

Wellness Collection



TECHNOGYM®

The Wellness Company

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<<When you're fit and can do
what you want effortlessly,
when you can manage
stress without becoming
overwhelmed, when food
is a healthy pleasure rather
than a daily obsession,
when exercise is an integral
part of life, that's when
you can say you've
achieved Wellness™>>

Let's Move for a Better World



This is what impels us to create innovative solutions to help everyone achieve Wellness, at all ages and in all places. Over 20 years ago we launched the Wellness™ concept, but this lifestyle, based on regular physical activity, healthy eating habits and a positive mental attitude — the essential factors for mental and physical wellbeing —, has its roots in the ancient Roman saying “mens sana in corpore sano”. Our products and services allow us to design tailored solutions around your specific health needs and lifestyle, wherever you are.

Even at home, where inspiration, motivation and time can be challenging, we have solutions to fit your space and budget; helping you make Wellness part of your daily routine. With an approach which places a person's health on the same plane as that of our planet, caring for one's own health, to us means respecting the environment and contributing to a healthier world, for everyone's benefit. This philosophy is the social mission to which we are committed each day. Let's move. Let's Wellness. Let's Technogym.

Chairman and Founder of Technogym®
The Wellness Company™

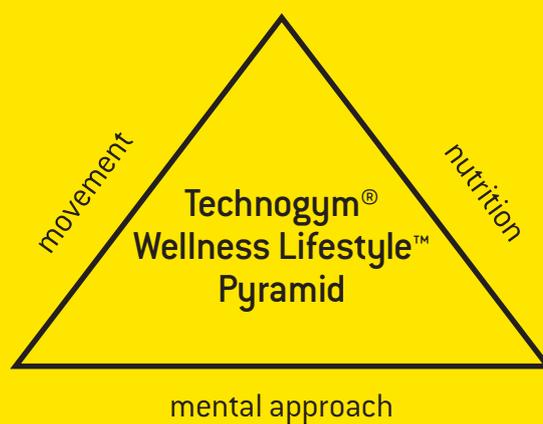


**Let's Move
for a Better World**



Our tailored solutions aim to help you live a better life by focusing on a comprehensive Wellness Lifestyle™ management, in all the places and situations of your daily life.

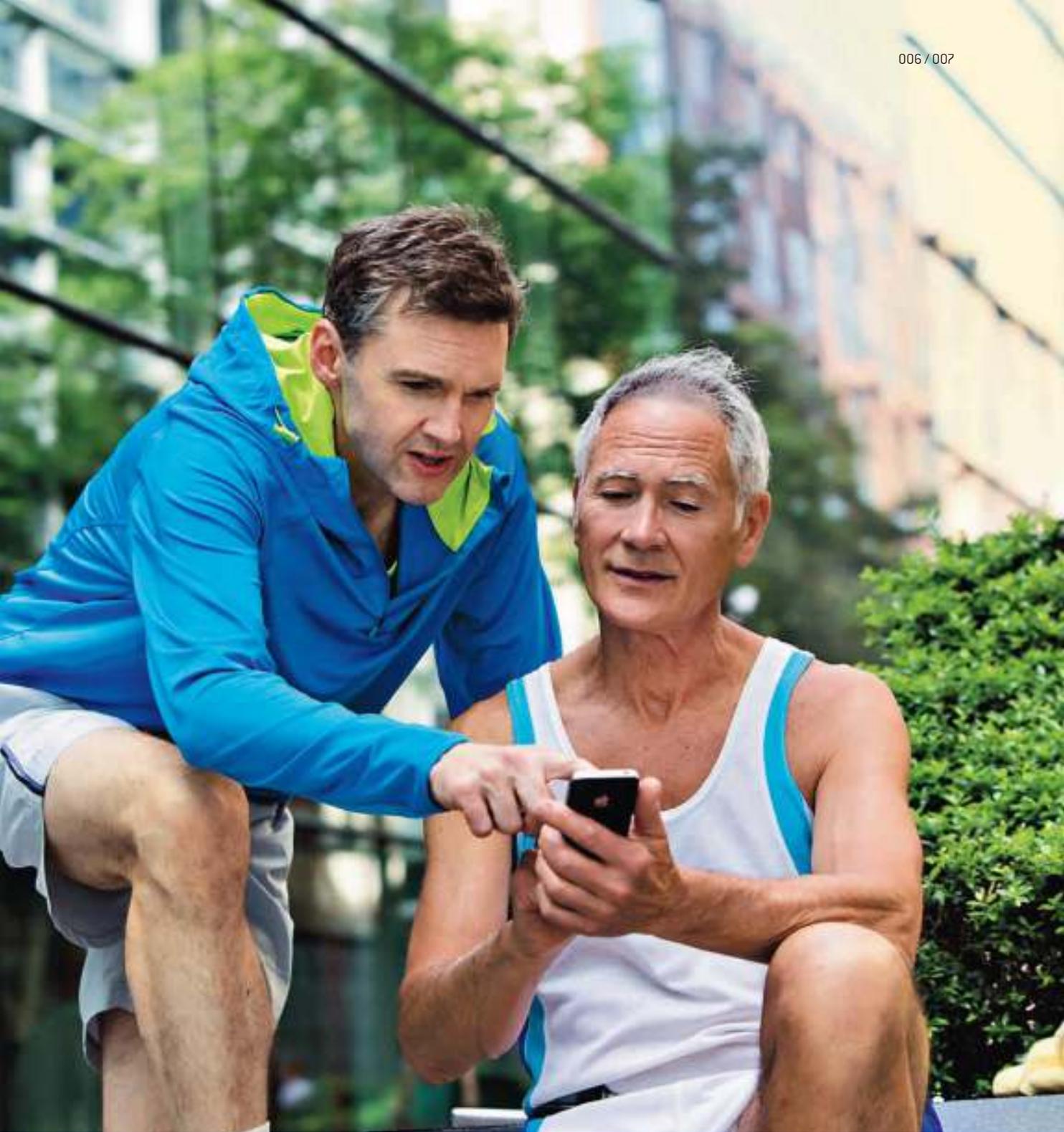
Exercise is the first step to take towards global Wellness. Nevertheless, correct nutrition and a positive mental approach are equally essential to reaching and maintaining a Wellness Lifestyle™ over time.



Wellness on the Go

Technogym Wellness experience everywhere, everyday.

