EXCITE®

ENGAGING CARDIO

TECHNOGYM®

The Wellness Company

INDEX

EXCITE®
BORN FROM EXPERIENCE

6 OLYMPIC GAMES

20 MILLION USERS EVERYDAY IN 10,000 FACILITIES

20 BILLION WORKOUTS

"For a long time people have been adapting to new technology. Increasingly complex products can create barriers between user and equipment. Technogym's company philosophy has always been aimed at simplicity, reliability and suitability for all users. This is why Technogym can uniquely provide your club with the perfect answer to achieving Wellness."

Technogym® founder Nerio Alessandri, 2002

Rio 2016

London 2012

Beijing 2008

Turin 2006

Athens 2004

Sydney 2000

CONNECTIVITY FOLLOWS
ME EVERYWHERE I GO

FUN KEEPS
ME GOING

MOTIVATION BOOSTS
MY PERFORMANCE

SCIENCE MAKES
ME TRAIN SMARTER

WELLNESS IS MY
LIFESTYLE

ENGAGING CARDIO

CONNECTED EQUIPMENT

Enjoy a seamless training experience with Bluetooth® connectivity and the new mywellness band.

ENGAGING WORKOUTS

Achieve your results with Interval Training programs, MyRunning Logbook simulations and exciting Race scenarios.

PERSONALIZED ENTERTAINMENT

Enjoy your favorite websites, apps, TV and radio programs with Bluetooth® technology.

CONSTANT INNOVATION

Boost your performance with new and exciting features born out of research and experience.

DATA TRACKING

Measure, record and keep all your Wellness lifestyle data close at hand.

Facebook

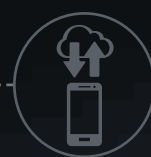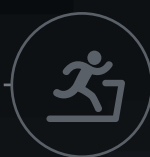TECHNOGYM

FULLY CONNECTED
CARDIO EXPERIENCE

METS
mets

116 CALORIES
kcal
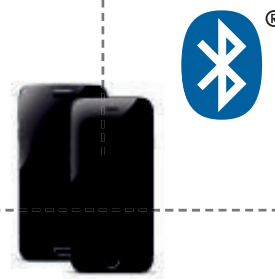
30 MOVES
MOVES

TIME
minutes

10:35

target
20:00

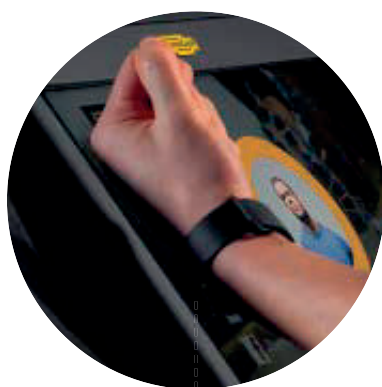# CONNECTED EQUIPMENT

CONNECT
AND GO

From the moment you walk into the gym, the new Bluetooth® technology and smart devices make your experience easier.

Smartphone - Bluetooth®
PATENT PENDING

Smartphone - QR code
PATENT PENDING

mywellness band

Technogym key

ENGAGING WORKOUTS

GREAT RESULTS
MADE EASY
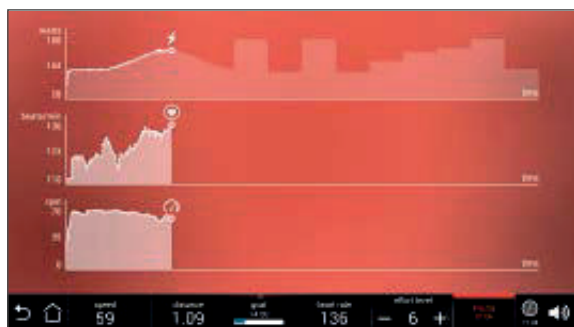
INTERVAL TRAINING

Choose from a variety of newly developed interval training workouts designed to help you achieve your results in a fun and easy way.
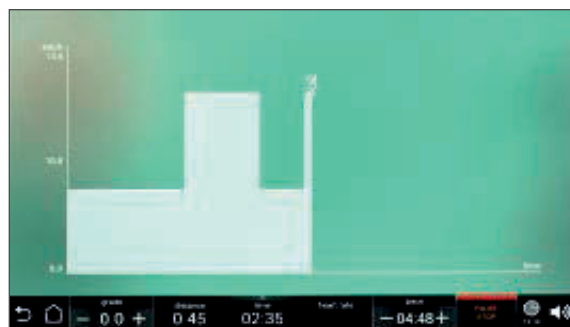
SPEED SHIFT

Speed Shift allows you to create interval training profiles on-the-fly and switch from one speed level to another with one touch of the Fast Track Controls.
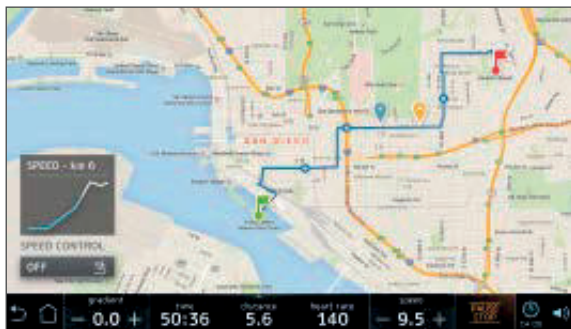
MYRUNNING LOGBOOK

Track your outdoor run with your favorite
GPS system and replicate it indoors to
improve your performance.
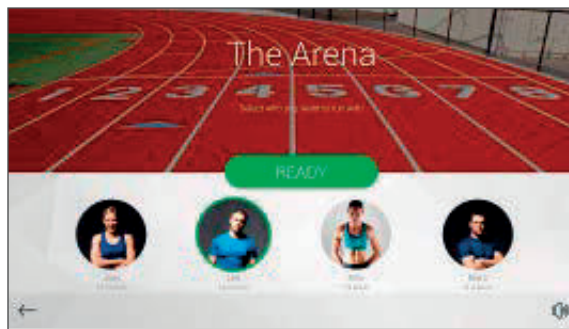
RACES

Run a marathon, create your own race or jog
alongside friends in the arena. The choice is
yours!

PERSONALIZED ENTERTAINMENT

LIVE THE FUN
EVERY TIME

USER CONTENT SYNC*

When you log in, the equipment automatically signs in to all apps. And thanks to its Bluetooth® technology, you can automatically connect your smartphone to manage and play audio content.

SOCIAL MEDIA

Go straight to your Instagram, Facebook, YouTube, Twitter and Skype accounts. You can also access your favorite apps as well as TV channels and websites.

Instagram   Facebook   Twitter   Skype   YouTube

*PATENT PENDING

NETFLIX

TV
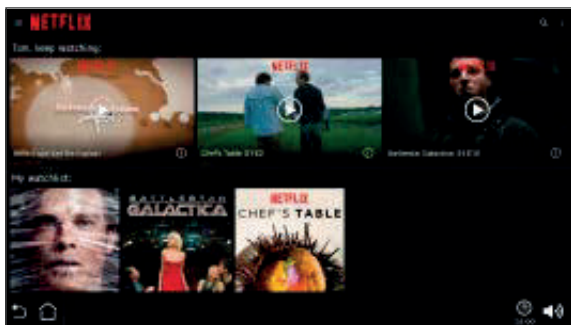
The new UNITY™ 3.0 and TV consoles offer an ever-growing selection of entertainment options for every taste.

Our smart TV technology supports all standards including IPTV and PRO-Idiom, without the need for set top boxes so you can control viewing directly from the touch-screen console.

CONSTANT INNOVATION

TRAIN AT
YOUR BEST

BEST FOR INNOVATION

Our Research and Development Department constantly collaborates with prestigious universities and research centers and employs 130 engineers and designers. Technogym currently holds hundreds of patents and trademarks in the fitness sector.

BEST FOR QUALITY

To ensure premium quality, our treadmills undergo intense testing:
• 2,765 hours of prototyping and testing
• 135 development tests
• 45 individual tests on different components/functional units.

BEST FOR EFFECTIVENESS: RUN CASE STUDY

A comparative study* on a large group of runners evaluated their response to four commercially available treadmills. RUN 1000 proved to be the users' favorite choice.

* Learn more on pages 32-33
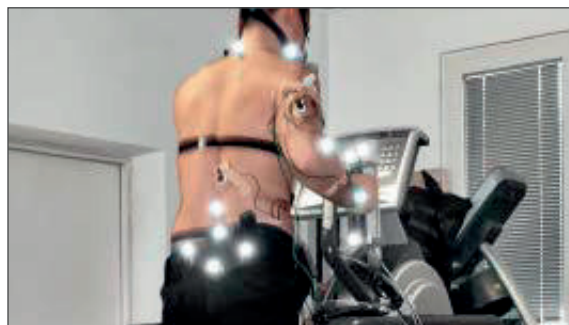
BEST FOR EFFECTIVENESS: VARIO CASE STUDY

A comparative study* reveals that VARIO induces a lower Rate of Perceived Exertion (RPE) compared to traditional ellipticals, enabling a higher caloric expenditure in the same exercise time.

* Learn more on page 50

DATA TRACKING

TAKE CONTROL
OF YOUR PROGRESS

TRACK

You can track your indoor and outdoor training, sports, daily movement and body measurements with the mywellness app and review your results on the UNITY™ 3.0 and UNITY™ SELF consoles.
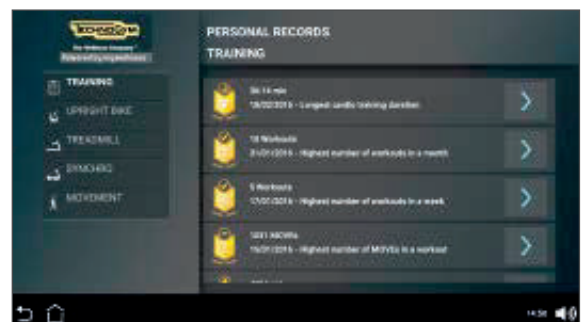
SAVE

All data aggregated from equipment, apps and devices is automatically pushed to your account in the mywellness cloud and saved.

MONITOR

SHARE

You can access your data whenever you want from your personal devices via the mywellness app or from the console to monitor your results over time.

All data can be shared. Let your family and friends know of your success or share your latest body parameters with your doctor.

Download the mywellness app

Download on the
App Store

JUST GOOD APP OR
Google Play

START

TECHNOGYM

EXCITE®, ENGAGING CARDIO

| RUN 1000 | RUN 600 | SYNCHRO | VARIO | CROSSOVER | TOP | STEP | RECLINE | BIKE |

| TREADMILLS | CROSS TRAINERS | UPPER BODY | STEPPER | BIKES |

TREADMILLS
RUN YOUR
BEST RACE

RUN   **RUN**
1000   **600**
EXCITE® EXCITE®

PURE RUNNING

RUN 1000 features state-of-the-art treadmill technology, design and entertainment. Enjoy the natural sensation of running on an adaptive surface and the uniquely engaging user experience offered by the new UNITY™ 3.0 digital console.

FAST TRACK CONTROLS

Thanks to the **Fast Track Controls** you can easily adjust both speed and incline while maintaining the correct and safe training posture.

NEW SPEED SHIFT CONTROL

Used in combination with the **Fast Track Controls**, it enables you to create interval training profiles on-the-fly and to switch from one speed level to another with one touch.

OPTIMAL STRIDE

The cushioned running surface adapts automatically and dynamically to your running style, changing its responsiveness to better match user preferences.

TOP SPEED AND INCLINE

With its 0.5-16.8 mph /0.8-27 km/h speed and 18% incline, RUN 1000 takes your performance to the next level.

BLUETOOTH®
CONNECTION
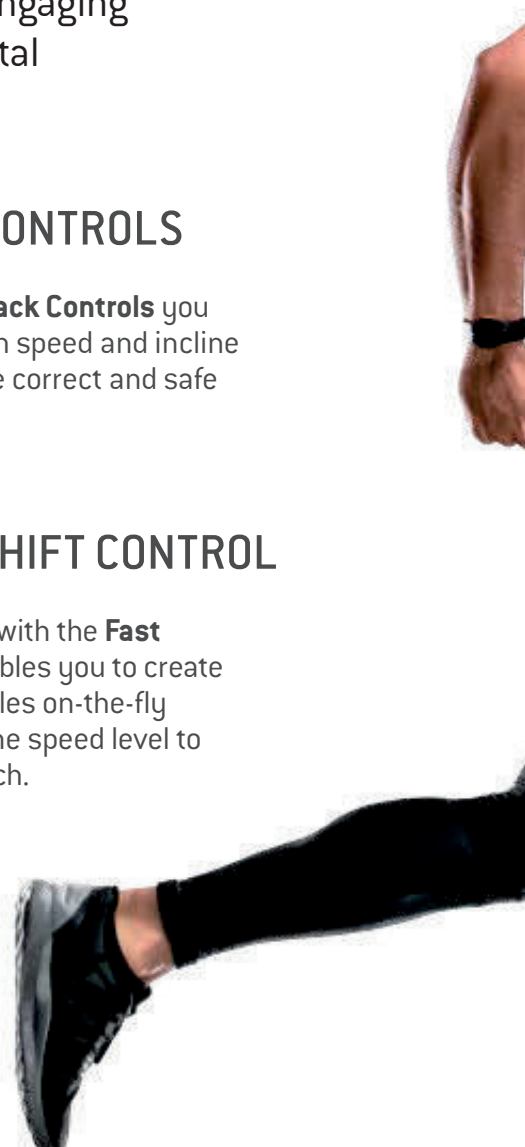
RUN 1000
EXCITE®

ALL AT A GLANCE

INMOTION SAFETY LIGHT

A red light warns users not to step onto the treadmill until the belt has stopped and the red light has changed to green. The **Runner Detection System** automatically brings the belt to a stop when the treadmill is not in use.

