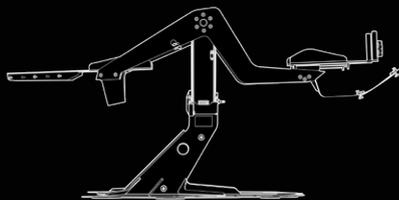


\*Only with link cable

\*\*Tablet is not included

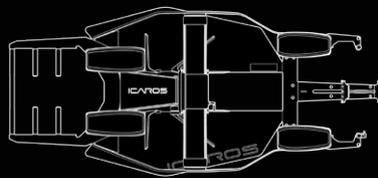


ICAROS Pro Dimensions:



Length: 2029mm to 2078mm / 80" to 81"

Height: 960 mm / 38"



Width: 960 mm / 38"

Weight: 124kg / 273lb

User's min/max size  
140 cm – 200 cm (4.6 ft, 6.56 ft)

User's max weight  
110 kg (243 lbs)





„So far the most brilliant purchase of the year!“

@Energie\_Raum



Cognitive Motor Control



Healthy Back



Postural Control



reddot award 2018  
winner



Gold Winner

# ICAROS Home

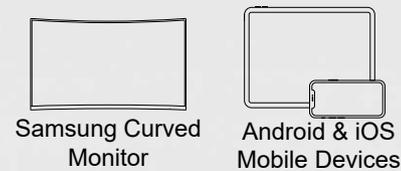
ICAROS Home combines fitness and virtual reality, making it the home fitness equipment of the 21st century. It enables you to fly or dive through virtual worlds while improving your fitness. During the flight, different muscle groups with a focus on upper body and core muscles are

strengthened. Working out on the ICAROS Home also improves the user's reflexes, balance and coordination. Fitness in the Metaverse! ICAROS Home units have been awarded for their outstanding product design and unique exercise experience.

The system comprises:

- ICAROS Home device
- Controller
- Tabletholder
- VR Experience / App

Compatible with:



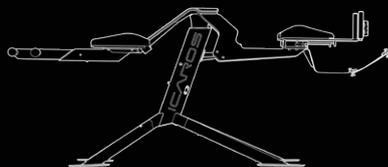
\*Only with link cable  
\*\*Tablet is not included



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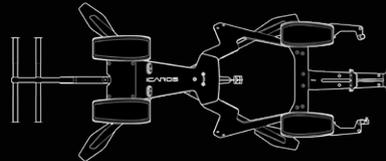


ICAROS Home Dimensions:



Length: 1973 mm to 2099 mm / 77" to 82"

Height: 858 mm / 34"



Weight: 49 kg / 108 lb

Width: 907 mm / 36"

User's min/max size  
140 cm – 200 cm (4.6 ft, 6.56 ft)

User's max weight  
110 kg (243 lbs)



# VOGUE

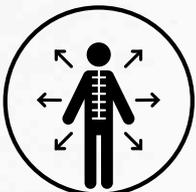
„ICAROS Cloud is the exercise of the future“



Cognitive Motor Control



Cardiopulmonary Performance



Postural Control



UX  
DESIGN  
AWARDS

product  
2020



# ICAROS Cloud

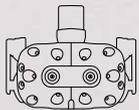
The smallest gym in the World. The ICAROS Cloud provides full body workouts for you at home, at boutique studios and for group workouts at the gym. Workout your core, build leg and upper body muscles and improve your coordination and balance with instable exercises on the ICAROS Cloud. As with

all ICAROS products, the Cloud has a digital interface, allowing you to experience ICAROS exercises with your smartphone or tablet. With its diverse programs the ICAROS Cloud offers multiple highly effective training possibilities making the ICAROS Cloud a daily companion to your individual sports program.