To help you achieve your own
Wellness, wherever you are and
whatever your needs and aspirations
be, Technogym has developed the
the mywellness® platform, which
gives you access to your own
content and training programmes on
all Technogym equipment, anywhere
in the world, using any personal
device – mywellness key, tablet,
smartphone, PC, Smart TV.



mywellness®

Thanks to the mywellness® platform based on cloud technology, you can always take your training program with you to pursue your objectives and keep track of your results.



UNITY™

TABLET

SMARTPHONE

PC

SMART TV

Outdoors

“Even outdoors,
I can follow
my training
programme and
stay in shape.”

Need: Stay Young



Wellness

At the doctor's

“My doctor just
prescribed me
regular exercise
to stay healthy,
Wellness as
medicine.”

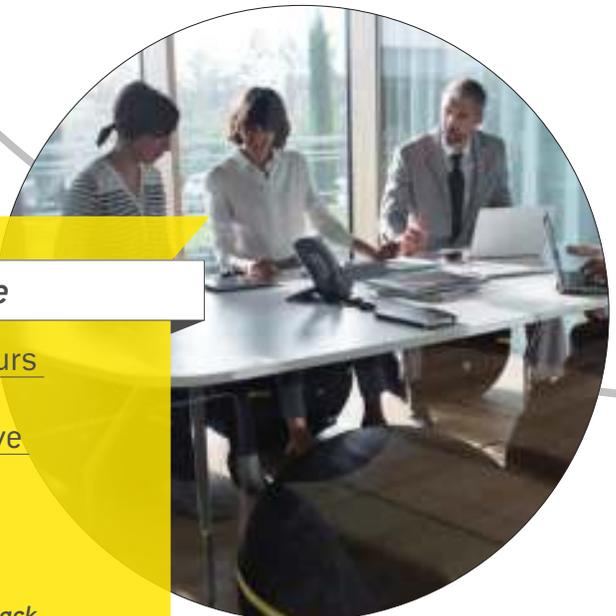
Need: Start Moving



In the office

“After nine hours
at the office,
I still feel active
and my back
feels fine.”

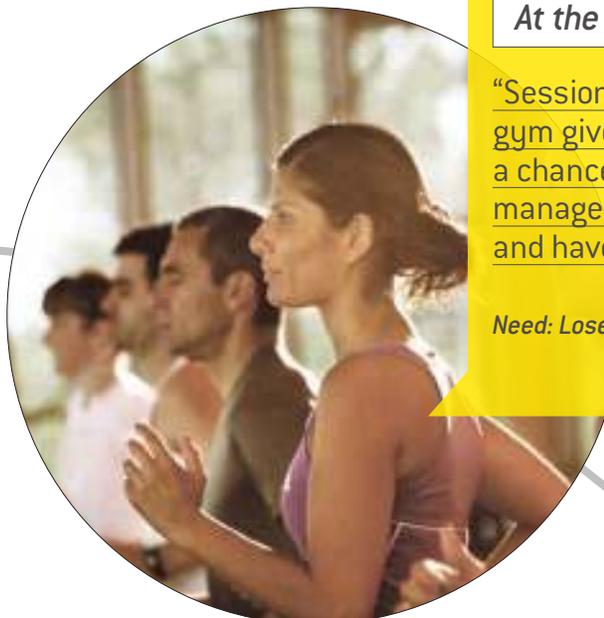
Need: Help Your Back



At the gym

“Sessions at the gym give me a chance to manage my weight and have fun.”

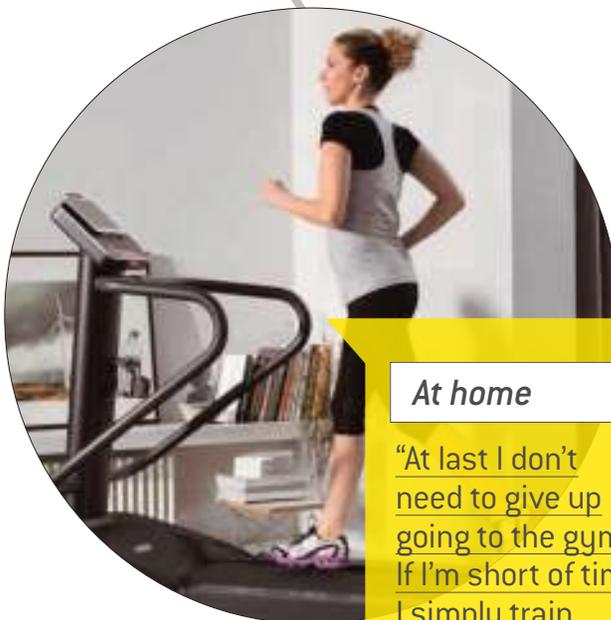
Need: Lose Weight



At home

“At last I don’t need to give up going to the gym. If I’m short of time, I simply train at home.”

Need: Tone Your Body



Travelling

“I can keep to my daily workout routine and fight jet lag when I travel.”

Need: Reduce Stress



on the Go

Equipment





Personal Line

Innovation, technology and design.



/ 014

Run Personal



/ 020

Recline Personal

The Personal line of equipment originates from a quest to create a new icon among Home Wellness products and heralds the dawn of a new era in the way we approach physical exercise in all environments dedicated to wellbeing.

Aimed at bringing people ever closer to Wellness, Personal line equipment draws on nature and science for its inspiration and is the fruit Technogym's collaboration

with the Antonio Citterio Design Studio, to translate thirty years of research and product development into a unique design concept. The result is a series of interior design objects created with sophisticated materials and craftsmanship for environments where people are at one with the Wellness Lifestyle™.



To learn more about UNITY, the Personal line cardio display, see p. 042



/ 026

Cross Personal

/ 032

Kinesis® Personal



RUN PERSONAL



Run Personal

Designed by Antonio Citterio – Assistant Toan Nguyen





reddot design award
honourable mention 2010



Run Personal combines cutting edge technology, innovative materials and inimitable design to bring you not only

professional cardio training, but also an engaging multimedia experience, so that you can have fun while you run.

RECOMMENDED FOR

Improving the cardio-respiratory system.

Weight loss and maintaining body weight.

Strengthening and toning legs.

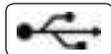
Beginners and experienced users.

Full multimedia entertainment

The tablet-like UNITY™ digital console provides a host of exciting

entertainment options: TV, radio, games, web, music and videos.

Integrated 19" touch-screen tempered glass display and loudspeakers.