PREVENTIVE CARE LIGHT

The flashing of the green light signals that the treadmill needs attendance. Users can still utilize the product, but a speedy maintenance service will prevent equipment downtime.

TRAIN AND SAVE

LONG LIFE DECK

More durable than ever, thanks to the three times thicker layer of phenolic resin, the **Long Life Deck** guarantees years of genuine and completely stress-free running.

-40% LESS ELECTRIC CONSUMPTION

RUN 1000 uses up to 40% less energy to deliver better performance than previous models*, helping you significantly reduce both your costs and your carbon footprint.

* pre-2009

SILENT RUNNING

The belt transmission system ensures quiet and smooth running, even at top speed.

MAXIMUM PLEASURE

BEST USER EXPERIENCE

UNIVERSITÀ
DEGLI STUDI
DI PADOVA

In a study, carried out at a fitness center in Padua, Italy, a large group of runners was asked to compare four different treadmills, including RUN 1000. Of the group, 52.6% were asphalt runners, 29.8% were indoor runners, 15.8% were cross country runners and 1.8% usually run on synthetic or natural grass.

Subjects were asked to run on each treadmill at a speed of their choice.
The average speed was 8.7 ±1.7 km/h (min 5.3 km/h, max 13 km/h).
The average Rate of Perceived Exertion (Borg Scale 6-20) was 11.2 (min 7, max 14).
No statistical differences between average Heart Rate were detected between the different trials: 145 ±15 bpm.

Two previously validated scales - the Feeling Scale and the Felt Arousal Scale - and seven characteristics were evaluated on a 1-10 scale on the 4 treadmills:

- **Running surface** (pleasant – unpleasant)
- **Control panel** (intuitive – complicated)
- **Safety** (unstable and unsafe – stable and safe)
- **Physical interaction with the treadmill** (poor – excellent)
- **Data readings** (poor – excellent)
- **Design** (don't like at all – like very much)
- **Overall pleasantness** (unpleasant – pleasant)

■ **TECHNOGYM RUN 1000**　　■ **COMPETITOR 1**　　■ **COMPETITOR 2**　　■ **COMPETITOR 3**
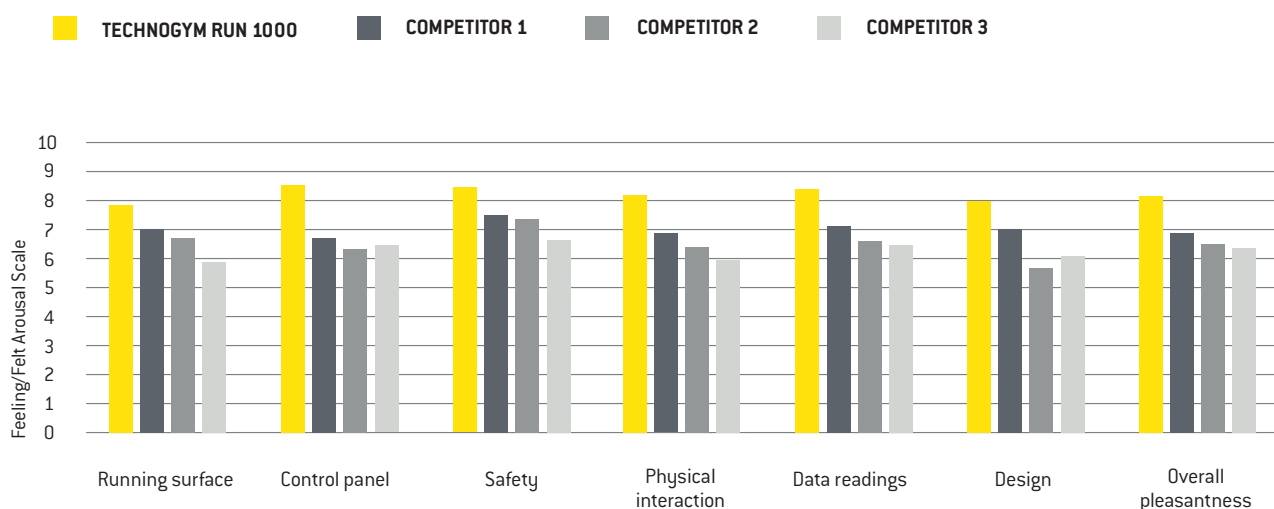
HIGHEST NOISE REDUCTION

The Engineering Department at Ferrara University carried out an independent study of the Sound Power Level of four different treadmills. Trials took place in a professional hemi-anechoic chamber at four different speeds (6, 8, 10 and 12 km/h) and in two different conditions, unloaded (without a user) and loaded (with a user weighing 75 kg).
Graphs 1 and 2 show the performance of the solutions adopted to reduce the Sound Power Level: absorbers, vibration dampers and running belt texture.

TECHNOGYM RUN 1000 **COMPETITOR 1** **COMPETITOR 2** **COMPETITOR 3**

1. SOUND EMISSION POWER (dBA) - UNLOADED
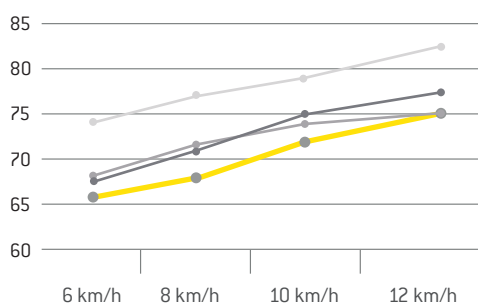
2. SOUND EMISSION POWER (dBA) - LOADED
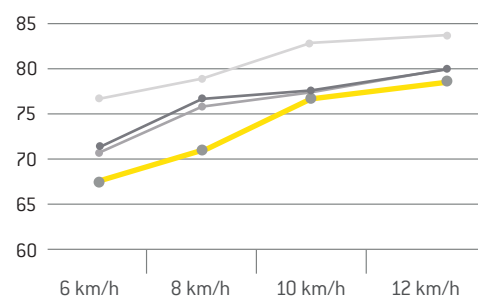
MAXIMUM USABILITY

The latest findings in user experience research were applied to the development of the new Technogym user interfaces. The overall quality was assessed by an independent study run by an ergonomics lab, in collaboration with the Sapienza University of Rome.

Eye tracking glasses were used to register and analyze users' visual behaviors. The presence, absence, duration, location and sequence of each eye fixation were examined to determine which particular feature captured attention and which layout offered the easiest way to activate the controls.

The results of the research were employed to design the best user interface, increasing the perceived quality of the interaction with the device (e.g. usability and learnability) and the overall pleasantness of the training experience.

Maximum eye focus

STEP ON AND GO

RUN 600 is a versatile and sturdy treadmill that offers new performance features and new exercise and entertainment options, promising more challenge, fun and motivation.

NEW FAST TRACK CONTROLS

Thanks to the new **Fast Track Controls** you can easily adjust both speed and incline while maintaining the correct and safe training posture.

NEW SPEED SHIFT CONTROL

Used in combination with the **Fast Track Controls**, it enables you to create interval training profiles on-the-fly and to switch from one speed level to another with one touch.

IMPROVED SPEED AND INCLINE

With its new 8 HP motor power peak, 0.2-12.4 mph/0.4-20 km/h speed and 15% incline, RUN 600 keeps pace with your aspirations.

BLUETOOTH®
CONNECTION

RUN 600
EXCITE®

EASY TO USE

INMOTION SAFETY LIGHT

A red light warns users not to step onto the treadmill until the belt has stopped. The **Runner Detection System** automatically brings the belt to a stop when the treadmill is not in use.

LONG LIFE DECK

More durable than ever, thanks to the three times thicker layer of phenolic resin, the **Long Life Deck** guarantees years of genuine and completely stress-free running.

FOR INTENSIVE USE

The sturdy and durable deck and motor, coupled with lower operating costs, ensure long-lasting performance and satisfaction.

REDUCED DECK HEIGHT

The 7.8"/20 cm high ergonomic deck with its user-friendly design improves accessibility and facilitates use by less experienced users.

TECHNOGYM

TAKE ON THE CHALLENGE

RACES

Thirsty for adventure and excitement? Choose your favorite race! UNITY™ 3.0 offers new challenging and patent pending workouts and new entertainment options that will inspire you and drive you forward.
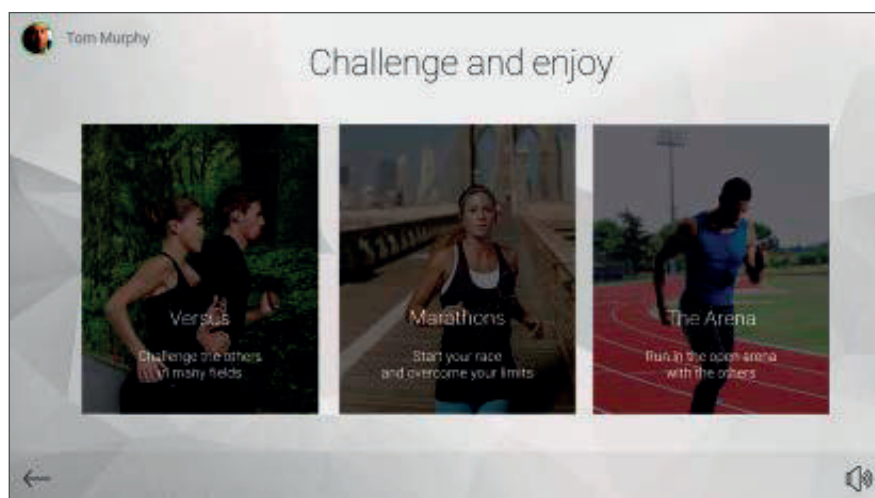
**RUN 1000
RUN 600
EXCITE®**
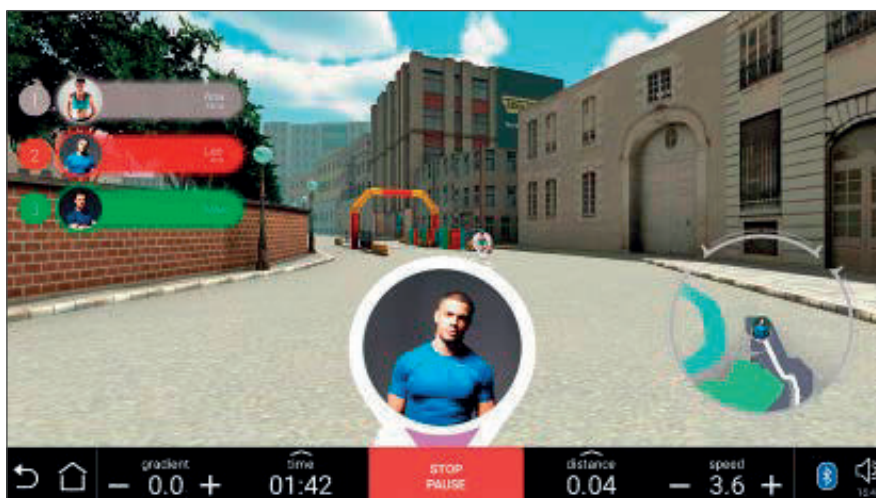
DESIGN YOUR RACE