The system comprises:

- ICAROS Cloud device
- Air pump
- Bungees
- Tableholder

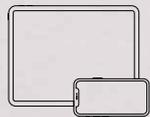
Compatible with:



HTC Vive



PICO 4



Android & iOS  
Mobile Devices

\*Only with link cable

\*\*Tablet is not included



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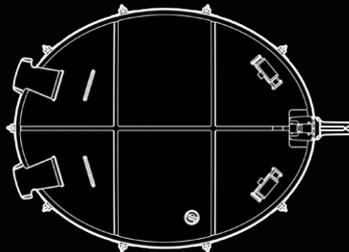
ICAROS Cloud Dimensions:



Length: 1820 mm / 72"

User's min/max size  
140 cm – 200 cm (4.6 ft, 6.56 ft)

Height: 400 mm / 15"



Weight: 12 kg / 26 lb

User's max weight  
110 kg (243 lbs)

Width: 1300 mm / 51"



# World Star Athletes

**Mao Suzuki**  
Golfer



- Official Best Score 315yd
- JPDA Dragon Pro
- Golf Digest Beauty Queen 2022

**Natalie Geisenberger**  
Luger



- 6 x Olympic Champion
- 9 x World Champion
- 6 x European Champion

**Marc Koch**  
Track Athlete



- German Indoor Champion 2017
- German Olympic Team 2020

**André Greipel**  
Cyclist



- 3 x German Champion
- 11 x Stage Winner at Tour de France
- 7 x Stage Winner Giro d'Italia
- 4 x Stage Winner at Vuelta a España

# Patients' Feedback

Discover how ICAROS workouts are helping stroke patients make remarkable progress. These inspiring stories show individuals overcoming challenges to regain strength, mobility, and coordination using ICAROS training devices. Hear what they say about their journey with ICAROS.

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**-Katja**  
Stroke Patient



*As soon as I train with the ICAROS Health, I'm in a different world. I see and feel that I am floating and forget the effort of the movements. This allows me to train my body in a completely different way than with conventional therapy. I still notice the activation of the muscle groups "on the weak side" days later.*



*I've been training regularly with ICAROS for six months now. After just a few weeks I've noticed an improvement in my balance and my walking speed has increased significantly. The fun I have with ICAROS training motivates me to give my best every time.*

**Sandra-**  
Stroke Patient



**-Walter**  
Stroke Patient and ICARACE Pilot



*„Paralyzed on one side after my stroke 8 years ago, I flew down the Swiss mountains with ease like a bird, a moment I will never forget, a moment of freedom after so many years of limitations.“*



# Science Board

Phil Heaton, Ph.D.



Dr. Sebastian Edtinger



Mag. Simone Girardi



Dr. Bernd Minnich



Prof. Dr. Klara Brixius



We are proud to present the international leading medical scientists, researchers and health professionals who are supporting us to maximize the positive physiological effects

of ICAROS training. Phil Heaton, Ph.D. is also one of the best ICARACE Pilots world wide and enjoys the workout on the ICAROS so much that he took part in over 500 races.

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## References

ICAROS systems are the choice of top-tier therapy and training centers.



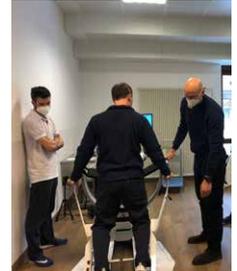
# Health Experts about ICAROS

The insights from medical health experts on using ICAROS devices are key to our journey as digital health innovators.



»» *It is a pleasure for me to have such competent and visionary pioneers with your product with us. A fantastic device that fits perfectly into our innovative therapy concept.* ««

**-Dr. Ewald Höschele**  
Head of Orthopedics  
jrh Gesundheitszentrum Dobel



»» *Our institute promotes innovation in sports and movement science, providing highly effective training equipment with the ICAROS systems to enhance stability, coordination, and balance. We are thrilled about these products.* ««

**-Domenico Gurzi**  
Head of Biomechanics  
IBS Gesundheit



»» *The ICAROS is an excellent innovation. Everyone using the device will confirm it's fun, muscular core and shoulder strength enhancing. There is absolutely no other total body coordination optimizing equipment like the ICAROS.* ««

**-Phil Heaton, Ph.D.**  
Orthopedic Surgeon, Athlete and ICARACE Pilot



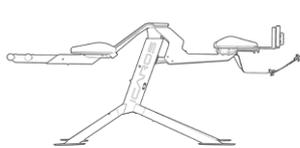
# ICAROS App



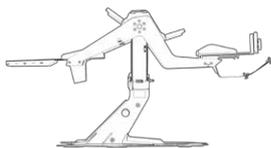
The ICAROS App is packed with diverse full-body workouts, games, and classes, designed to activate key muscles and enhance core strength. It keeps users engaged with regular updates, including new content and exergames. Subscription options are flexible, available on a monthly, yearly, or lifetime basis.