Enhanced training performance

The silent motor empowers any type of training, from easy-paced walking to high

intensity marathon training (4 HP).
Inclination up to 15% to simulate hill training.

Innovative design and materials

The soft touch plastics used for the central and side handles make them pleasurable and comfortable to touch and provide optimum grip.

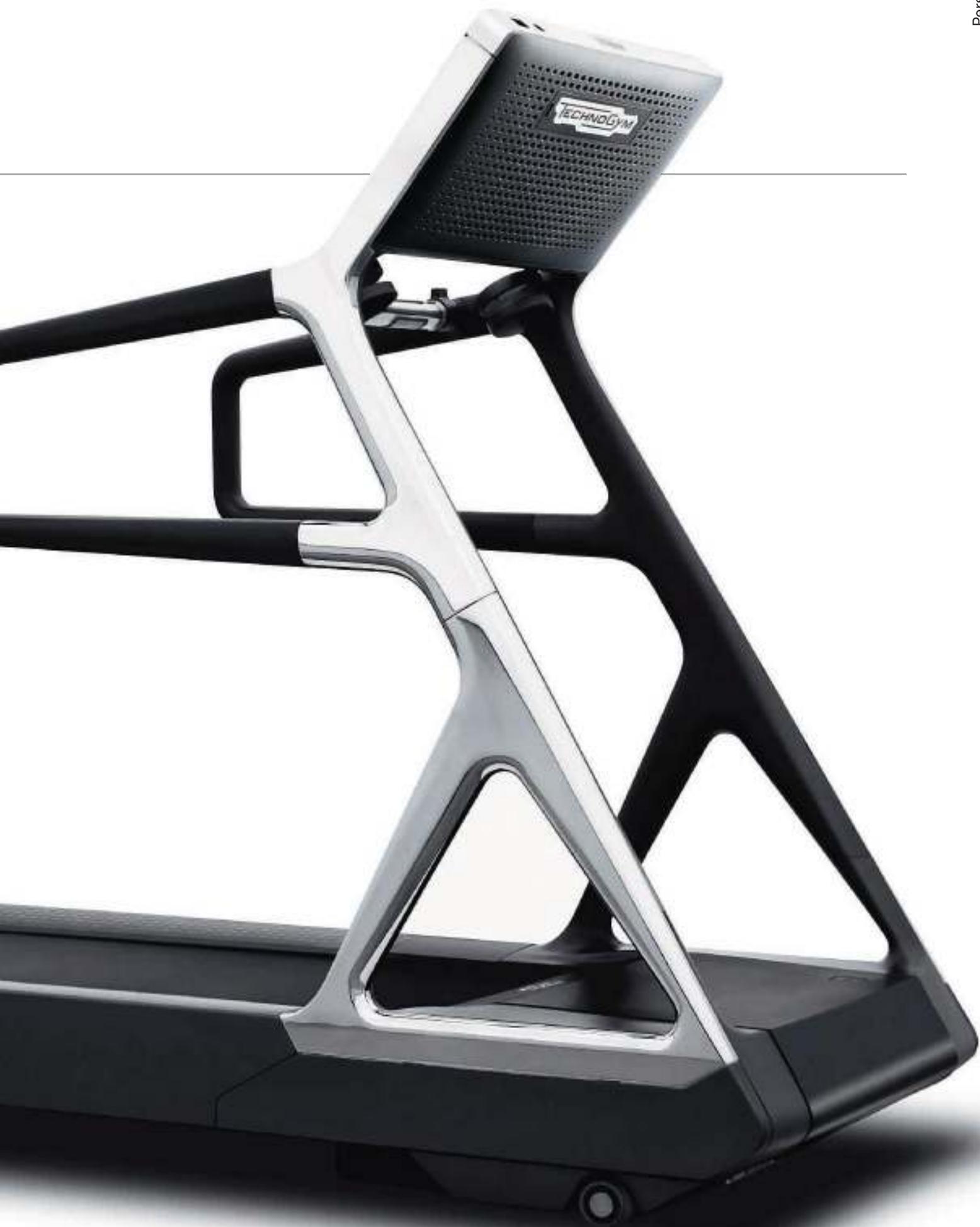
The micro-polished sleek aluminium frame enhances your home environment design.

Comfort and safety

Constant heart rate monitoring with Hand Sensor and telemetric heart rate monitor. Central support bar, large running surface with shock absorbers and joysticks for adjusting

speed and incline from correct posture. Runner Detection Function automatically that stops the equipment when not in use. Emergency STOP button also incorporated.







RECLINE PERSONAL



Recline Personal

Designed by Antonio Citterio





Recline Personal integrates performance and style, biomechanical excellence

and innovative entertainment. The perfect balance between technology and design.



RECOMMENDED FOR

Slimming and weight control.

Maintaining and improving fitness levels.

Toning legs without straining the back.

Both advanced workouts and moderate cardio activity for de-conditioned users.



Robust and elegant

The die cast aluminium frame and the craftsmanship which can be seen in its polished finish make Recline Personal a unique example of style and robust quality.

Have fun exercising

The tablet-like UNITY™ digital console provides a host of exciting entertainment options: TV, radio, games, web, music and videos.

Integrated 15.6" touch-screen tempered glass display. The automotive style loudspeakers, which accompany workouts with a

clean wrap around sound, are located under the seat and well out of sight.

Maximum comfort

The ergonomic adjustable seat designed by Vitra ensures that correct posture is maintained, without tiring the back muscles.

Thanks to the technological drive transmission system, pedalling is extremely smooth and silent.

Attention to details

Micropolished steel with a super mirror finish in the front section of the equipment enhances the style of the product making it easy to suit any interior environment.





CROSS PERSONAL



Cross Personal

Designed by Antonio Citterio





Cross Personal (patented) is the first total body elliptical trainer with an integrated personal entertainment platform. Thanks to its silent

operation, whoever is using Cross Personal will fully appreciate the wrap-around quality of the hi-fi speaker sound.

Precious materials

Micropolished steel with a super mirror finish in the rear section of the equipment enhances the style of the product making it easy to suit any interior environment.

Silent fluid movements

The technology behind the braking system is based on a special electromagnetic device which ensures

Cross Personal operates in a completely smooth fashion, making for a comfortable, stylish home environment.





RECOMMENDED FOR

Slimming and weight control.

Total body workouts.

Exercising without placing joints under stress.