VERSUS

With **VERSUS** you can challenge friends and fellow members over a preferred distance and track, choosing between the arena or famous marathon routes. Up to 10 people can compete in real time against each other inside the same facility. Create your own race or join someone else's and prepare for the adrenaline coursing through your veins!
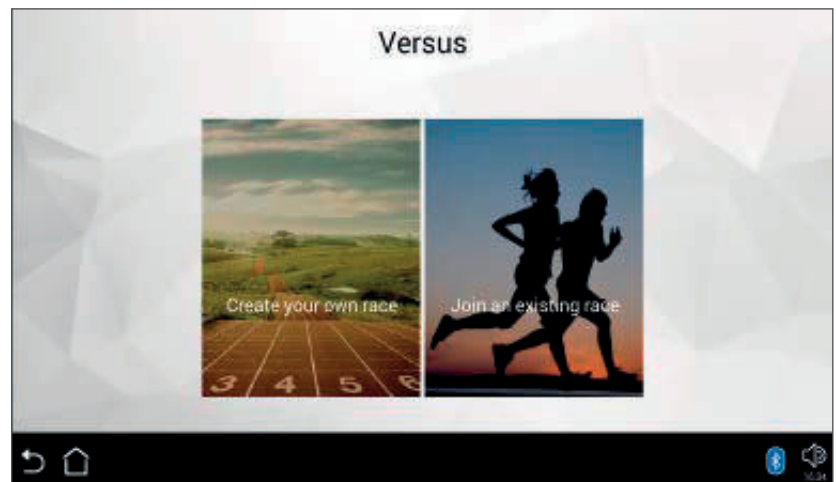
THE ARENA

PATENT PENDING

Enter **THE ARENA** and join all other participants (anyone running on a treadmill inside the facility) on the running track. Log in and choose who you want to run next to.
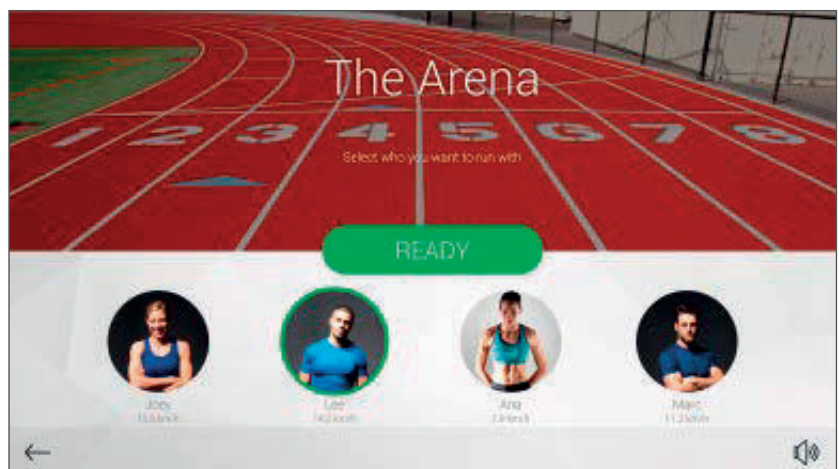
MARATHONS

With **MARATHONS** you can experience running the most famous marathons in your gym. Choose the location and immerse yourself in the virtual setting, made more realistic by the changing incline of the treadmill to mirror the original path. You don't need to run the whole marathon at once; just log in and UNITY 3.0 will pick up from where you left off last time!
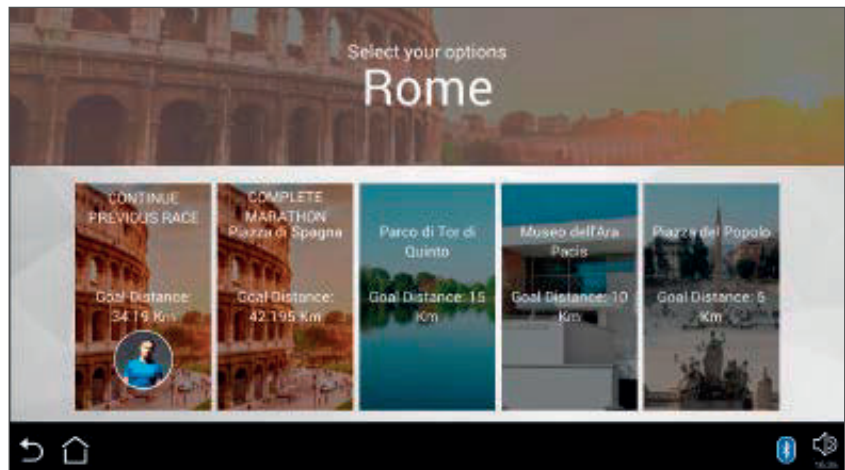
CUSTOMIZED TRACK

Facility operators can personalize the billboards flanking the marathon routes and running tracks, to share interesting messages with you and other facility members. Billboards can be seamlessly updated from the cloud using the Connected Equipment Pack apps to enjoy constantly refreshed content.
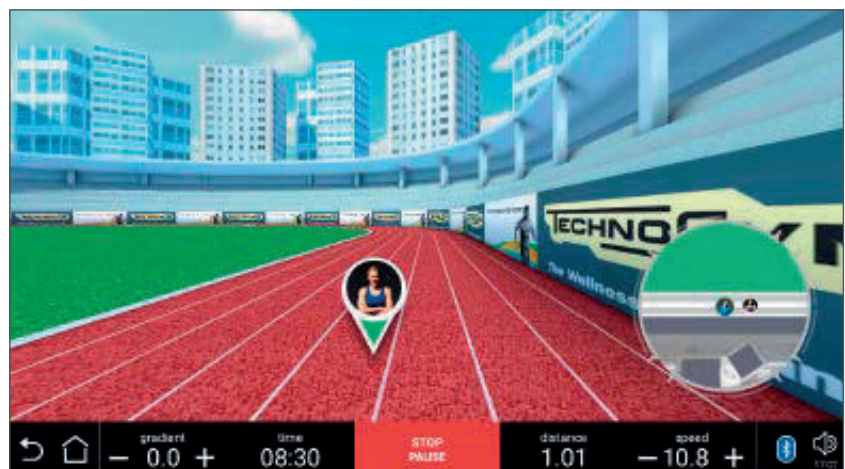
MAXIMIZE YOUR EFFORT

SPEED SHIFT

Used in combination with the **Fast Track Controls**, it enables you to create on-the-fly interval training profiles and to switch from one speed level to another with one touch.
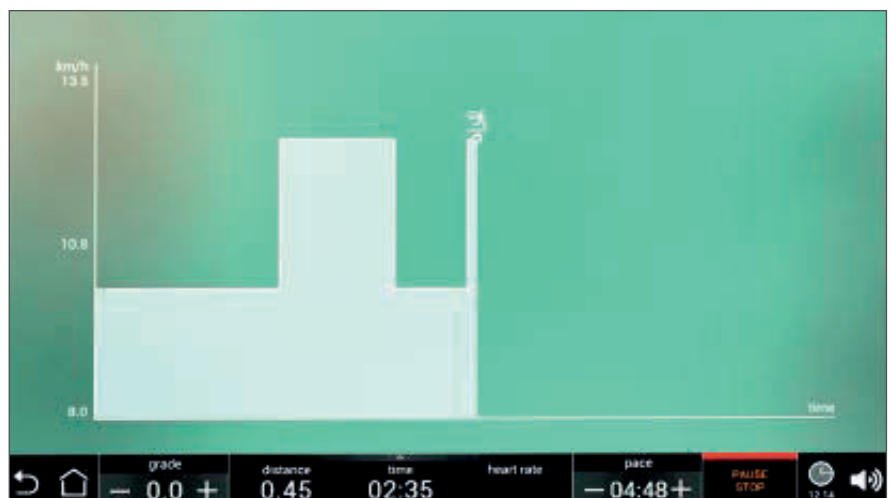
RUN 1000
RUN 600
EXCITE®

CROSS TRAINING

The programme uses speed to automatically create exercise variety, avoiding boredom and burning more calories than "flat resistance" exercises.
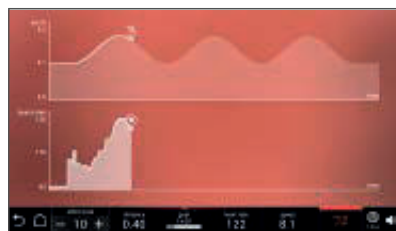
HILLS

Intensity level increases throughout the workout by means of micro adjustments that induce a greater caloric expenditure without the perception of increased exertion.

HI-LOW BLOCKS

This new interval training option enables you to alternate effort phases, switching between all-out sprints and recovery.

RUN INDOORS LIKE OUTDOORS

MYRUNNING LOGBOOK

This exclusive feature enables you to recreate your favorite outdoor runs on Excite® treadmills.

RUN 1000
RUN 600
EXCITE®

RunKeeper   MapMyFitness   Polar

Strava   Garmin   Other
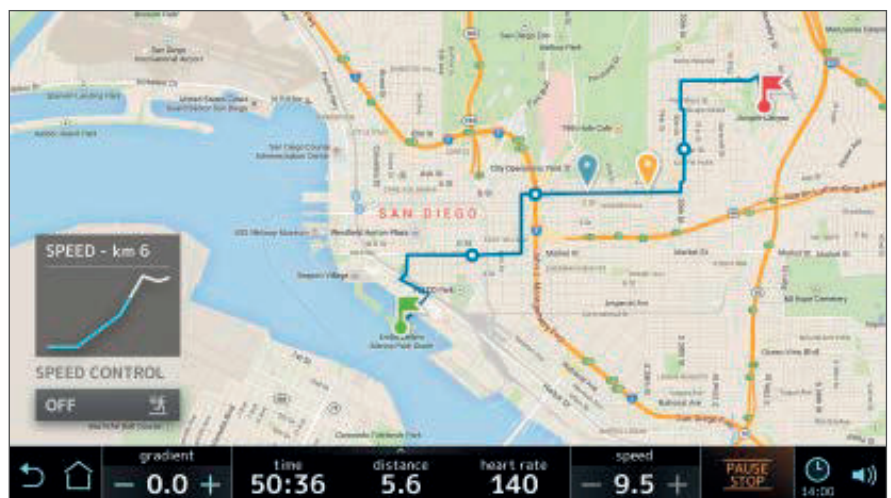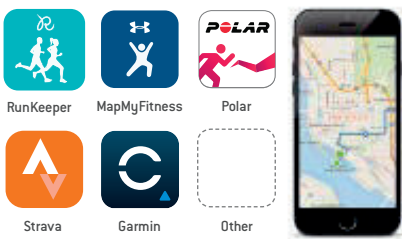
TRACK

Use your customary app
or device to track your
performance.

RELIVE

Choose which run you want
to replicate directly from
the UNITY™ 3.0 console.

CROSS TRAINERS
UNLOCK YOUR TOTAL BODY POTENTIAL

VARIO
EXCITE®

CROSSOVER
EXCITE®

SYNCHRO
EXCITE®

FREE AND NATURAL MOVEMENT

Enjoy infinite movement trajectories. VARIO follows your stride and adapts automatically to your movement pattern. Its adaptive and no-impact movement ensures variety and effectiveness to your training.

0-32.7"

ADAPTIVE STRIDE

VARIO adapts its stride dynamically and automatically, from 0 to 32.7"/83 cm, to suit your size and movement.
Its fluid and natural movement prevents 'bouncing' during the movement and ensures a more comfortable workout.

MOVEMENT VARIETY

With VARIO you can choose your stride length, from vertical stepping (1), to walking (2), to running (3). This movement variety enables you to enjoy a broad range of exercises.

1

2

BLUETOOTH®
CONNECTION

3

VARIED AND EFFECTIVE

VARIO allows you to perform both a total body workout and a great lower body-only workout by holding onto the central handlebars or the lateral supports.

OPTIMAL TRAINING EFFECT

Tests demonstrate that calorie expenditure remains the highest in its category while perceived effort is reduced compared to traditional elliptical machines.*

* "Physiological responses to exercise with two commercially available cross-trainers." Institute for Biomedical Research into Human Movement and Health Manchester Metropolitan University, Manchester.

Manchester Metropolitan University

ENJOYABLE AND FAMILIAR EXERCISE

A study investigating the perception of enjoyment during short bouts of exercise on a treadmill, an elliptical cross trainer and VARIO showed that a VARIO workout is perceived to be as enjoyable and natural as walking and running.*

* A. Carraro, E. Gobbi, I. Ferri, P. Benvenuti, S. Zanuso "Enjoyment Perception During Exercise With Aerobic Machines" in: Perceptual & Motor Skills: Motor Skills & Ergonomics, 2014.

UNIVERSITÀ DEGLI STUDI DI PADOVA

TOTAL AND LOWER BODY TRAINING

VARIO allows you to perform both a total body workout and a great lower body-only workout by holding onto the central handlebars or the lateral supports.

SAFE AND COMFORTABLE

NEW ERGONOMIC HANDLEBARS

You can now grab the handlebars at the top and perform more effective pushing and pulling movements for better upper body engagement.
With the **Fast Track Controls** you can adjust the intensity level directly from the handlebars without interrupting the exercise to reach the keypad.
The **Double Hand Sensors** system enables constant heart rate monitoring.

OPTIMAL START

Enjoy each exercise from the first step thanks to the innovative **Self Starting System** (patented) that avoids pedal blocking.

REDUCED PEDAL HEIGHT

The reduced height of the pedals from the ground and the lateral hand supports make VARIO safe and easy to use, even for beginners.