For businesses such as fitness clubs, hotels, and rehabilitation centers, the ICAROS B2B app offers a straightforward and affordable way to provide access and subscriptions to their clients.

Compatible with:



ICAROS Home

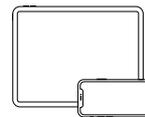


ICAROS Pro



ICAROS Cloud

Digital Interfaces:



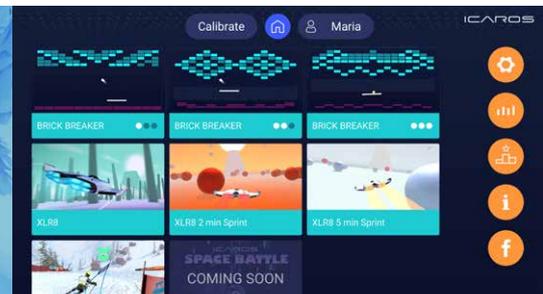
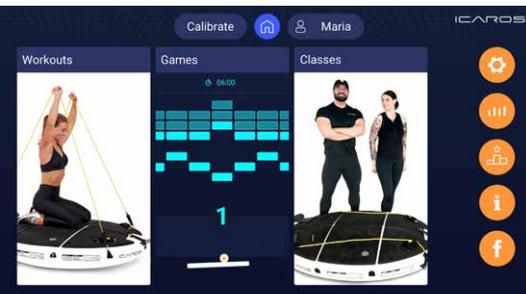
Android & iOS Mobile  
Devices





The ICAROS App membership offers a diverse range of options, from cognitive workouts to yoga exercises, catering to all your fitness needs. Engage in exciting exergames that merge fitness with gaming – choose your preferred game, challenge yourself, and climb the high score rankings alongside our community.

Whether it's intense HIIT sessions in Predator & Prey or balance-focused exercises in Surfer Madness, there's something for every mood. Plus, easily monitor your fitness journey and celebrate your achievements with comprehensive training statistics. Elevate your exercise experience with ICAROS.

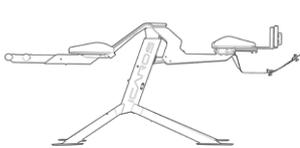


# ICAROS Explore

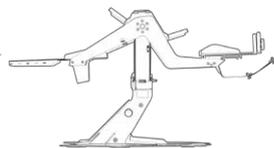


Transform your workout into an exciting adventure with the ICAROS Explore App, powered by Google 3D Tiles technology. Explore the diverse landscapes and vibrant cities of our planet while exercising. From urban skylines to natural wonders, discover new horizons with every workout session. Compatible with all ICAROS devices, this app seamlessly enhances your workout experience, offering endless possibilities for exploration and fitness.

Compatible with:



ICAROS Home

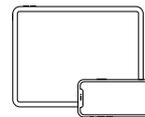


ICAROS Pro



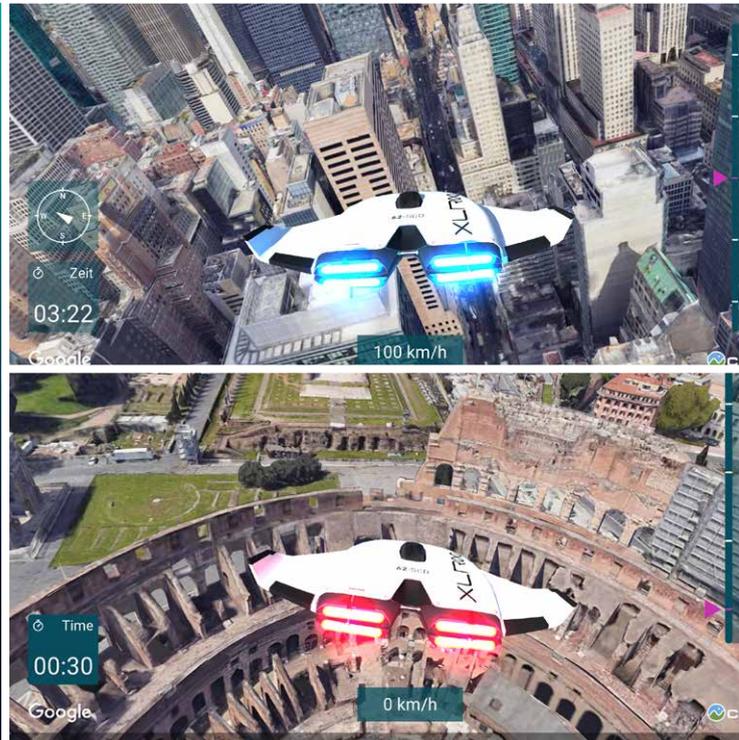
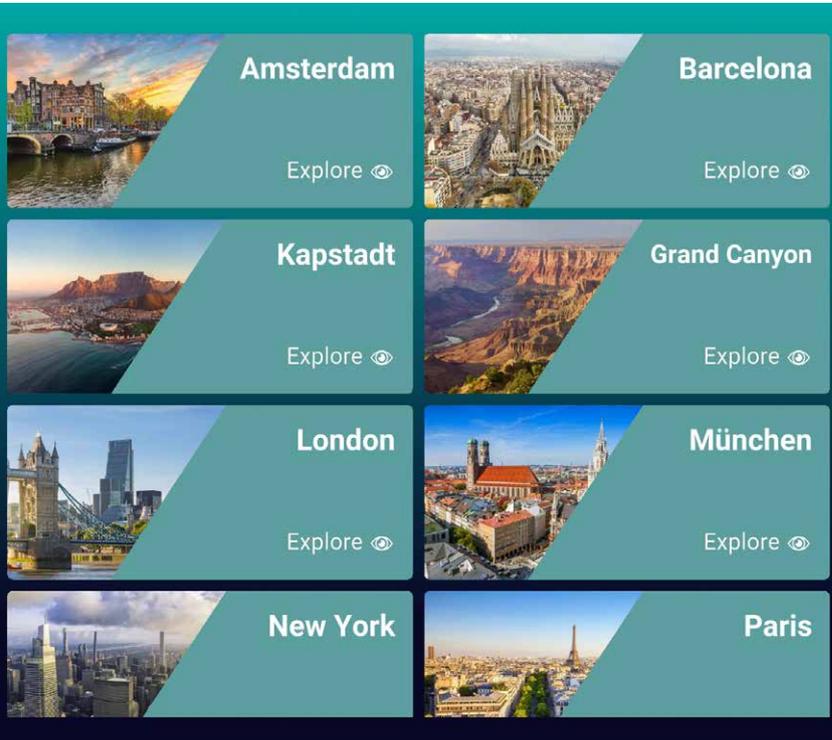
ICAROS Cloud

Digital Interfaces:



Android & iOS Mobile  
Devices





**Fuel Your Workout and Discover Beyond with ICAROS Explore.**



# ICARACE

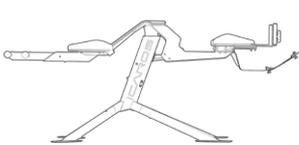


Experience the thrill of Esports in virtual reality with ICARACE: a global online multiplayer racing platform. Join the ranks of the world's fastest ICARACE pilots. Create your profile, track your progress, and compete on a global stage. Dive into the excitement of high-speed competition today!

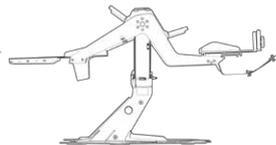


[www.icarace.com](http://www.icarace.com)

Compatible with:



ICAROS Home

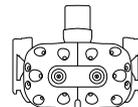


ICAROS Pro



ICAROS Cloud

Digital Interfaces:



HTC Vive  
Pro



Meta Quest\*



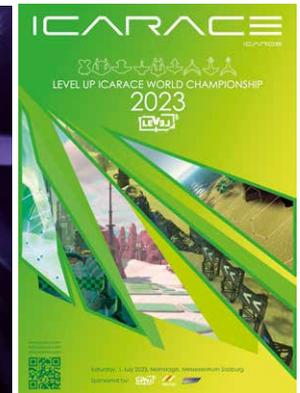
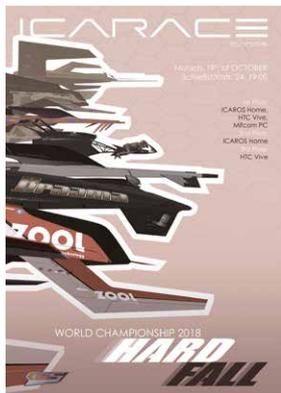
PICO 4\*