Perfectly safe training

Thanks to the telemetric band or the Hand Sensors, which constantly monitor your heartbeat, each workout can be conducted in the best way, in line with your objectives and in total safety.

Entertainment and controls close at hand

Together with the new UNITY™ digital console enabling full multimedia entertainment, the 4 integrated loudspeakers carry the sound around you to give rise to an unprecedented

workout experience. Ergonomic levers with Fast Track Control allow for exercise intensity adjustments without sacrificing the correct exercise position.





KINESIS® PERSONAL



Kinesis[®] Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

Kinesis[®] Personal VISION

The VISION version is made of three steel panels applied to a rigid structural

support which act as a mirror without distortion. The super mirror finish allows

you to instantly check posture while exercising.

RECOMMENDED FOR

Fluid movements and natural exercises typical of movements connected both with daily activities and specific sports.

Improving strength, coordination, flexibility, posture control, breathing control.

Exercising both single muscles and entire muscle chains, thus helping you to achieve not only

more strength, but also better balance, flexibility and stability as key abilities.

Quiet, safe, unlimited movement

Thanks to the FullGravity international patent, consisting of a pivoting pulley system, Kinesis[®] Personal provides an unlimited range of movements. The resistance applied is regulated by a sophisticated and patented innovation, whereby a system of forces gradually and

smoothly increases the resistance in total safety, thereby maintaining supreme fluency and silent movement during exercise. This system, which does not require the presence of a cumbersome weight stack, also contributes to reduce overall equipment dimensions.





reddot design award
winner 2007

Kinesis® Personal is the first piece of designer gym furniture for the home and environments dedicated to people's mental and physical wellbeing. The innovation is "FullGravity", a patented system inspired by nature

and science, allowing free, pleasant and effective movement, so that more and more people can achieve Wellness and a better quality of life thanks to a newly established correct body mind balance.



**Kinesis® Personal
HERITAGE**

The covering panel of the **BLACK** version is made of wood treated with a special paint to make it unalterable with the passage of time and

to give the surface an attractive leather look. The American oak wall bars are selected individually by craftsmen who assess their quality.

Soft Touch Digital Display

The workload can be selected with one touch using the stylish and minimal interface. You simply

rotate the setting located in the middle of the panel to display the resistance level [0-20].





**Kinesis® Personal
HERITAGE**

The surface of the **LEATHER** version panel is made of full grain leather, carefully selected by craftsmen and applied by hand. The diagonal

stitching is also done by craftsmen and particular attention is paid to details and to where the leather joins.







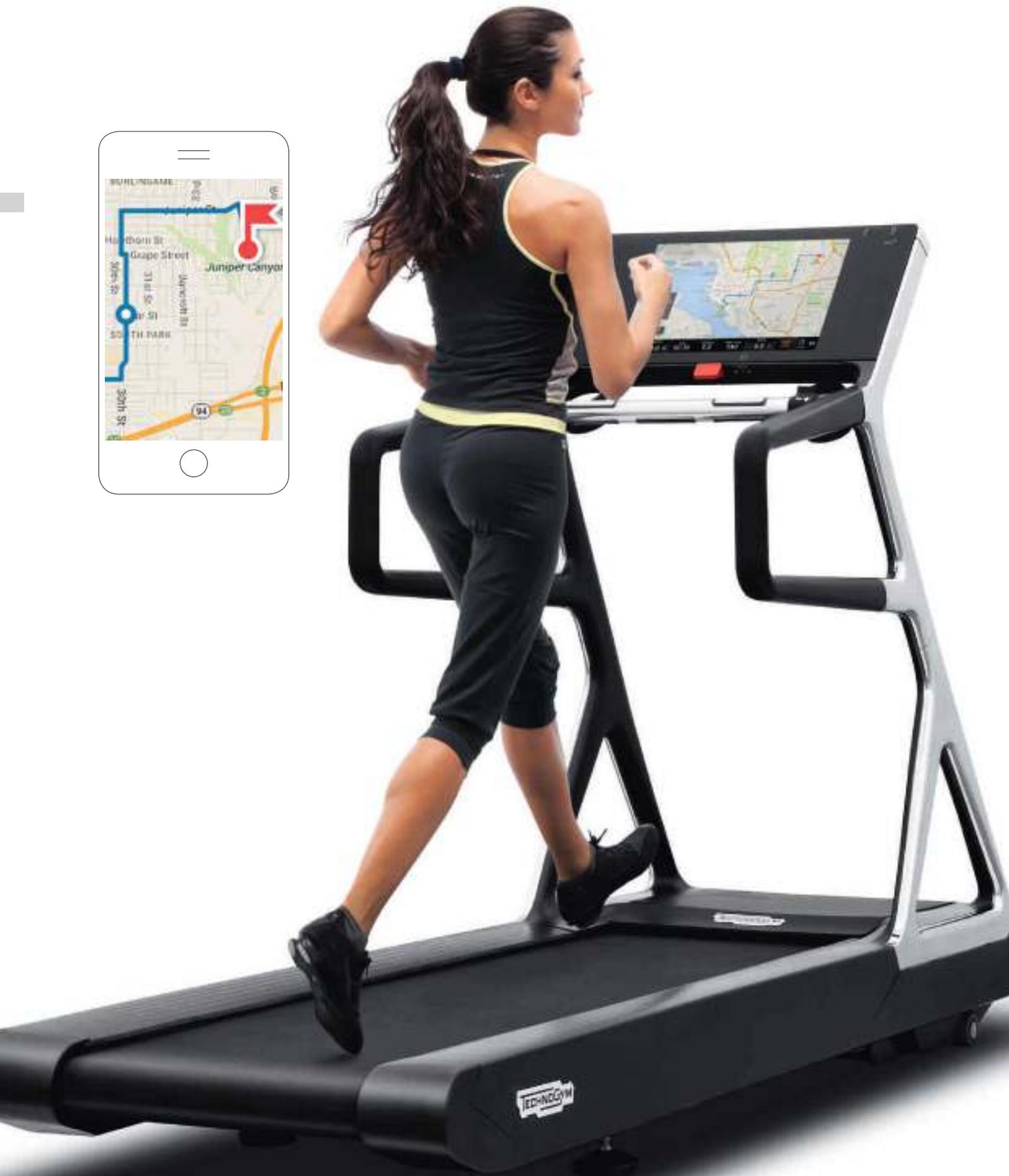
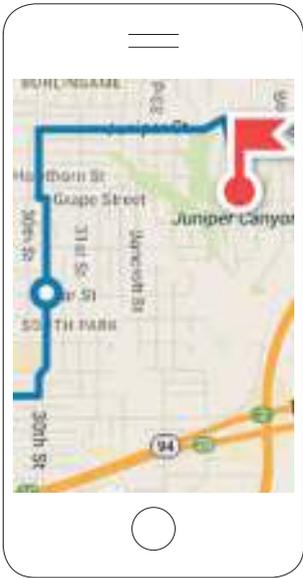
UNITY™

More connected, more personal

UNITY™ cardio console is your gateway to infinite training possibilities: more intimate, more connected, more personal than ever. Its futuristic tablet-like customisable interface and Android technology ensure a truly interactive training experience: you can swipe, scroll, tap and jump from one activity to another, making training even more challenging and motivating.