CHALLENGE YOUR WHOLE BODY

Ideal for any level of conditioning, CROSSOVER engages multiple muscle groups, providing an effective cardio workout that also benefits your core, balance and coordination.

1. Convergent upper body movement
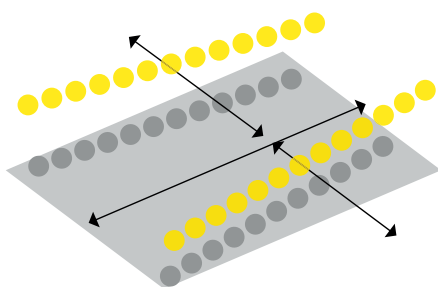
2. Lateral lower body movement
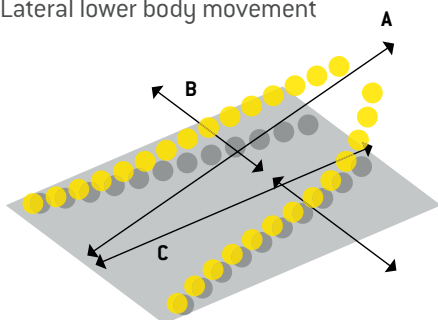
CORE AND BALANCE WORKOUT

As you move, the center of mass rotates and adapts continuously, offering an intense core workout that is more effective than circular training for coordination and balance control*.

* Report by Vito Enrico Pettorossi, Department of Internal Medicine, Section of Human Physiology, University of Perugia.

LATERAL TOTAL BODY MOVEMENT (PATENTED)

Lateral total body movement is the combination of two winning concepts: 1) convergent upper body movement of the arms, torso and core and 2) lateral lower body movement.

MULTIPLE MUSCLE ENGAGEMENT

Lateral movement is performed on 3 different planes, requiring users to perform extension (A), abduction (B) and external rotation (C), engaging more muscles than traditional lower body movement.

UNIQUE PEDAL GEOMETRY

The footplate movement path was engineered to ensure proper hip, knee and ankle alignment. Knee valgus movement can be corrected on CROSSOVER, making it ideal for rehabilitation and for correcting faulty movement mechanics*.

* Biomechanical Analysis – In collaboration with Biomechanical LAMS Laboratory, University of Perugia Medicine, Section of Human Physiology, University of Perugia.

BLUETOOTH®
CONNECTION

UNIVERSITÀ
DEGLI STUDI
DI PERUGIA

EVERYTHING WITHIN REACH

NEW ERGONOMIC HANDLEBARS

You can now grab the handlebars at the top and perform more effective pushing and pulling movements for better upper body engagement.

INTUITIVE AND NATURAL MOVEMENT

The more you let yourself go, the easier and more fun the exercise gets. Tap into the rhythm and enjoy the guided movement.

FAST TRACK CONTROLS

With the **Fast Track Controls** you can adjust the intensity level directly from the handlebars without interrupting the exercise to reach the keypad.

DOUBLE HAND SENSORS

Both the upper body levers and fixed handgrips are fitted with **Hand Sensors** to monitor heart rate in all training situations.

MOVE NATURALLY

SYNCHRO recreates the movement of the body when walking or running. The natural elliptical movement provides an extremely effective cardio exercise.

NEW ERGONOMIC HANDLEBARS

You can now grab the handlebars at the top and perform more effective pushing and pulling movements for better upper body engagement.

JOINT-SAFE MOVEMENT

Enjoy a natural, no-impact movement thanks to the rear drive that ensures a fluid elliptical trajectory. The contact between the feet and pedals remains constant throughout the whole range of movement, without stressing the joints.

BLUETOOTH®
CONNECTION

SMOOTH AND EASY

SMOOTH MOVEMENT

The **Smooth Motion** belt transmission system ensures the machine movement is quiet and fluid.

EASY CONTROLS

With the **Fast Track Controls** you can adjust the intensity level directly from the handlebars without interrupting the exercise to reach the keypad. Both the upper body levers and fixed handgrips are fitted with **Hand Sensors** to monitor heart rate in all training situations.

SYNCHRO
EXCITE®

FULFILL YOUR TOTAL BODY POTENTIAL

HI-LOW BLOCKS

This new interval training option enables users to alternate effort phases, switching between pushing as hard as they can and recovering.

VARIO CROSSOVER* SYNCHRO EXCITE®

CROSS TRAINING

The program uses resistance to automatically create exercise variety, avoiding boredom and burning more calories than "flat resistance" exercises.

HILLS

Intensity level increases throughout the workout by means of micro adjustments that induce a greater caloric expenditure without the perception of increased exertion.

BIKE
EXCITE®

RECLINE
EXCITE®

BIKES
**TRACE
YOUR
ROAD**

ROAD CYCLING FEELING

Enjoy the sensation of riding a real road bike. The biomechanics and ergonomic design offer a variety of positions to help you achieve peak performance.

FAST TRACK CONTROLS

With the **Fast Track Controls** you can focus your attention on performance alone and maintain a correct and safe training posture at all times without needing to interact with the keypad to adjust the intensity level of the exercise.

3 BIKES IN 1

The exclusive handlebar design enables you to ride in 3 different training positions: standard (1), city bike (2) and a stimulating race position (3).

BLUETOOTH®
CONNECTION

3

MAXIMUM PERFORMANCE

SUPERIOR FEELING

Feel at one with your BIKE thanks to the reduced distance between the pedals that gives you a more realistic cycling experience.

PERFECT SEAT FIT

Enjoy maximum comfort thanks to adjustments at the back of the seat that make it possible to change position while seated. The 12.5mm/0.5" step guarantees the finest adjustment of your seat.

SMART PEDALS

BIKE's wider pedals provide greater stability and support. The straps can be easily adjusted by simply tightening and releasing the buckle. The 10 degree pedal incline towards the ground makes it easier to slide the feet inside the pedals from a seated position.

COMFORTABLE ELBOW SUPPORT

BIKE's exclusive handlebar offers a soft and
ergonomic elbow support that improves
your comfort in the race position.

CYCLE WITH COMFORT

If you are looking for a moderate cardio activity and additional comfort, RECLINE offers an alternative cycling experience.

TOTAL ACCESSIBILITY

RECLINE is easily accessible:

- The wide walk through enables users to enter and exit the bike more comfortably.
- The 2.5"/6.5 cm step-over height simplifies access for less mobile and larger users.
- The central handlebar serves as an additional support when sitting down or getting up.

EASE OF USE AND COMFORT

Finding your ideal sitting position is easy with the adjustable backrest. Both the seat and backrest provide excellent support and comfort thanks to the new design and exclusive padding material.

BLUETOOTH®
CONNECTION

EASY ACCESS AND CONTROL

FAST TRACK CONTROLS

With the **Fast Track Controls** you can adjust the intensity level of the exercise from the handles at the side of the seat without having to interact with a keypad.

SMART PEDALS

RECLINE's wider pedals provide greater stability and support. The straps can be easily adjusted by simply tightening and releasing the buckle. The 10 degree pedal incline towards the ground makes it easier to slide the feet inside the pedals from a seated position.

ACHIEVE PEAK PERFORMANCE

BURNOUT

This unique workout routine utilizes brake control technology that increases resistance in relation to the user's power output.
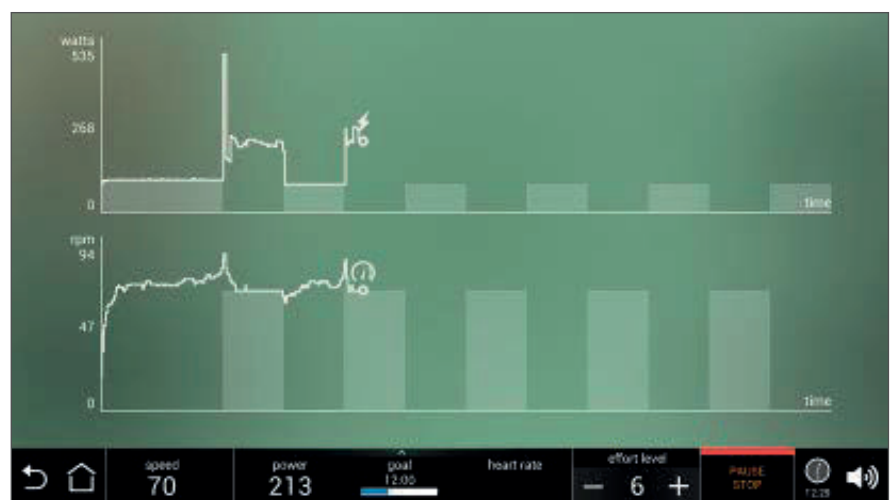
BIKE RECLINE EXCITE®

CROSS TRAINING

The program uses speed to automatically create exercise variety, avoiding boredom and burning more calories than "flat resistance" exercises.

HILLS

Intensity level increases throughout the workout by means of micro adjustments that induce a greater caloric expenditure without the perception of increased exertion.

HI-LOW BLOCKS

This new interval training option enables users to alternate effort phases, switching between pushing as hard as they can and recovering.

UPPER BODY
TOP UP YOUR
WELL-BEING

TOP
EXCITE®

COMPLETE YOUR WELL-BEING

Enjoy a more varied, stimulating and effective cardio workout. Upper body rotary training improves your fitness, muscular strength, endurance and look. Extremely versatile in both design and functionality, TOP is suited for many applications, including sport training and rehabilitation.

1

GREAT VERSATILITY

TOP can be used seated or standing up. The optional ergonomic seat **(1)** helps promote proper posture and assists in engaging core, back and shoulder muscles to achieve better total body stabilization. TOP also features an optional seat with backrest for maximum comfort and support **(2)**. The standing position **(3)** involves longer kinetic chains, engaging more muscles and increasing calorie consumption.

2

TESTS ON-BOARD

TOP sports a variety of tests for general training purposes as well as injury prevention and rehabilitation. Tests include: **Sub-maximal and Maximal Tests** for the assessment of both aerobic and anaerobic fitness levels (Wingate Test).

3

❖ ® | BLUETOOTH®
CONNECTION

MULTIPLE TRAINING OPTIONS

ROTATING HANDLES

The rotating handles engage different muscle groups, distributing the load according to your needs and preferences.
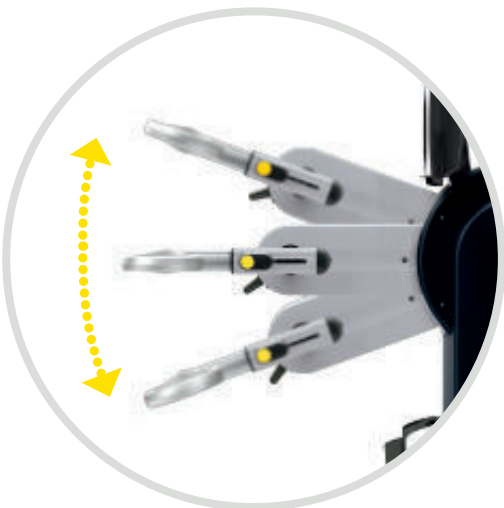
ADJUSTABLE HAND CRANK HEIGHT

The adjustable hand crank height ensures greater comfort and proper posture, as well as diversified involvement of the different muscle groups.

TELESCOPIC ARMS

Telescopic arms enable use in all positions and at different heights. By varying the length of the arms, you can choose the level of involvement of the torso.

FORWARD-BACKWARD RESISTANCE

Achieve a more balanced workout and the complete involvement of all shoulder and torso muscles.

MAXIMIZE YOUR EFFORT

WARM UP

Proper warm up of arm, shoulder muscles and joints before strength training and sport competitions improves results and helps prevent injuries. In just four minutes, by selecting the Warm Up function on the display, you will be taken through an exercise routine that prepares you for safe and effective training.

TOP
EXCITE®
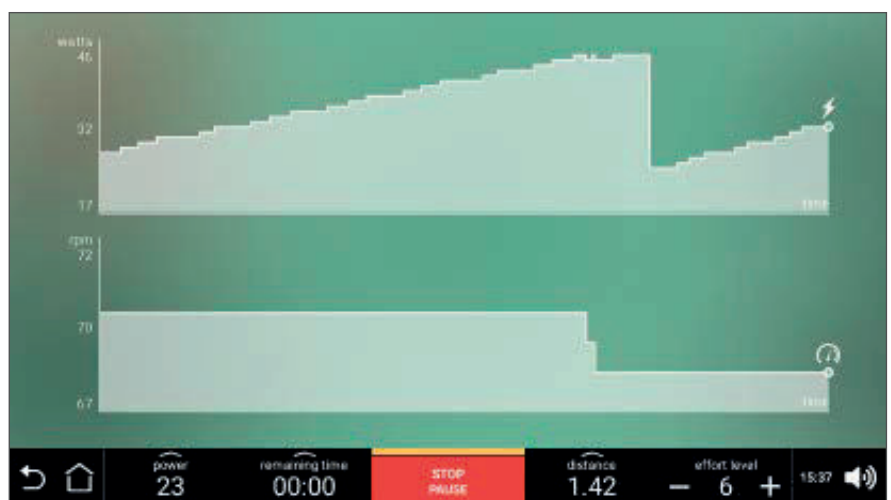
CRUISE CONTROL

The dedicated button directs to a programme whose only parameter target is speed. This function is very useful and highly beneficial for sport performance training and rehabilitation.