\*Only with link cable

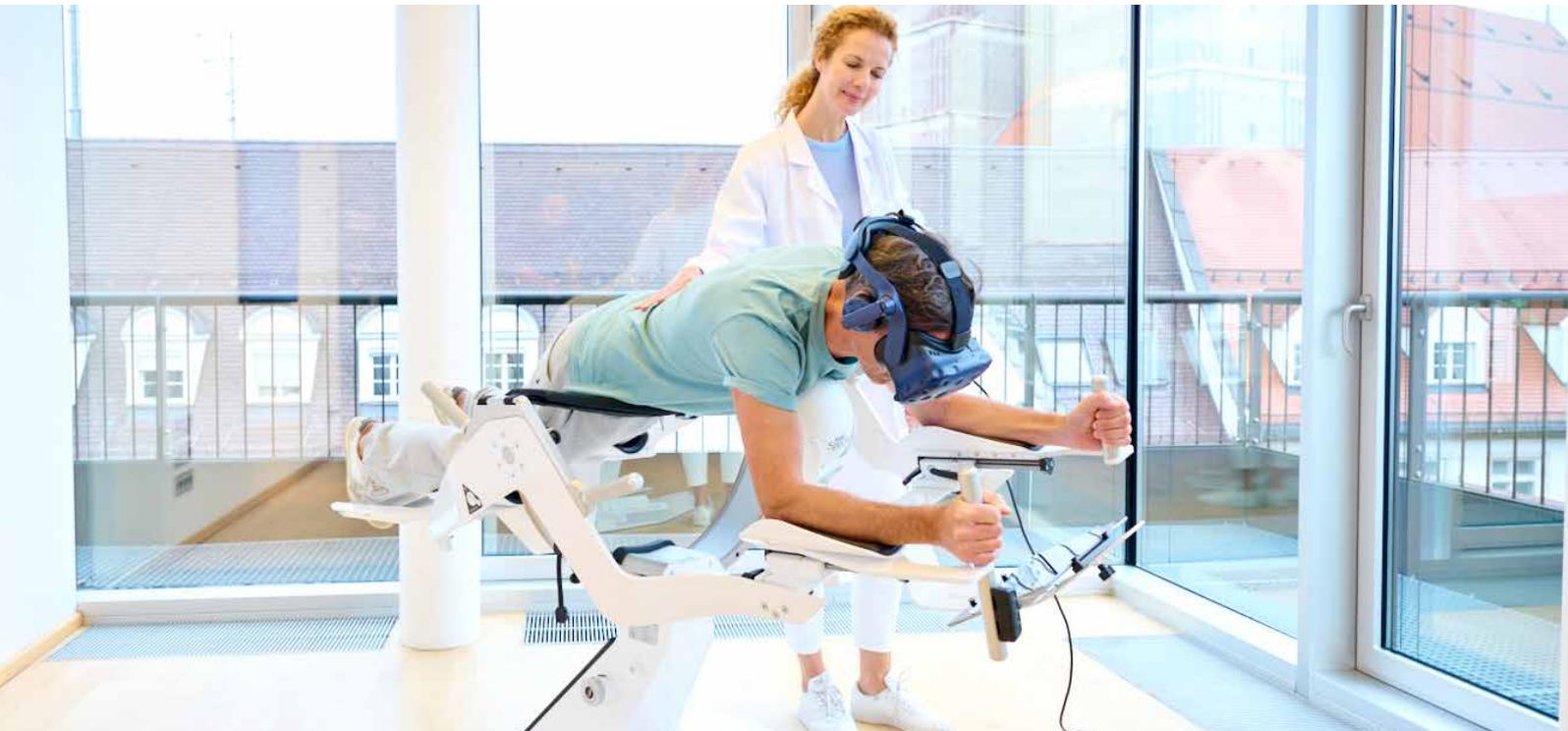


Photo by Fabian Stoffers

Join the ICARACE World Cup, where the top eight ICARACE pilots battle it out in the annual World Championship. Athletes from around the globe earn their spots through online races throughout the season. Experience the most realistic Esport ever. Sign up for ICARACE today and unleash the champion within!