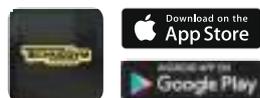
Create a challenging training experience

With the new UNITY™ cardio console you can choose from a variety of solutions to create a personalised training experience that meets your objectives while keeping you motivated.

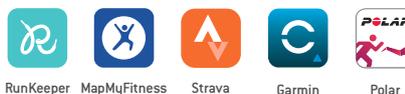


MyRunning Logbook

Use the Technogym App or one of the compatible apps to track your path and performance, feed the information to the UNITY™ console from your mywellness.com account and recreate your outdoor experience every time you want to.

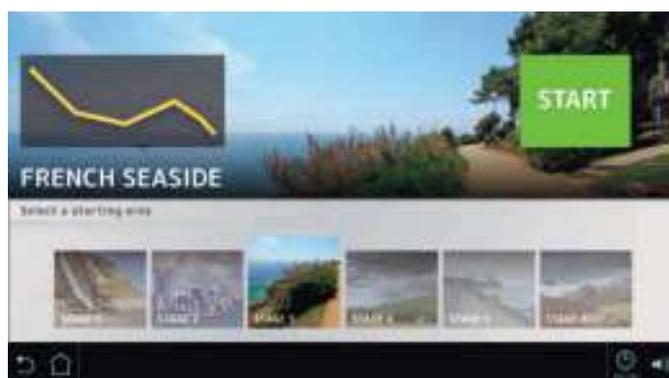


Other apps



Outdoors

Select a virtual location where you want to train from the different scenarios available and enjoy the outdoor feeling on your cardio console.





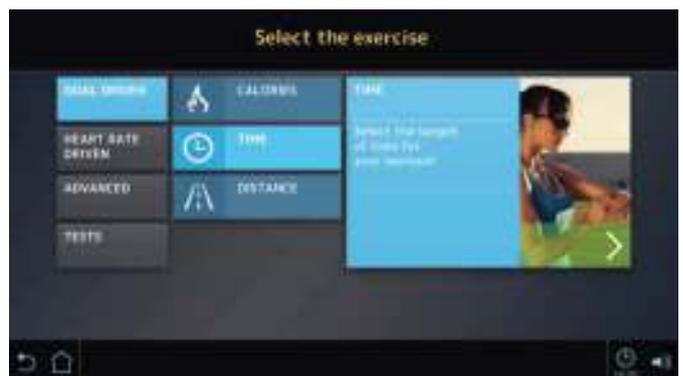
Distance, time, calories

Shortcuts to the most popular workouts for exercising against the time elapsed, or number of calories burnt, or the distance covered.



Exercises

Choose your exercise from the complete list of available workouts: Goal Driven, Heart Rate Driven, Advanced and Tests.



Meet your objective and improve your training performance

Create a personalised training experience suited to your requirements choosing from a variety of workout options.



Training

Create a personalised training programme on your mywellness.com account based on your needs and available equipment. Follow the list of exercises and keep track of their status.



Guide me

You can access a library of videos which explain how to use the equipment and show you how to perform the exercises correctly.



Results

Is your training effective? Monitor your results over a set period of time and check your progress against your set goal to make the necessary changes to your training programme.



Enjoy a better experience with your personal content

UNITY™ enables you to set up a personal profile that automatically links to your favourite content and training programmes.



Stay connected via Skype

Stay in touch and share your workout with your friends and family, or ask your personal trainer for advice while you train from the built-in webcam (available on UNITY™ Personal only).



WEBCAM (PATENT)



Set up personal profiles

Create up to five personal profiles so that whoever signs in will go directly to their Facebook account, to their favourite apps, tv channels and websites.



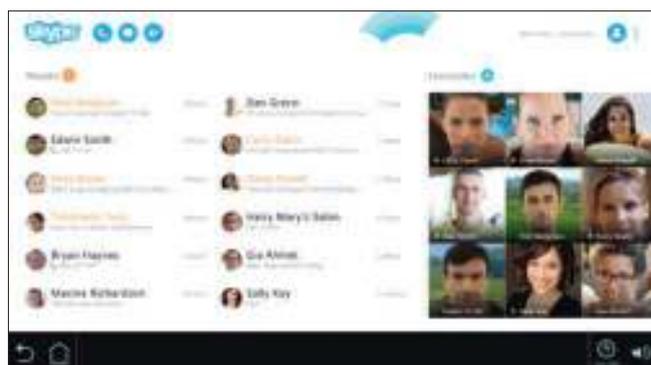
Enjoy your favourite apps

Access your favourite Android apps just like you do with your smartphone or tablet. Flipboard, Pinterest, TuneIn Radio, YouTube, Angry Birds, just to name a few.



Sync your content

All content stays logged in from one workout to the next so you don't need to reset personal preferences and gaming levels.



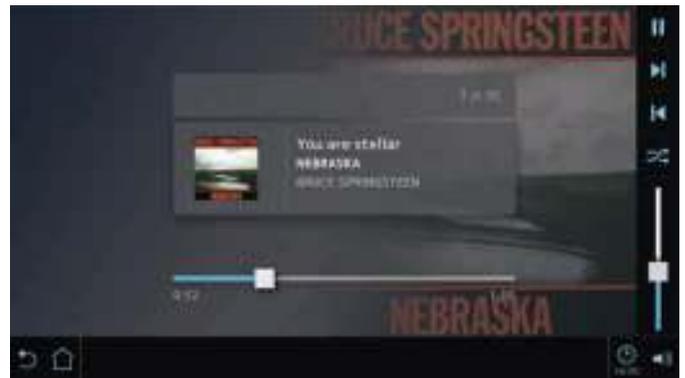
Boost your motivation with a more entertaining workout

With the new UNITY™ cardio console you can watch your favourite TV programmes, listen to your number one radio station, surf the net, listen to music and play your best-loved games while you train.