CUSTOM POWER

This interval training option enables users to exercise at a set resistance independently from the working speed.
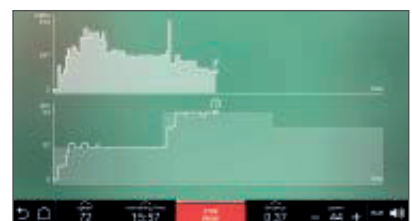
CUSTOM SPEED

This interval training option enables users to exercise at a set speed. The equipment automatically changes the resistance in the chosen speed to maintain the correct RPM.

STEPPERS
ASCEND TO
NEW HEIGHTS

STEP
EXCITE®

FLOWING, CLIMBING MOTION

A highly effective step machine that is also quiet, smooth and easy to operate, providing a complete cardiovascular workout.

OPTIMIZED HANDLE DESIGN

The support handles are optimally positioned to provide the correct support throughout the workout.

SMOOTH AND EFFECTIVE MOVEMENT

The **Smooth Motion** belt transmission system ensures quiet operation and fluidity of movement. The independent pedals challenge your balance and provide an effective lower body workout.

BLUETOOTH®
CONNECTION

SAFE AND EFFECTIVE

EASY CONTROLS

The **Fast Track Controls** allow you to change the resistance level without having to remove the hands from the support handles and interrupt your training. The **Hand Sensors** enable constant heart rate monitoring.

DISPLAYS

UNITY™

The new UNITY™ 3.0 console features:

- new powerful hardware featuring a processor that is more than twice as fast and Android 5.1
- enhanced picture quality
- new Interval Training workouts
- new Races workouts
- Wi-Fi® and Bluetooth® connectivity
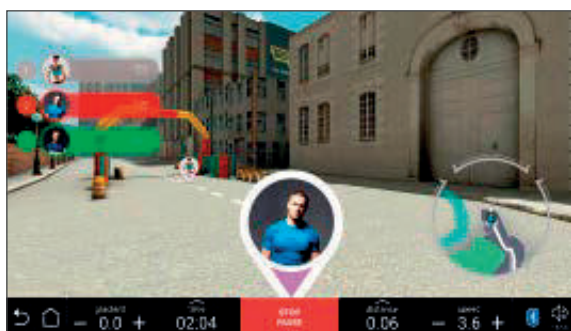
RACES

Thirsty for adventure and excitement?
Choose your favorite race! Run a marathon,
create your own race or jog alongside friends
in the arena.
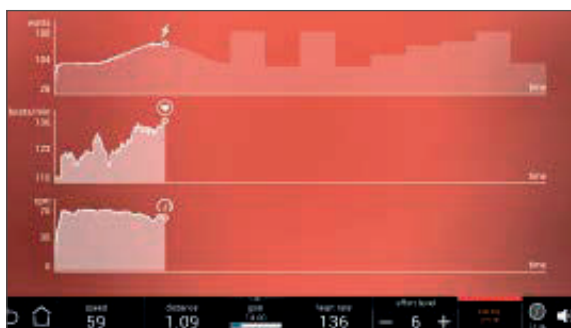
MYRUNNING LOGBOOK

Replicate your outdoor runs tracked
by compatible mobile apps such as
RunKeeper®, MapMyFitness® and Strava®,
and by wearable tracking devices such as
Garmin® and Polar®.

INTERVAL TRAINING

Enjoy the benefits of interval training,
avoiding boredom and burning more
calories than what you would do with "flat
resistance" exercises.

PERSONAL PROFILE

You can tailor your workout experience
by setting up a personal profile that
automatically links to your training
programs, favorite apps, websites
and TV channels when you log in.
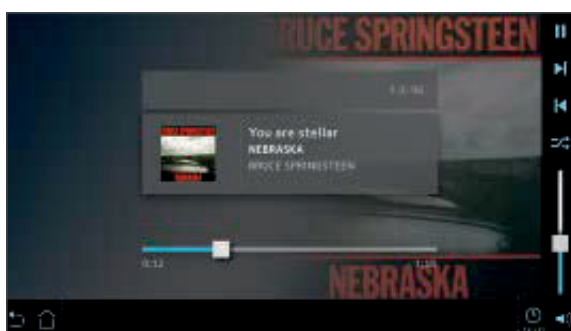
BLUETOOTH® MUSIC LISTENING

The UNITY™ 3.0 console plays your favorite
music from your Apple or Android device via
Bluetooth®. To enjoy a hands-free training
and entertainment experience, pair with
your Bluetooth® wireless earphones.
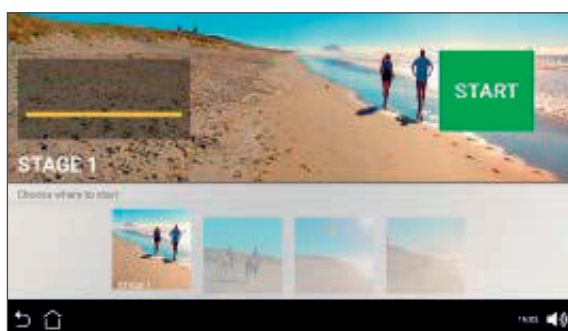
OUTDOORS

Select one of 16 different virtual locations
(8 on bikes and 8 on treadmills and
crosstrainers) and enjoy an outdoor training
simulator on your cardio console.

TV

The new TV console features:

- incomparable usability thanks to touch-screen technology
- Coax and IPTV technologies
- new Interval Training workouts
- Wi-Fi® and Bluetooth® connectivity
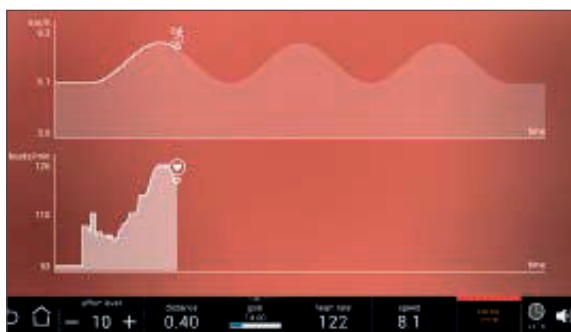
INTERVAL TRAINING
Enjoy the benefits of interval training, avoiding boredom and burn more calories than what you would do with "flat resistance" exercises.
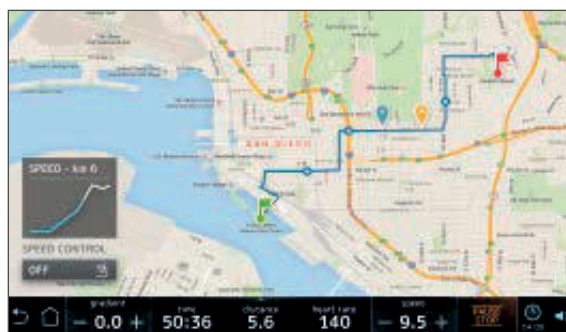
MYRUNNING LOGBOOK
Replicate your outdoor runs tracked by compatible mobile apps such as RunKeeper®, MapMyFitness® and Strava®, and by wearable tracking devices such as Garmin® and Polar®.
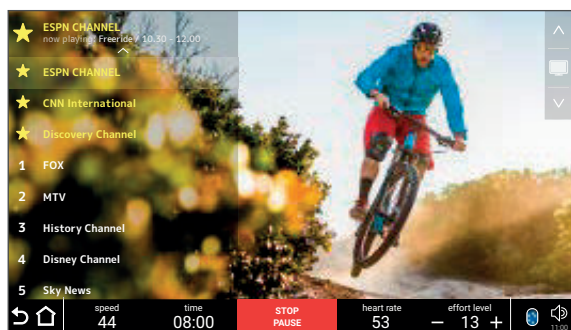
FAVORITE TV CHANNELS
Our smart TV technology supports all modern standards including IPTV and PRO-Idiom without the need for set top boxes so you can control viewing directly from the touch-screen console.
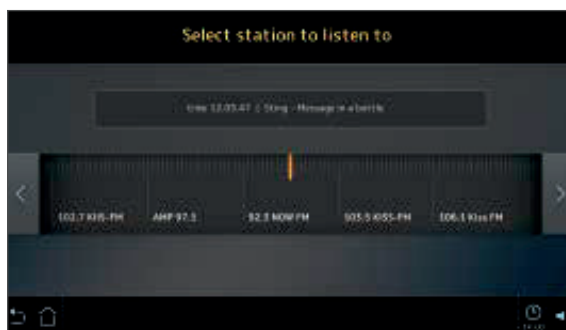
FM RADIO
Listen to your favorite radio stations, as if you were at home or in your car. To enjoy a hands-free training and entertainment experience, pair your Bluetooth® wireless earphones.
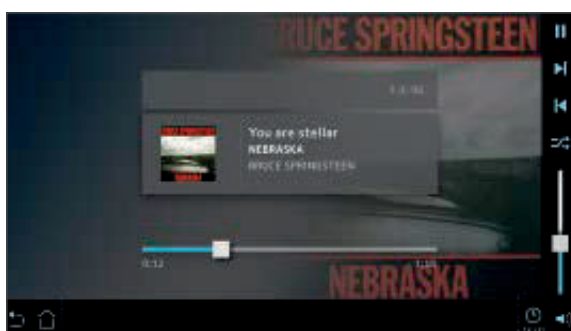
BLUETOOTH® MUSIC LISTENING
The TV console plays your favorite music from your Apple or Android device via Bluetooth®. To enjoy a hands-free training and entertainment experience, pair your Bluetooth® wireless earphones.
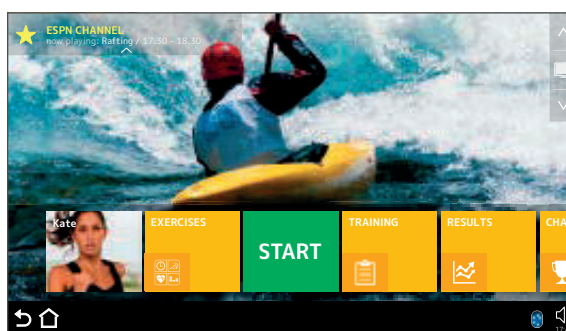
PERSONAL PROFILE
You can tailor your workout experience by setting up a personal profile that automatically links to your training programs, and your preferred TV channels when you log in.

LED

The new advanced LED display features:

- contemporary style with new black frame
- refreshed graphics for enhanced usability
- integrated QR code and NFC tag for exercise guidance and tracking.

QR CODE AND NFC TAG

The QR code and NFC tag enable you to view videos for exercise guidance and/or check the prescribed workout on your personal smartphone.

TESTS

A full range of Submaximal, Maximal, and Military tests is available on-board the equipment to satisfy all different needs.

TEST

PROGRAMS

A full range of programs is available to satisfy the needs of the most demanding users. Heart rate controlled training options are also available to help users achieve their goals, from weight loss to performance enhancement.

PAUSE **QUICK START** **STOP**

CUSTOM **WEIGHT LOSS** **CPR**

TRAINING ZONE

CONNECTED EQUIPMENT PACK*

GET THE MOST OUT OF YOUR

*INCLUDED WITH UNITY™ 3.0 AND TV

CUSTOMIZE, PROMOTE AND MANAGE YOUR FACILITY

pro.mywellness.com for operators

It enables you to:

- customize the equipment screensaver with your logo, messages and preferred pictures or video (on UNITY™ 3.0 and TV)
- customize bookmarks by adding your preferred website to the list of web bookmarks (on UNITY™ 3.0)
- customize "Share on Facebook" links to promote your brand when users share their training data (on UNITY™ 3.0).

MONITOR EQUIPMENT USAGE

UNITY™ 3.0 and mywellness.com for users

Asset

It enables you to:

- remotely monitor your equipment via a dashboard, with real-time data on equipment usage and uptime (on TV and UNITY™ 3.0).

EQUIPMENT

DELIVER WELLNESS EVERYWHERE

mywellness.com

mywellness app

It enables your users to:

- create and access their account
- check their fitness data and their training program
- view exercise details and videos
- share the information with you.

PERSONALIZE YOUR SCREEN

Technogym App Store

It enables you to:

- create a personalized screen on all equipment interfaces by downloading your choice of apps and contents (on UNITY™ 3.0 and TV).

ACCESSORIES

A wide range of accessories to complement and enhance your workout.