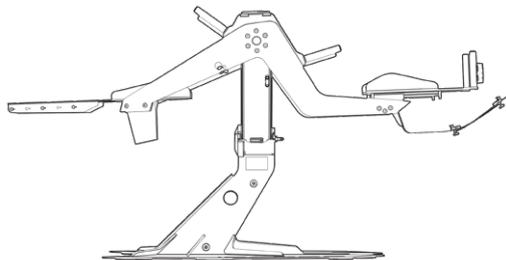
# N.E.X.T.



The NEXT software, used in combination with the ICAROS Health device, offers a tailored exercise program for individuals suffering from neurological traumas or illnesses. Understanding that each healing journey is unique, NEXT adjusts its difficulty level for each user based on their individual performance.

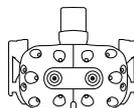


Compatible with:



ICAROS Health

Digital Interfaces:



HTC Vive Pro



Meta Quest\*



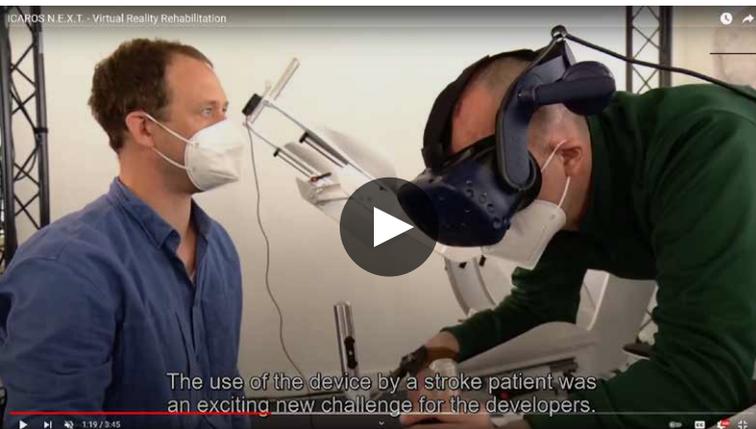
PICO 4\*

\*Only with link cable



NEXT software, integrating gamification and virtual reality with core training, offers a supportive tool in neurorehabilitation. It aims to assist in neuroplasticity and potentially aids in reactivating paralyzed body areas. The software also focuses on improving core strength, which helps in compensation and

physical performance. Developed with input from therapists and patients, NEXT employs self-learning algorithms to adapt tasks to each patient's progress, providing a tailored approach to rehabilitation.



## TV Report

The TV channel BR documented the initial phase of a stroke patient's training with ICAROS. Months later, this patient competed in the ICARACE World Championship. Scan the QR code to watch the report on YouTube.



# Real Landscapes



Engadin

Berchtesgaden

Dolomites

Experience the breathtaking beauty of real landscapes in virtual reality with ICAROS. Our collaboration with 3D Reality Maps brings to life the stunning vistas of Engadin, Berchtesgaden, and the Dolomites. Soar over these iconic destinations, discovering their majestic mountains, valleys, and picturesque scenery. This immersive experience combines the thrill of flight with the marveling beauty of nature.

Compatible with:

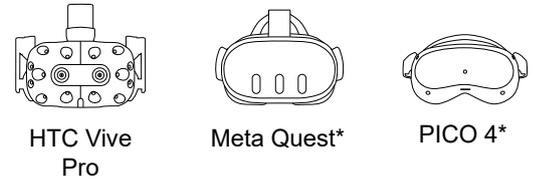


ICAROS Home

ICAROS Pro

ICAROS Cloud

Digital interfaces:



HTC Vive Pro

Meta Quest\*

PICO 4\*

\*Only with link cable

# Game Modes



## Wingsuit

Experience thrilling wingsuit proximity flights with our daring mode. Ideal for thrill-seekers, select your favorite peaks and dive into the adrenaline-filled danger zone.

## Free Flight

If you're looking to enjoy breathtaking scenery without the pressure of scores or time limits, Free Flight is your perfect choice. Relax and take in the beautiful views at your leisure.



## Explore and Learn

Take off and explore the sceneries' points of interest, learn about cultural and geographic facts and discover the Alp's most impressive landmarks.

## Eagle Flight

Join a local eagle on its flight over Engadin and follow its path across the photorealistic Alpine panorama.