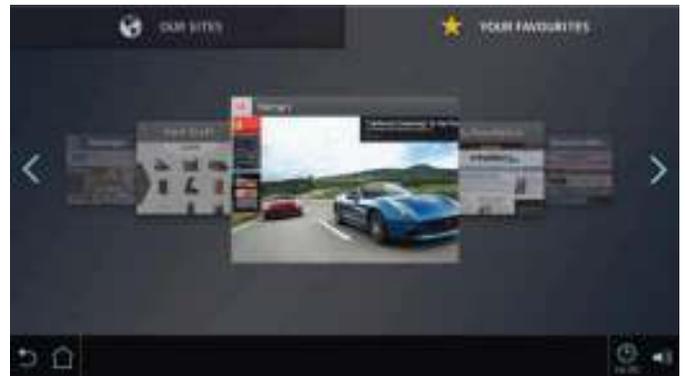
Music

Wireless listening to your favourite music, songs and artists' playlists from your Apple device via Bluetooth®. Bluetooth® wireless earphone compatible.



Web

You can browse the web, create and access your personal bookmark list and use the two-finger pinch-to-zoom gesture that allows you to zoom in and out and move the images through pinch.



PINCH-TO-ZOOM





Games

You can choose a game among the most popular apps available on board and stimulate your mind while you train.



TV

You can access the TV channels list and watch your favourite programmes while you train.



Radio

You can access the radio channels list and listen to your favourite programmes while you train.





RUN NOW EXCITE+



Run Now





Run Now, the professional treadmill that sports a powerful motor but runs silently, combines the natural sensation of running on a cushioned surface with the engaging experience

of the new UNITY™ digital console for an ever motivating and efficient training.

To learn more about the range of EXCITE+ cardio displays, see p. 066

RECOMMENDED FOR

Improving the cardio-respiratory system.

Weight loss and maintaining body weight.

Strengthening and toning legs.

Training versatility with superior performance.



1

Natural running

The Long Life Deck is designed to ensure balance between shock absorption and energy return with each step, minimising

the risk of injury and ensuring a natural running feel.

Complete safety

The Runner Detection System automatically stops the equipment if user presence is not detected. The InMotion indicator system warns the

user if the deck is moving.



2 - 3

Have fun exercising

The tablet-like UNITY™ digital console provides a host of exciting entertainment options: TV, radio, games, web, music and videos.

Ergonomic adjustment

Speed/incline adjustment using Fast Track Control, without having to touch with the display, ensures your exercising posture is always correct.

The position of the display offers an enhanced viewing experience to users of all sizes and maintains correct posture.



1



2



3

Excite+

Jog Now



reddot design award
winner 2009

Especially suited to beginners, seniors and people with sedentary lifestyles, Jog Now brings you a unique combination of safety and accessibility, entertainment and instruction for an intuitive and stimulating workout. Stylish design, comfortable, user-friendly and reliable.

PRODUCT PLUSES

Safe and natural running

Being close to the ground, the running surface provides easy access. The Long Life Deck absorbs the impact of the foot on the belt and puts a spring in your step, minimising the risk of trauma.

Maximum usability

Text labels and buttons on the controls which are 30% bigger, high contrast graphics and simplified use of colours make it easy to read data and control the equipment.

Complete safety

Runner Detection System automatically stops the treadmill when user presence is not detected. The InMotion indicator system warns the user if the deck is moving (except 500 version).

Ergonomic display

The optimized position offers an enhanced viewing experience to users of all sizes while maintaining correct posture.



Synchro

Synchro recreates the movement of the body when walking or running. The natural elliptical, zero-impact movement helps to prevent stress to the joints while providing an extremely effective cardiovascular exercise for people of any age and fitness level.

PRODUCT PLUSES

Zero-impact movement

The Smooth Motion transmission system makes the movement extremely pleasant and silent.

Varied workouts

The double Hand Sensor system on the levers and on the handles at the sides of the console constantly monitors your heart rate.

Ergonomic adjustment

Fast Track Control allows adjustment of the resistance level directly from the arms without having to reach for the keypad, ensuring the posture is always correct.

Rear-drive trajectory

The rear drive ensures a fluid elliptical trajectory and smooth circular movements.



Crossover



Crossover (patented) enjoyably combines lateral movement and total body training to ensure maximum results while effectively exercising balance control* and coordination. Its intuitive and natural movement engages more muscles, offers a different, smooth feel and creates a unique and engaging rhythm.

*V. E. Pettorossi, "The Effect of Crossover Training on Balance in Elderly Women", University of Perugia (Italy)

PRODUCT PLUSES

A unique, complete and enjoyable workout

The combination of movements creates an effective total body workout that involves muscles that are not usually engaged during cardio workout.

Fun and easy movement

Crossover guides your movement allowing you to enjoy an exciting, smooth and fun workout, ensuring a low-impact and joint safe movement.

Easy to access for all users

With its easy rear access, Fast Track Control and intuitive movement Crossover is an ideal training solution for all users of all levels of conditioning.



Vario



Vario follows the user's pace and adapts to the desired movement, from vertical stepping to an easy walk, and up to a big stride. Recommended both for a total body workout and for lower body only, offering a huge variety of exercises with an enjoyable and natural movement, very similar to walking and running*, but with no impact on joints and a high level of calories burnt.

* 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

PRODUCT PLUSES

Adaptive movement and ease of use

Fluid, natural movement, combined with an ample stride length from 0 to 83 cm, allows users to run in a new, exciting and efficient way. Self Starting System (patented) makes starting the movement easy. The pedals are lower off the ground than on other equipment. Side hand supports available.

Maximum effectiveness

Thanks to biomechanical studies on posture and movement trajectories, the perceived effort is less, whilst this piece of equipment has you burn more calories than any other in its category.



Bike

The professional bike which perfectly recreates the effect of riding on a road, combining comfort and performance to improve fitness levels and tone legs and gluteal muscles. Excellent biomechanics, ergonomic design and various riding positions for a workout that can always be varied.

PRODUCT PLUSES

Superior ergonomoy & biomechanics

The distance between the feet has been reduced to offer a more realistic cycling experience and to make even the more demanding cyclist feel at one with the equipment.