ERGONOMIC SEAT WITHOUT BACKREST

A0000368

Accessory to: **Top EXCITE®; Top EXCITE® MED***

Ergonomic seat without backrest for a greater freedom of movement during the exercise.

SEAT WITH BACKREST

A0000371

Accessory to: **Top EXCITE®; Top EXCITE® MED***

Ergonomic seat with backrest for correct spine alignment and posture.
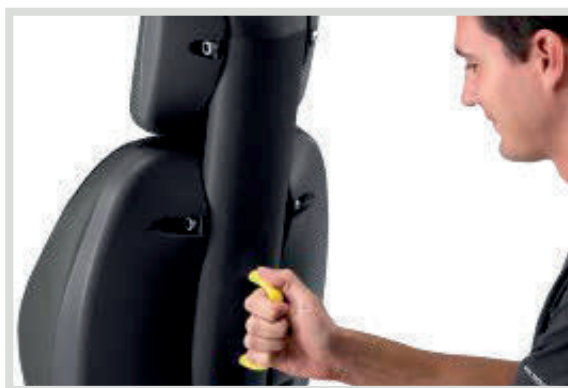
INCLUSIVE SEAT WITH BACKREST

A0000436

Accessory to: **Top EXCITE®; Top EXCITE® MED***
As standard on: **Top EXCITE® IFI**

Inclusive seat with backrest yellow handle for easy and safe removal by both wheelchair and able bodied users.

PLATFORM

A0000497

Accessory to: **Top EXCITE®**
As standard on: **Top EXCITE® MED***

Wheelchair ramp to be used with seat.

PLATFORM WITHOUT SEAT

A0000609

Accessory to: **Top EXCITE®; Top EXCITE® MED***

Dedicated wheelchair ramp to be used without standard seat.

REAR STEP

A0000344

Accessory to: **Run 1000 EXCITE®;
Run 1000 EXCITE® MED***

Rear step for easy access to the Run.
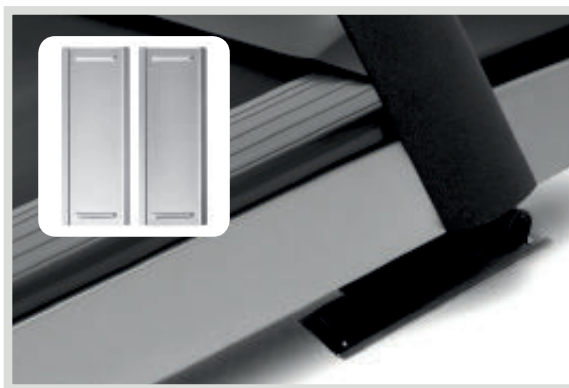
TREADMILL FOOTPLATES

(suitable for carpet flooring)   A0000352

(suitable for carpet flooring)   A0000799

Accessory to: **Run 1000 and Run 600 EXCITE®**

Footplates keep the treadmill securely in place and avoid movement, especially on slippery surfaces.

BIKE SADDLE ADAPTER

A0000553

Accessory to: **Bike EXCITE®; Bike EXCITE® MED***

Racing saddle and stem.

PEDAL STRAPS

A0000496

Accessory to: **Bike, Recline EXCITE®;
Bike, Recline EXCITE® MED***

Coloured pedal straps to support the feet.

ADJUSTABLE CRANKS

A0000439

Accessory to: **Bike, Recline EXCITE®;
Bike, Recline EXCITE® MED***

Pedal cranks with adjustable length.

* also available for IFI version (for UK market only)

TECHNICAL SPECIFICATIONS
DISPLAYS

	UNITY™ 3.0	TV	Advanced LED
Screen & controls			
Screen type and size - Treadmill	19" LCD - WIDE 16:9		LED
Screen type and size - Other equipment	15.6" LCD - WIDE 16:9		LED
Capacitive touch screen technology	Surface capacitive		-
Android open platform	YES		NO
Gesture interaction	YES		NO
Keypad technology	-		with tactile feedback
Equipment Content			
Embedded Workout Programs (treadmill)	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Custom Speed, Training Zone, Weight Loss, Speed Shift, Hi-Low Blocks, Hills, Cross Training		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customizable), Custom Speed, Training Zone, Weight Loss
New "On Trend" workouts	YES		NO
Smart charts	YES		NO
Sub maximal tests (on treadmill)	3 - Fitness test, Single stage, Multistage, Smart		Fitness Test
Maximal tests (on treadmill)	8 - Technogym maximal test, Custom maximal test, Bruce, Bruce modified, Naughton, Balke and Ware, Astrand modified, Costill and Fox		NO
Military test (on treadmill)	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO		IPPT
Language options	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, NOrwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish
3rd party apps			
Compatible with standard Android apps	YES	NO	
HR Measuring			
5kHz receiver	YES		
Bluetooth® Smart	YES		NO
Hand Sensors	YES, double (where applicable)		
User ID			
Active RFID reader	YES	Optional	NO
RFID tag	NO		YES
Bluetooth®	YES		NO
QR code	YES		
Username & password	YES		NO

TECHNICAL SPECIFICATIONS
DISPLAYS

	UNITY™ 3.0	TV	Advanced LED
User customization			
My Training Program	YES		NO
My Training Results	YES		NO
My Workout Feedback	YES		NO
My Exercices (latest and favorites)	YES		NO
MyRunning Logbook (treadmill only)	YES		NO
My Language	YES		NO
My Weather	YES	NO	
My Challenges	YES		NO
My Personal Records	YES		NO
My Favorite TV Channels	YES		NO
My Favorite Web Bookmarks	YES	NO	
My Music (automatic Bluetooth® connection to Apple and Android devices; no pairing needed)	YES		NO
My Games (restore game levels where I have left in the previous workout)	YES	NO	
User Content Sync (no username & password typing needed to connect to personal accounts)	YES	NO	
Entertainment options			
Analog TV	PAL (BG, DK, I, BH, M, N), SECAM (L, L1, DK, H, BG), NTSC (NTSC M, NTSC4.43 M)		NO
Digital TV	DVB-T2, DVB-T, DVB-C, ATSC+QAM B, ISDB-Tb (with smart card reader for Japanese market)		NO
IPTV	MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition & HD; PROTOCOLS: UDP/RTP multicast & unicast		NO
Pro:Idiom comptibility (dedicated accessory code)	IPTV and Coax		NO
Radio	digital (DVB-T, DVB-C, ATSC, ISDB-T, QAM), analog (FM)		NO
Integrated cardio theater controls	MYE Android App	NO	
Full Web navigation experience	YES	NO	
Games	customizable from Technogym App Store	NO	NO
USB Multimedia - Audio	MP3, AAC, WAV (uncompressed)		NO
USB Multimedia - Video	AVI (Video codec: XVID, MPEG4, H264 - Audio codec: MP3, AC3) MKV (Video codec: MPEG4, H264 - Audio codec: MP3, AAC, AC3) MP4 (Video codec: MPEG4, H264 - Audio codec: MP3, AC3)		NO
USB Multimedia - picture and documents readers	JPEG, BMP, GIF, PNG, PDF		NO
iPod / iPhone - support and recharge	With user personal cable through USB connector		NO
iPad - support and recharge	With user personal cable through USB connector		NO
Android devices support and recharge	With user personal cable through USB connector		NO
Bluetooth® headphones connectivity	YES		NO
Outdoors (virtual locations)	YES	NO	

	UNITY™ 3.0	TV	Advanced LED
Exergaming			
Real-time races between treadmills	YES	NO	
Famous virtual marathon courses (treadmills)	YES	NO	
Treadmills arena	YES	NO	
Connectivity			
LAN Ethernet 10/100/1000	YES		NO
WiFi - IEEE802.11a/b/g/n (2,4 GHz & 5GHz)	YES		NO
Bluetooth® 4.1	YES		NO
Bluetooth® Smart	YES		NO
USB	YES		NO
C-Safe	Optional (upgrade Kit)		YES
Facility customization option			
Applications and content available on console	YES		NO
Content availability depending on user profile	YES		NO
Screen saver customizable with facility logo/brand	YES		NO
Screen saver customizable with facility messages	YES		NO
Screen saver background customizable with facility immages	YES		NO
Screen saver background customizable with facility video	YES		NO
Screen saver background customizable with TV channel	YES		NO
Stand-by mode (screen off)	YES		NO
Facility area customizable with facility logo/brand	YES	NO	
Supported Professional Apps			
COMMUNICATOR - text messages to the console	YES	NO	
COMMUNICATOR - messages with images	YES	NO	
COMMUNICATOR - messages with videos	YES	NO	
COMMUNICATOR - Run surveys on the console	YES	NO	
COMMUNICATOR - message and survey available to specific user groups	YES	NO	
COMMUNICATOR - message and survey available to specific types of equipment	YES	NO	
COMMUNICATOR - message and survey available to specific time and day of the week	YES	NO	
COMMUNICATOR - Club Area	YES	NO	

DISPLAYS

	UNITY™ 3.0	TV	Advanced LED
ASSET management - equipment usage data	YES		NO
ASSET management - remote software upgrade	YES		NO
ASSET management - automatically notify maintenance team about malfunctioning	YES		NO
ASSET management - monitor and notify network connectivity malfunctioning	YES		NO
STORE - select which applications to show on the console	YES		NO
STORE - assign premium applications to premium users	YES	NO	
STORE - assign different applications to different types of equipment	YES	NO	
STORE - stats about each application usage	YES	NO	
STORE - constantly updated library of new applications	YES	NO	
STORE - custom applications & enterprise distribution	YES	NO	
PRESCRIBE - display the entire workout session on the console	YES		NO
PRESCRIBE - display exercise details and videos for cardio, selectorized, functional, body weight and all types of exercises on the console	YES		NO
PRESCRIBE - manually track any type of exercise directly from the console	YES		NO
PRESCRIBE & SELF - review the charts of exercise results directly from the console	YES		NO
PRESCRIBE & SELF - track any type of exercises also when training without a training program (free session) directly from the console	YES		NO
SELF - pick a new training program from library by answering few guided questions directly from the console	YES		NO
SELF - add exercises and modify the training program directly from the console	YES		NO
CHALLENGE - publish and promote challenges directly on the console	YES		NO
CHALLENGE - join new challenges directly from the console	YES		NO
CHALLENGE - review the challenge ranking directly on the console	YES		NO

TECHNICAL SPECIFICATIONS
RUN 1000

	1000 UNITY™	1000 TV	1000 LED
	ENERGY SAVING*	ENERGY SAVING*	ENERGY SAVING* ●

Specifications & performance			
Dimensions (LxWxH)**	2190 x 960 x 1551 mm (86" x 38" x 61")		
Weight	195 kg (430 lbs)		
Max user weight	220 kg (485 lbs)		
Height of the running surface above floor level	280 mm (11")		
Power engine (peak)	8.0 HP (AC)		
Speed range	0.8 - 27 km/h (0.5 - 16.8 mph) at 220 Vac 0.8 - 22 km/h (0.5 - 13.7 mph) at 110 Va 0.8 - 20 km/h (0.5 - 12.4 mph) at 90 Vac		
Incline	0 - 18%		
Running surface (LxW)	1520 x 520 mm (60" x 20.5")		
Power requirement	200 - 240 Vac ("E" version); 90 - 240 Vac ("A" version); 16A dedicated socket each machine		
Training & comfort features			
Goal Oriented Display	YES		
Total number of programmes	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Custom Speed, Training Zone, Weight Loss, Speed Shift, Hi-Low Blocks, Hills, Cross Training		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customizable), Custom Speed, Training Zone, Weight Loss
Sub maximal tests	4 - Fitness test, Single stage, Multistage, Smart Test		3 - Fitness test, Single stage, Multistage
Maximal tests	8 - Technogym maximal test, Custom maximal test, Bruce, Bruce modified, Naughton, Balke and Ware, Astrand modified, Costill and Fox		
Military tests	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO		
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish
User-defined language selection	YES		NO
HR monitoring	Hand Sensors, Telemetry***		
Fast Track Controls	YES		
Runner Detection System	YES		
"InMotion" Safety Light	YES		
Preventive Care Light	YES		
Optimal Stride	YES		
ReadyToRun	YES		
Laser marking on belt	YES		
Integrated fan	YES		
Calorie Coach	YES		
Supplementary features & utilities			
Servicing	Belt and deck lubrication not required		
Long Life Deck	YES		
Heart rate interactive function via Hand Sensors	YES		
mywellness® platform connectivity	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader
Display options			
Display available	UNITY™ 3.0	TV	Advanced LED
Certifications			
MET Mark	YES		

● 🔦 IFI accredited version available for UK market only

CPR® SYSTEM

* See specific information on p. 30
** Length x Width x Height while working on the equipment
*** Analogue heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