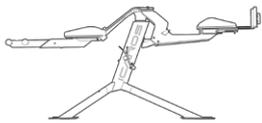


# AIM

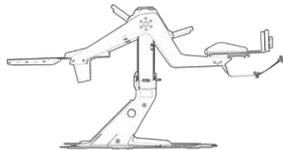


Dive into an enchanting VR experience with ICAROS, set in a beautifully stylized Alpine landscape. This game, geared towards newcomers, offers several modes with flight durations ranging from one to three minutes, ideal for both brief and longer play sessions. Engage in this captivating game to pursue high scores, while immersing yourself in a visually stunning virtual environment. Glide gracefully over majestic mountains and tranquil valleys, experiencing the allure of the Alps in a unique way, as you sharpen your skills and vie for the top spot on the leaderboard..

Compatible with:



ICAROS Home

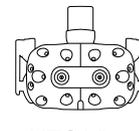


ICAROS Pro

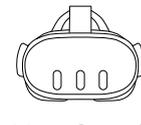


ICAROS Cloud

Digital interfaces:



HTC Vive Pro



Meta Quest\*



PICO 4

\*Only with link cable



## Perfect Starter

There is no better first virtual reality experience than AIM Free Flight. In this mode you can explore the landscape without any tasks. Just experiment with the steering of the ICAROS device you're using and the translation of your moves into the digital world.

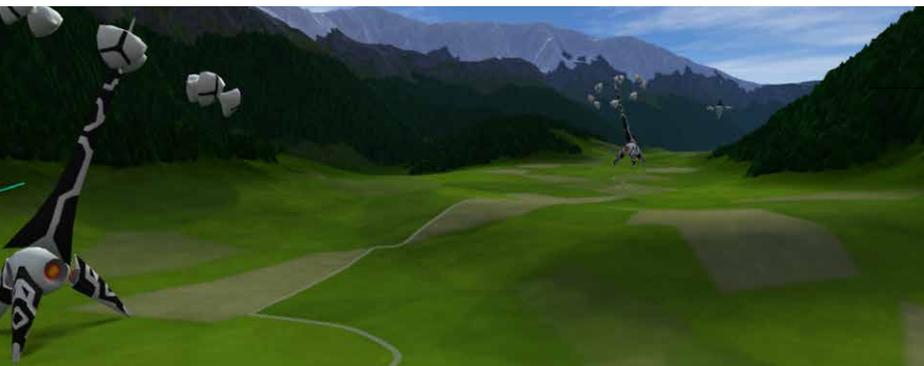
## Rings

Take your flight abilities to the next level in this AIM Mode. Precise and controlled movements are required to reach a new High Score by flying through ring shaped targets ,as fast as possible.



## Invasion

An alien invasion puts the future of earth at risk. Shoot down the scout drones, before they can send out signal to their home planet.

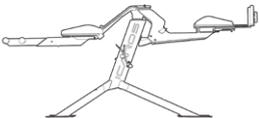


# DRAGON GAME

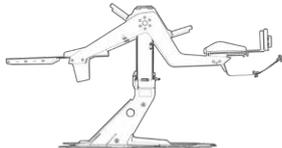


Riding a dragon and soaring across the world is a childhood dream come true. Seize the reins and take control of the skies in virtual reality. Beware of greedy flying pirates who aim to capture your dragon's eggs. It's your mission to assist your dragon in safeguarding its nest.

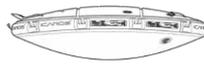
Compatible with:



ICAROS Home

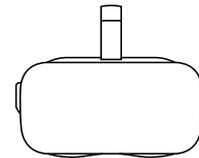


ICAROS Pro



ICAROS Cloud

Digital interfaces:



PICO  
G2



### Ride Dragon

You're seated on the back of a virtual reality dragon. Simply turn your head to immerse yourself in this incredible environment. Lock onto hostile airships with your gaze, and watch as your dragon unleashes its fiery fury upon them.

### Raid Sheep Island

If your dragon gets hit by the sky pirates, head to the sheep island and help your dragon recover by feeding on some sheep.



### Sabotage Enemy Castles

Burn down the pirates' dockyards and stop them this way stealing from the dragon's nest.