3 Bikes in 1

Thanks to the new handlebar design, Bike offers three different training positions to suit everyone's needs: a standard option, a city bike option and a stimulating race position.

Innovative seat

Maximum user comfort has been obtained by introducing new gel inserts in the seat and by moving the seat adjustment regulations to the back of the seat, making it possible to change position of the seat without disturbing the rider. The finest adjustment of the seat position is guaranteed by the 0,5" step.



Recline

The recumbent exercise bike with outstanding comfort and ergonomics. An ideal solution for those who prefer moderate cardio exercise to maintain and improve their fitness levels. Its innovative comfort features make it particularly suitable for people with limited mobility and back problems.

PRODUCT PLUSES

Total accessibility

Recline offers numerous features that make it the most accessible recumbent bike on the market:

- The wide walk through allows users to comfortably enter and exit the bike.
- The 6.5 cm (2.5") step-over height simplifies access for less mobile or all types of users.
- The central handlebar offers additional support during entry and exit.

Smart pedal features

The wide pedals with adjustable straps provide better stability and support to the less mobile users and the 10 degree pedal incline towards the user makes it really easy to slide the feet inside the pedals from the sitting position.

Constant heart rate from Hand sensors

Heart rate interactive function can be activated by simply placing the palms on the Hand Sensors. No heart belt is required.



Top

Professional cardio equipment for the best complete upper body workout. The cyclical movement effectively strengthens all torso, shoulder and arm muscles and increases stamina. It is ideal as a warm-up activity for muscles and joints, and for sports conditioning. Top is a great solution for users with disabilities affecting their legs.

PRODUCT PLUSES

Comfort and muscle activation

Telescopic arms and rotating handles guarantee comfort and correct exercising posture and activate different muscle groups separately.

Improved posture and balance

The innovative ergonomic seat corrects postural imbalances, stimulating symmetrical use of torso, back and shoulder muscles.

Safety and effectiveness

The Warm Up function runs a 4 minute exercise routine to prepare upper body muscles and joints before a strength workout or competition.



Step

Professional step machine for an effective, silent and enjoyable full lower body workout. Suitable for toning legs and gluteal muscles while providing excellent cardiovascular exercise. The independent footrest movement helps you improve balance and co-ordination.

PRODUCT PLUSES

Optimum performance

The support handles are positioned to prevent incorrect postures and maintain correct alignment while exercising.

Constant, fluid motion

The Smooth Motion belt drive minimises noise and provides a fluid, smooth movement.

Ergonomic adjustment

The Fast Track Control function allows adjustment of the resistance level directly from the support handles (except 500 versions). With no need to reach the keypad, you are sure to maintain correct exercising posture.



UNITY™

Engage like never before with fully personalised content.

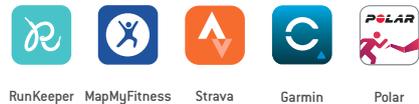
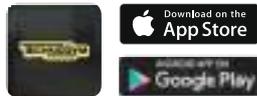
UNITY™ is the Technogym's futuristic touch screen tablet-like interface based on Android technology for a totally engaging personal

experience, both in terms of training and entertainment options.

MyRunning Logbook

Use the Technogym App or one of the compatible apps to track your path and performance, feed the information to the

UNITY™ console from your mywellness.com account and recreate your outdoor experience every time you want to.

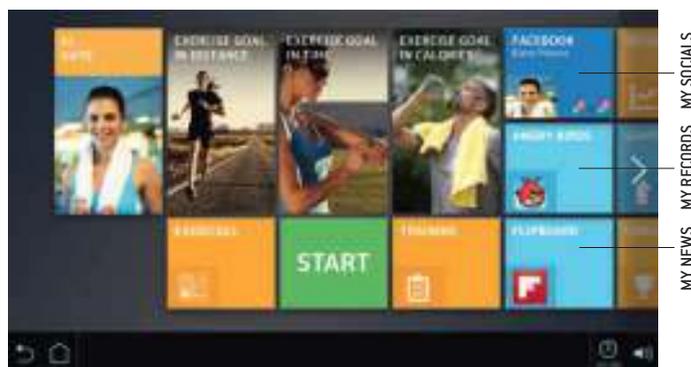




Personalised and favourite content



Tailor your own experience by setting up a personal profile that automatically links to your favourite apps, websites and TV channels upon log in. All content can stay logged in from one workout to the next with no need to enter your ID or password each time and reset your gaming level or training preferences. Simply, you can just stop when they want and start where they left off.



MY NEWS MY RECORDS MY SOCIALS

Excite+

Outdoors



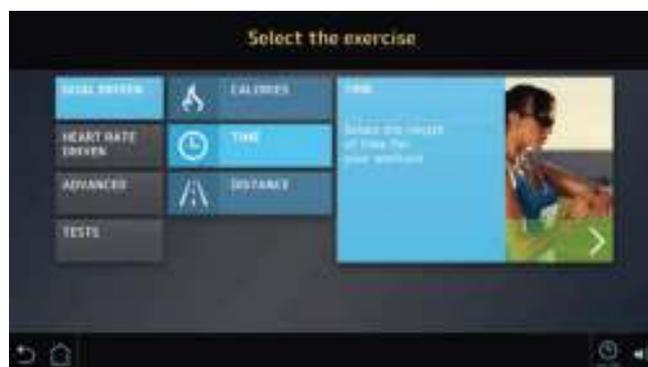
The Outdoors feature allows you to select a location where you would like to train. This lets you enjoy the scenery and excitement of outdoor training as your cardio screen turns into a sensory experience.



Exercises and individual training



Choose your exercise from the complete list of available workouts: Goal Driven, Heart Rate Driven, Advanced and Tests. Create a personalised training programme on your mywellness.com account based on your needs and available equipment. Follow the list of exercises and keep track of their status.



Log into your lifestyle.



UNITY™ ensures a truly personalised and interactive training experience: you can swipe, scroll, tap and jump from one activity

to another as if you were using a tablet, making training even more challenging and motivating.



1. Login to your account

Login via QR code, user ID, NFC technology, mywellness key or Technogym key.



2. Distance, time, calories

Shortcuts to the most popular workouts.



3. Exercises

Access the complete list of workouts available.



4. TV

Access channels list and view TV.



5. Web

Access bookmark list and free web browsing.



6. Games

Select a game among the most popular apps available on board.



7. Outdoors

Access a selection of interactive outdoor training videos.