TECHNICAL SPECIFICATIONS
RUN 600

	600 UNITY™	600 TV	600 LED
Specifications & performance			
Dimensions (LxWxH)*	2100 x 859 x 1481 mm (83" x 34" x 58")		
Weight	164 kg (362 lbs)		
Max user weight	200 kg (440 lbs)		
Height of the running surface above floor level	200 mm (8")		
Power engine (peak)	8.0 HP (AC)		
Speed range	0.4 - 20 km/h (0.2 - 12.4 mph)		
Incline	0 - 15%		
Running surface (LxW)	1520 x 510 mm (60" x 20")		
Power requirement	200 - 240 Vac ("E" version); 90 - 240 Vac ("A" version); 16A dedicated socket each machine		
Training & comfort features			
Goal Oriented Display	YES		
Total number of programmes	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Custom Speed, Training Zone, Weight Loss, Speed Shift, Hi-Low Blocks, Hills, Cross Training		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customizable), Custom Speed, Training Zone, Weight Loss
Sub maximal tests	Fitness Test		
Military tests	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO		IPPT
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish
HR monitoring	Hand Sensors, Telemetry**		
Fast Track Controls	YES		
Runner Detection System	YES		
"InMotion" Safety Light	YES		
ReadytoRun	YES		NO
Laser marking on belt	YES		
Calorie Coach	YES		
Supplementary features & utilities			
Servicing	Belt and deck lubrication not required		
Long Life Deck	YES		
Plug & Play System	YES		
mywellness® platform connectivity	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader
Certifications			
MET Mark	YES		
Display options			
Display available	UNITY™ 3.0	TV	Advanced LED

* Length x Width x Height while working on the equipment
** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

TECHNICAL SPECIFICATIONS
VARIO

	UNITY™	TV	LED	LED SP
				ENERGY SAVING

Specifications & performance

Dimensions (LxWxH)*	1940 x 730 x 1700 mm (73"x 29"x 67")			
Weight	200 kg (441 lbs)			
Max user weight	160 kg (353 lbs)			
Min. pedal height from the ground	270 mm (11")			
Step height	170 mm (7")			
Min. - max stride	0 - 830 mm (0 - 33")			
Difficulty levels	1 - 25			
Resistance at 70 SPM (Watts)	30 - 500			50 - 500
Power requirement	100 - 240 Vac 50/60 Hz			Self Powered cordless

Training & comfort features

Goal Oriented Display	YES			
Total number of programs	17 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Hi-Low Blocks, Hills, Cross Training		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Submaximal tests	Fitness Test			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
HR monitoring	Double Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Calorie Coach	YES			
Self Starting System	YES			
Lateral supports	YES			
Ergonomic handlebars	YES			

Supplementary features & utilities

mywellness® platform connectivity	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	

Certifications

UL Mark	YES			

Display options

Display available	UNITY™ 3.0	TV	Advanced LED	

* Length x Width x Height while working on the equipment

** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

TECHNICAL SPECIFICATIONS
CROSSOVER

	UNITY™	TV	LED	LED SP
				ENERGY SAVING
Specifications & performance				
Dimensions (LxWxH)*	1625 x 752 x 1692 mm (64" x 30" x 67")			
Weight	155 kg (342 lbs)			
Max user weight	180 kg (397 lbs)			
Kind of movement	Lateral Pattern – Dependent pedals with predefined stride length – Convergent Upper Body			
Difficulty levels	1 - 25			
Resistance at 120 SPM (Watts)	30 - 340			50 - 340
Power requirement	100 - 240 Vac 50/60 Hz			Self Powered cordless
Training & comfort features				
Goal Oriented Display	YES			
Total number of programs:	14 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customizable), Custom, Training Zone, Weight Loss	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Submaximal tests	Fitness Test			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		NO	
HR monitoring	Double Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Calorie Coach	YES			
Ergonomic handlebars	YES			
Supplementary features & utilities				
mywellness® platform connectivity:	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	
Certifications				
UL Mark	YES			
Display options				
Display available	UNITY™ 3.0	TV	Advanced LED	

* Length x Width x Height while working on the equipment

** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

TECHNICAL SPECIFICATIONS
SYNCHRO

	UNITY™	TV	LED	LED SP
				ENERGY SAVING

Specifications & performance				
Dimensions (LxWxH)*	2040 x 700 x 1600 mm (81" x 28" x 63")			
Weight	150 kg (330 lbs)			
Max user weight	180 kg (397 lbs)			
Difficulty levels	1 - 25			
Resistance at 120 SPM (Watts)	30 - 500			40 - 500
Power requirement	100 - 240 Vac 50/60 HZ			Self Powered cordless

Training & comfort features				
Goal Oriented Display	YES			
Total number of programs	17 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Hi-Low Blocks, Hills, Cross Training		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Submaximal tests	Fitness Test			
Military tests	Navy PRT			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		NO	
HR monitoring	Double Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Calorie Coach	YES			
Ergonomic handlebars	YES			

Supplementary features & utilities				
mywellness® platform connectivity:	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	

Certifications				
UL Mark	YES			

Display options				
Display available	UNITY™ 3.0	TV	Advanced LED	

* Length x Width x Height while working on the equipment
** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.
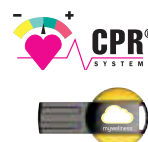
TECHNICAL SPECIFICATIONS
BIKE

	UNITY™	TV	LED	LED SP
				ENERGY SAVING

Specifications & performance

Dimensions (LxWxH)*	1185 x 600 x 1338 mm (47" x 24" x 53")			
Weight	61 kg (134 lbs)			
Max user weight	180 kg (397 lbs)			
Difficulty levels	1 - 25			
Resistance at 70 RPM (Watts)	30 - 500			40 - 500
Power requirement	100 - 240 Vac 50/60 HZ			Self Powered cordless

Training & comfort features

Goal Oriented Display	YES			
Total number of programs	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Hi-Low Blocks, Hills, Cross Training, Burnout		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Submaximal tests	3 - Fitness Test, Fit Test, Borg 15		2 - Fitness Test, Borg 15	
Military tests	2 - Air Force PRT, Navy PRT			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		NO	
HR monitoring	Double Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Three-position handlebar	Classic Position, City Bike Position and Race Position			
Calorie Coach	YES			
Handlebar with soft elbow rests	YES			
Seat adjustment mechanism	Integrated into back of seat			
Seat height step	12.5 mm (0.5")			
Smart pedals	YES			
Number of seat positions	27			

Supplementary features & utilities

Heart rate interactive function from Hand Sensors	YES			
mywellness® platform connectivity:	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	

Certifications

UL Mark	YES	

Display options

Display available	UNITY™ 3.0	TV	Advanced LED

Accessories

Accessories available	Straps (A0000496)

* Length x Width x Height while working on the equipment
** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.
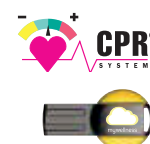
CPR® SYSTEM

TECHNICAL SPECIFICATIONS
RECLINE

	UNITY™	TV	LED	LED SP
				ENERGY SAVING

Specifications & performance

	UNITY™	TV	LED	LED SP
Dimensions (LxWxH)*	1600 x 600 x 1294 mm (63" x 24" x 51")			
Weight	81 kg (179 lbs)			
Max user weight	220 kg (485 lbs)			
Difficulty levels	1 - 25			
Resistance at 70 RPM (Watts)	30 - 500			40 - 500
Power requirement	100 - 240 Vac 50/60 HZ			Self Powered cordless

Training & comfort features

	UNITY™	TV	LED	LED SP
Goal Oriented Display	YES			
Total number of programs	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Hi-Low Blocks, Hills, Cross Training, Burnout		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Submaximal tests	3 - Fitness Test, Fit Test, Borg 15		2 - Fitness Test, Borg 15	
Military tests	2 - Air Force PRT, Navy PRT			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		NO	
HR monitoring	Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Calorie Coach	YES			
Seat height step	12.5 mm (0.5")			
Number of seat positions	27			
Smart pedals	YES			
Ergonomic handlebar for easy mounting and dismounting	YES			
Adjustable backrest	4 positions			
Wide walk through	YES			
Step-over height	6.5 cm (2.5")			

Supplementary features & utilities

	UNITY™	TV	LED	LED SP
Heart rate interactive function via Hand Sensors	YES		NO	
mywellness® platform connectivity:	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	

Certifications

	UNITY™	TV	LED	LED SP
UL Mark	YES			

Display options

	UNITY™	TV	LED	LED SP
Display available	UNITY™ 3.0	TV	Advanced LED	

Accessories

	UNITY™	TV	LED	LED SP
Accessories available	Straps (A0000496)			

* Length x Width x Height while working on the equipment
** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

CPR® SYSTEM

TECHNICAL SPECIFICATIONS
TOP

	UNITY™	TV	LED	LED SP
				ENERGY SAVING
Specifications & performance				
Dimensions (LxWxH)*	1550 x 709 x 1491 mm (60" x 28" x 58")			
Weight	130 kg (287 lbs)			
Max user weight	180 kg (397 lbs)			
Difficulty levels	1 - 30			
Resistance at 40 RPM (Watts)	20 - 1000**			40 - 1000**
Power requirement	100 - 240 Vac 50/60 HZ			Self Powered cordless
Training & comfort features				
Goal Oriented Display	YES			
Warm Up function	YES			
Total number of programs	16 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Custom (Constant Speed, Constant Power), Training Zone, Cruise Control, Warm Up		25 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom (Constant Speed, Constant Power), Training Zone, Weight Loss, Cruise Control	
Submaximal tests	Fitness Test			
Maximal tests	Maximal test, Wingate test			
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES			
HR monitoring	Telemetry***			
Calorie Coach	YES			
Ergonomic seat	YES			
Rotating handles	YES			
Supplementary features & utilities				
mywellness® platform connectivity	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	
Certifications				
UL Mark		YES		
Display options				
Display available	UNITY™ 3.0	TV	Advanced LED	
Accessories				
Accessories available	Ergonomic seat without backrest (A0000368), Seat with backrest (A0000371), Platform to be used with seat (A0000497), Platform to be used without seat (A0000609)			

* Length x Width x Height while working on the equipment
** 1000 Watts on specific testing functions
** Analogue heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.
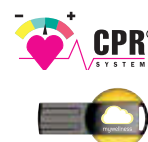
TECHNICAL SPECIFICATIONS
STEP

	UNITY™	TV	LED	LED SP
				ENERGY SAVING

Specifications & performance				
Dimensions (LxWxH)*	1112 x 790 x 1835 mm (44" x 31" x 72")			
Weight	100 kg (220 lbs)			
Max user weight	180 kg (397 lbs)			
Speed (min./max. SPM)	26 / 200			33 / 200
Kind of movement	Independent pedals			
Difficulty levels	1 - 25			
Power requirement	100 - 240 Vac 50/60 HZ			Self Powered cordless

Training & comfort features				
Goal Oriented Display	YES			
Total number of programs	14 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customizable), Custom, Training Zone, Weight Loss	
Submaximal tests	Fitness Test		NO	
Languages available	23 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		NO	
HR monitoring	Hand Sensors, Telemetry**			
Fast Track Controls	YES			
Calorie Coach	YES			

Supplementary features & utilities				
Heart rate interactive function via Hand Sensors	YES			
mywellness® platform connectivity:	YES through Key Reader, Bluetooth®, QR code and RFID	YES through Key Reader, Bluetooth®, QR code and RFID optional	YES through optional Key Reader	

Certifications				
UL Mark	YES			

Display options				
Display available	UNITY™ 3.0	TV	Advanced LED	

* Length x Width x Height while working on the equipment
** Analog heart rate chest straps with 5kHz transmission. On UNITY™ 3.0 versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.

A SELECTION OF TECHNOGYM SCIENTIFIC PUBLICATIONS

The following papers published by Technogym's Scientific Research Department in indexed journals are the result of the company's ongoing investment in scientific research with the purpose of designing superior products and advancing knowledge in the field of Sports Medicine.

EXERCISE PHYSIOLOGY

Zanuso S, Bergamin M, Jimenez A, Pugliese G, D'Errico V, Nicolucci A, Ermolao A, Balducci S. **Determination of metabolic equivalents during low- and high-intensity resistance exercise in healthy young subjects and patients with type 2 diabetes.**
Biol Sport. 2016 Mar; 33(1): 77-82.

Padulo J, Attene G, Migliaccio GM, Cuzzolin F, Vando S, Ardigò LP. **Metabolic optimisation of the basketball free throw.** J Sports Sci. 2015; 33(14): 1454-8.

Carraro A, Gobbi E, Ferri I, Benvenuti P, Zanuso S. **Enjoyment perception during exercise with aerobic machines.** Perceptual & Motor Skills, 2014, 119, 1, 1-10.