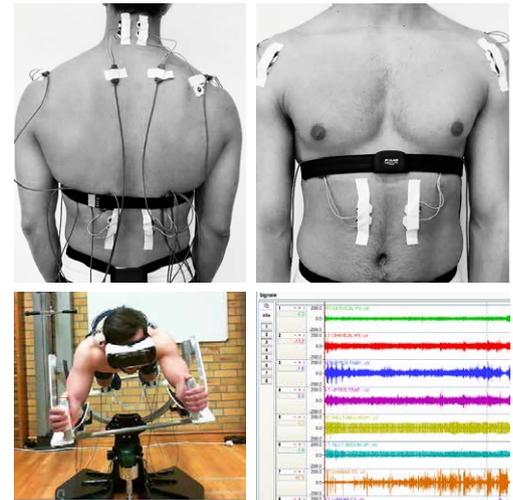
# Scientific Study Results

The effectiveness of ICAROS devices has been extensively investigated and validated by reputable scientific institutions and universities. We've conducted multiple studies and trials, collaborating with top sports and medical universities to explore ICAROS training's potential in rehab and fitness.

Partnerships include Technical University Munich, University Clinic Heidelberg, University of Salzburg, Ruhr University Bochum, and German Sport University Cologne.

## ICAROS Health

- 🏆 **Motivation Boost:** ICAROS encourages continued sports activity post-rehabilitation.
- 👉 **Muscle Activation:** Similar to plank variations with instability devices.
- 🔥 **Muscle Stimulation:** Doubled compared to regular kneeling plank.
- 🔥 **Calorie Burn:** Increased by **30%** compared to regular kneeling plank.
- 😊 **Enjoyable Experience:** Participants find the exercise enjoyable.
- 👉 **Increased Reactivity:** A significant **16.4%** boost post-training.
- 📈 **Improved Muscle Functionality:** A substantial **25.8%** increase.
- 🏹 **Enhanced Stability:** Significant **1.4%** improvement post-training.
- 🚶 **Reduced Back Pain:** Most participants experienced a decrease in back pain frequency.



## ICAROS Cloud



- 🏆 **Cardiopulmonary Enhancement:** Improved compared to training on a mat.
- 🔥 **Trunk Strength Increase:** **15.85%** boost after five weeks.
- ⚡ **Higher Energy Metabolism:** **5%** higher than mat training.
- 📊 **Increased Lactate Concentration:** **7%** higher post-Cloud training.
- 😊 **More Fun:** Training on the Cloud is perceived as more enjoyable.
- 🚶 **Higher Willingness to Train:** Despite being more demanding, participants show greater willingness to train on the Cloud.
- 🌟 **Strength Improvement:** Significant increase in trunk strength with ICAROS App.

# Products

Products	Target Group	Use Case	Compatibility	Features
<p><b>ICAROS Health</b></p> 	<p>Neuro &amp; Ortho Rehab Centers Medical Fitness Clubs</p>	<p>Core Training Balance Coordination Therapy</p>	<p>VR Headsets (PICO, HTC Vive) Mobile Devices</p>	<p>Med.Product Class I Highly Adjustable for Physically Limited Users Made in Germany</p>
<p><b>ICAROS Guardian</b></p> 	<p>Neuro &amp; Ortho Rehab Centers Medical Fitness Clubs</p>	<p>Stability and Balance Training Coordination Therapy</p>	<p>Apple iPad Trackpad Apple TV Monitor</p>	<p>Low Maintenance Plug and Play Intuitive</p>
<p><b>ICAROS Pro</b></p> 	<p>Hotels Fitness Clubs Wellness Facilities Corporate Health Events</p>	<p>Core Training Balance Coordination Gaming</p>	<p>VR Headsets (PICO, HTC Vive) Mobile Devices</p>	<p>Safety Certified Sturdy &amp; Tough Made in Germany</p>
<p><b>ICAROS Home</b></p> 	<p>Home Consumers</p>	<p>Core Training Balance Coordination Gaming</p>	<p>VR Headsets (PICO, HTC Vive) Mobile Devices</p>	<p>Safety Certified Lightweight Small Footprint</p>
<p><b>ICAROS Cloud</b></p> 	<p>Families Fitness Clubs Pro Athletes</p>	<p>Full Body Workout Balance Strength Cardio Gaming</p>	<p>VR Headsets (PICO, HTC Vive) Mobile Devices</p>	<p>Inflatable Lightweight Micro Gym</p>

ICAROS fuses health-science and gaming technology  
to enhance body and mind performance.

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