Bergamin M, Ermolao A, Sieverdes JC, Zaccaria M, Zanuso S. **Validation of the mywellness key in walking and running speeds.** Journal of Sports Science and Medicine, 11, 57-63, 2012.

McGinley SK, Armstrong MJ, Khandwala F, Zanuso S, Sigal RJ. **Assessment of the mywellness key accelerometer in people with type 2 diabetes.** Appl Physiol Nutr Metab. 2015, 10:1-6.

BIOMECHANICS & ERGONOMICS

Biscarini A, Benvenuti P, Busti D, Zanuso S. **A Scott Bench with Ergonomic Thorax Stabilization Pad Improves Body Posture During Preacher Arm Curl Exercise.**
Ergonomics. 2015, J30: 1-23.

Biscarini A. **Measurement of power in selectorized strength-training equipment.**
J Appl Biomech. 2012 Jul; 28(3): 229-41.

Biscarini A, Benvenuti P, Botti F.M, Brunetti A, Brunetti O, Pettorossi E.V. **Voluntary-enhanced co-contraction of hamstring muscles during open kinetic-chain leg extension exercise, and its potential unloading effect on the anterior cruciate ligament.** American Journal of Sports Medicine 42: 2103-2112 (2014).

Robert B, Gray A, Bertiato F, Benvenuti P, Zanuso S, Wei Ross, Caine M. **Development of a Structured Protocol to Determine Multimedia Screen Position on CV Equipment.** International Journal of Sports Science and Engineering Vol. 06 (2012).

Biscarini A. **Minimization of the knee shear joint load in leg-extension equipment.**
Med Eng Phys. 2008 Oct;30(8):1032-41.

Biscarini A, Benvenuti P, Botti F, Mastrandrea F, Zanuso S. **Modelling the joint torques and loadings during squatting at the Smith machine**.
J Sports Sci. Mar;29(5):457-69. 2011.

EXERCISE IS MEDICINE

Lucini D, Zanuso S, Solaro N, Vigo C, Malacarne M, Pagani M. **Reducing the risk of metabolic syndrome at the worksite: preliminary experience with an ecological approach**. Acta Diabetol. 2015.

Zanuso S. **Exercise: a powerful tool to manage type 2 diabetes in the ageing population.**
European Medical Journal. 1, 2014.

Mann S, Beedie C, Balducci S, Zanuso S, Allgrove J, Bertiato F, Jimenez A. **Changes in Insulin Sensitivity in Response to Different Modalities of Exercise: a review of the evidence.** Diabetes Metab Res Rev. 2013 Oct 15.

Zanuso S, Sieverdes JC, Smith NC, Carraro A, Bergamin M. **The effect of a strength training program on affect, mood, anxiety, and strength performance in older individuals.**
Int. J. Sport Psychol., 2012.

Balducci S, Zanuso S, Cardelli P, Salvi L, Mazzitelli G, Bazuro A, Iacobini C, Nicolucci A,Pugliese G. **Changes in Physical Fitness Predict Improvements in Modifiable Cardiovascular Risk Factors Independently of Body Weight Loss in Subjects With Type 2 Diabetes Participating in the Italian Diabetes and Exercise Study (IDES)**. Diabetes Care, 2012.

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Inlay		SILVER
Guard		BLACK
UI Frame		BLACK

CLASS

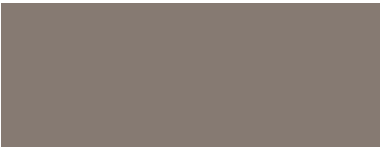|		
Frame		ALUMINIUM
Inlay		SILVER
Guard		QUICKSILVER
UI Frame		QUICKSILVER

Actual product colors may differ from colors shown on this catalogue due to printing.

NAVY

COSMO

	NAVY BLUE
	SILVER
	NAVY BLUE
	BLACK

	ANTHRACITE
	BLACK
	BLACK
	BLACK

Actual product colors may differ from colors shown on this catalogue due to printing.

ATELIER EXCITE®
TREND

ATELIER EXCITE®
CLASS

ATELIER EXCITE®
NAVY

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COSMO

TOTAL WELLNESS SOLUTION

We provide each client with tailor-made solutions to meet every need, all the way from project design to startup and facility management.

INTERIOR DESIGN

We inspire people with an attractive and enjoyable environment in which training becomes an experience to savor.

EQUIPMENT

To offer a complete range of innovative products featuring unique design, and training and entertainment solutions to meet the training needs and aspirations of all users.

APPS, DEVICES & CONTENT

To offer your members a fully engaging gym experience based on Wellness lifestyle management which helps you run your business more profitably.

FINANCIAL SERVICES

To provide the best financial terms and advice to make your acquisition simple and profitable.

AFTER SALES

To ensure regular maintenance of your equipment and fast aftersales support through a dedicated service contract.

PROGRAMS & EDUCATION

To help you create the very best user experience with tailored program training based on individual needs, abilities and engagement.

MARKETING SUPPORT & BRANDING

To help you communicate and market your facility and programmes to attract new customers, retain existing ones and release the full the value of your investment.

INTERIOR DESIGN

Our Wellness Design™ service draws on years of experience gained designing Fitness & Wellness spaces to help create the perfect environment for physical and mental well-being.

www.technogym.com/interiordesign
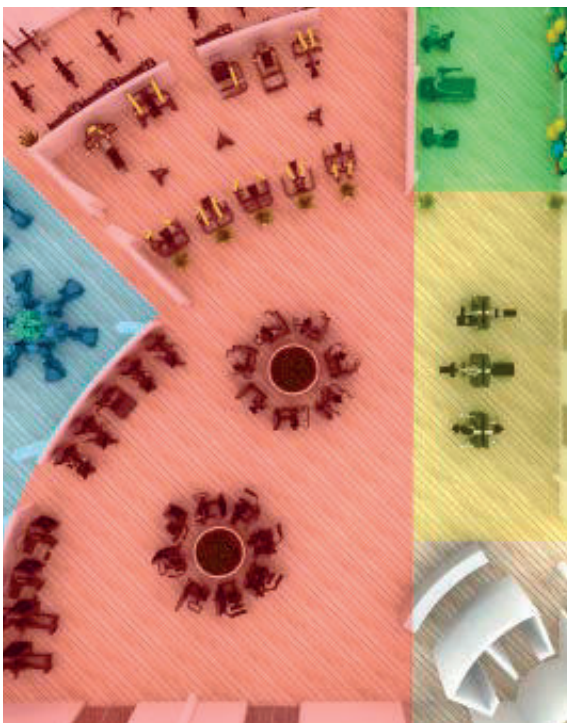
CUSTOMIZATION AND DIFFERENTIATION

Following the layout proposal, which indicates the best way to arrange the equipment and identifies distinct areas according to specific training needs, you can request a consulting session regarding interior design.

THE IMPORTANCE OF CLUB ATMOSPHERE

We can produce 3D rendered drawings to show you how the equipment will blend into the environment and create a new Wellness area with an aesthetic value that will help increase client satisfaction and loyalty.

APPS, DEVICES & CONTENT

Thanks to our mywellness® cloud-based open platform that integrates equipment, apps and personal devices, operators can deliver comprehensive lifestyle solutions.

www.technogym.com/mywellnesscloud

A TOTALLY ENGAGING USER EXPERIENCE

Our UNITY™ 3.0 and TV digital consoles, are designed to make everyone's training experience unique in terms of ease of use, engagement and motivation.

MEMBER LIFESTYLE MANAGEMENT

Through the mywellness.com portal, we offer a range of ready-to-use apps which enhance the facility operator's potential in all aspects relating to member engagement, management and loyalty.

FINANCIAL SERVICES

We can support your investment in Technogym products with safe, fast and tailored financing plans thanks to our co-operation with an international network of prestigious banking and insurance institutions.

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CUSTOMIZED, RELIABLE FINANCING

Our extensive knowledge of the needs of the fitness sector enables us to develop solutions to suit all of your specific requirements, guaranteeing complete peace of mind.
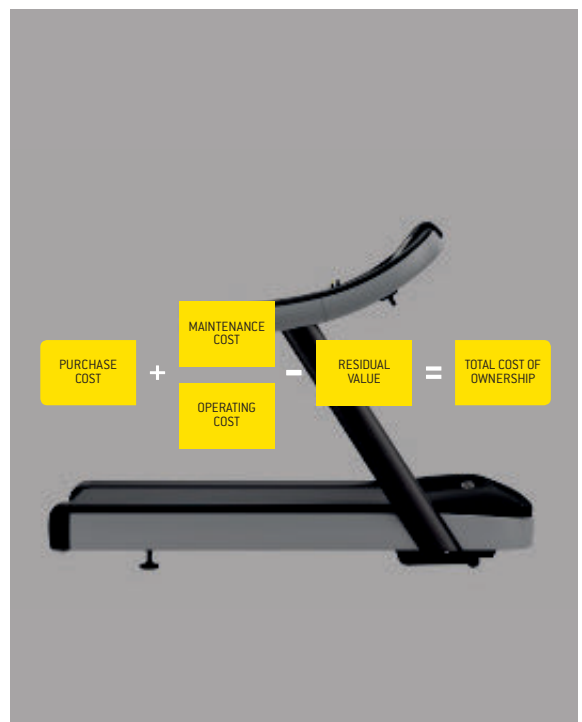
MAINTAIN THE VALUE OF YOUR INVESTMENT

The total cost of ownership of the equipment at the end of its life is obtained by adding the purchase cost of the equipment to the cost of maintenance and operation, then subtracting the residual value. Thanks to the value of Technogym products, the result is a ratio that is always advantageous to the facility owners.

AFTER SALES

Professional and customized maintenance services that guarantee the consistent effectiveness and quality of your equipment.

www.technogym.com/aftersales

TRAINED TO GIVE THE BEST

Technogym After Sales Service keeps your products up and running to preserve their value over time. We have a worldwide infrastructure of 1,000 Technogym After Sales professionals and a customer portal for monitoring the status of service activities, asset usage, service performance metrics, and managing equipment.

OUR SERVICE CONTRACTS

We maintain the highest degree of functionality while also protecting your investment at a fixed fee. Our Service Contracts team will listen to your needs and provide you with expert advice, recommending the appropriate solution for you.

PROGRAMS
& EDUCATION

We aim to educate professionals on how to fully maximize their business potential and create validated and customized programs based on users needs and abilities.

www.technogym.com/education

SCIENTIFICALLY VALIDATED PROGRAMS

Our programs are created by Technogym's worldwide network of leading exercise professionals and are all validated by the Technogym Scientific Board. Designed for multi-format delivery, they are available via apps and as printable collateral materials, such as posters and exercise cards.

FLEXIBLE, HIGHLY QUALIFIED EDUCATION

We assist exercise professionals in creating the very best user experience in the gym by providing on-site and online product and method education to increase interaction, build engagement and generate secondary revenues.

MARKETING SUPPORT & BRANDING

Make the most of your investment in state-of-the-art products: take advantage of our promotional and educational tools to support your business. Go the extra mile!

technogym.com/marketingsupport

PROMOTE YOUR OFFERS AND EDUCATE YOUR MEMBERS

To assist you in the launch and promotion of your gym offering, we provide you with a host of digital and printable marketing tools that support trainer activity and develop a stronger awareness about product use and benefits, growing your members' motivation.
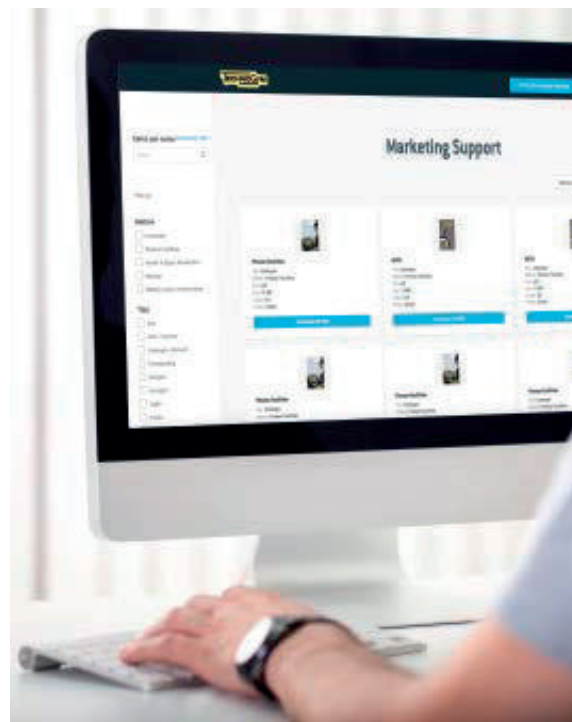
EASILY FIND THE TOOLS YOU NEED

As our client, you can view our merchandising collection and download promotional and educational artwork files, Wellness and product images and videos from the on-line Marketing Support area. Use the different search criteria to find, preview and download the items you are interested in.

TECHNOGYM IN THE WORLD

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