8. Music

Listen wirelessly to your favourite music from Apple devices via Bluetooth®.



9. Standard Android Apps

To learn more about UNITY™ features, see pages 042-051.



Highly customised experience

Once you have logged in, the user interface recognises you and you can access your Technogym account created on mywellness.com.

Photos, apps, favourite TV channels and websites will be on hand, as well as being logged onto your Facebook or Skype accounts.

Thanks to UNITY™ integration to mywellness.com website and mywellness app via cloud computing technology, you will

always have your training data and personal content at hand via PC and mobile devices, helping you embrace a healthier lifestyle wherever you are.

10. User data and profile management

11. Workout data and controls

12. User customised preferred options

13. Apps

LED display

The LED display makes training on Excite+ equipment simple and immediate. Control buttons and function keys are large

and easy to use, intuitive and are raised up for easy identification.

ADVANCED LED

LED

- 1 _____
- 2 3 4 _____
- 5 6 7 _____
- 8 _____



1. Goal

For exercising where duration is determined by the **Time** elapsed, or number of **Calories** burnt, or the **Distance** travelled.

2. Test

Test to assess your performance. The fitness test is a submaximal test, suitable even for people who have done little to average levels of training.

3. Manual profiles

Variable workouts set according to one of the three goals: time, distance or calorie expenditure. The profile created is reset for the next user once the training session has ended.

4. CPR

A constant pulse rate workout is very important in all situations where you want to maintain certain heart rates.

5. Training zone

A constant pulse rate workout; training heart rate set according to user fitness level.

6. Weight loss

A workout designed to burn the most calories in the time available.

7. Preset profiles

Variable workouts proposed by Technogym according to one of the three goals: time, distance or calorie expenditure. Up to 9 custom training profiles can be programmed on Advanced LED display.

8. Pause / Quick start / Stop

For users who wish to train directly and without delay. The options are represented by conventional keys.

Functions on 500 LED Display

Quick start To start exercising right away and for free programming.
Goal You can select the time, distance and calories for your workout.
Programmes CPR, Profiles (except for Jog)

Functions on 900/700 LED Display

Quick start To start exercising right away and for free programming.
Goal You can select the time, distance and calories for your workout.
Programmes CPR, Profiles, Training

zone, Weight Loss, Custom.

Fitness Test For discovering your fitness level and aerobic capacity [VO2 max].



Forma Line



Download
Forma Training App
from the App Store



/ 074 Spazio Forma™



/ 077 Jog Forma

The Forma line of equipment is a direct descendant of professional Technogym cardio training machines, redesigned and adapted with specific ergonomic and safety features appropriate for a home environment. The Forma line products integrate a clear display which is easy to use. Download the Forma Training App to access your favourite content, your training programmes and your results, which are transmitted directly from the equipment to your iPad via Bluetooth® with the Forma Training Link*.

Thanks to the Bluetooth® Forma Training Link, you can connect your tablet to the training equipment, monitor your results from various devices and save them in your account. This will allow you to keep a constantly updated training diary and manage your wellbeing wherever you are.

You will also be able to take part in virtual races and share your results with the mywellness.com community.

To learn more about FORMA display, see p. 081

*Can also be purchased separately.
Compatible with Forma line products equipped with Entertainment Support.



CPR System (patented)

The system automatically adjusts speed/incline to

maintain the heart rate constantly in line with the pre-set level

and to achieve your exercise goals safely and efficiently.



/ 078 **Bike Forma**



/ 079 **Recline Forma**



/ 080 **Synchro Forma**



SPAZIO FORMA



Spazio Forma™

Spazio Forma™ is the professional treadmill which folds away into less than 1 square metre when not in use. Performance and functionality for a simple walk or a more intense run, all ideal exercises to improve the cardio-respiratory system, keep body weight under control and tone legs.

PRODUCT PLUSES

Intelligent safety

The safety features prevent Spazio Forma™ from accidentally opening and closing. The braking system brings the treadmill to a soft and sure halt when you finish your workout.

Easy to manoeuvre

At less than 80cm wide, Spazio Forma™ can fit easily through most doorways without needing to remove the handles. The wheels make it easy to move from one room to another so you can work out wherever you choose.



Jog Forma

Jog Forma has sport running through its veins. Its size, the sturdiness of the frame and the power of the motor enable superior performance which allows you to enjoy safe and efficient sports training at a more demanding level.

PRODUCT PLUSES

Maximum comfort

The ergonomically positioned display is clear and easy to see while training. The spacious front control panel conveniently accommodates a water bottle and small, personal items.

Room to perform

The ergonomically designed handles allow room for freedom of movement. Runner Detection System automatically stops the treadmill when user presence is not detected.

Forma



Bike Forma

Bike Forma with its adjustable ergonomic saddle and handlebars with three different grip positions, allows you to find the ideal set-up. Silent and stable, it helps tone legs and gluteal muscles and is perfectly suited to high-performance sports training.

PRODUCT PLUSES

Performance and comfort

The built-in elbow rests are made from a high density material to improve riding comfort while in a racing position.

Natural pedalling movement

The pedal cranks are positioned close together, so that the user's feet adopt the most natural pedalling position.



Recline Forma

Incorporating the best in terms of biomechanics and reliability from the professional cardio line, Recline Forma provides pure comfort while cycling. An ideal solution for users who prefer moderate cardio exercise. The lightweight and innovative design ensures safety and excellent accessibility to all users and prevents back strain while toning legs.

PRODUCT PLUSES

Easy access

The minimal step-over height and the wide walk through between the seat and the pedals makes getting on and off easy.

Adjustable backrest

The yellow levers can be used to adjust the incline and distance between seat and pedals in order to obtain a personalised set-up.



Synchro Forma

Ideal for all users, thanks to the fluid movement which significantly reduces stress to muscles and joints, Synchro Forma turns total body workouts into pure pleasure also because of its silent operation.

PRODUCT PLUSES

Total body training

The short, fixed hand grips allow for a specific lower body workout. The long handles involve arms, torso and legs in a full body movement.

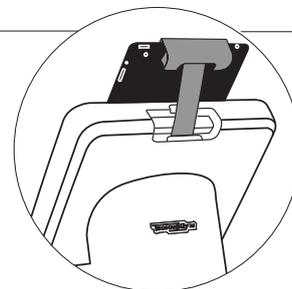
Fluid movement

The wide ergonomically positioned pedals on Synchro Forma ensure correct posture is maintained at all times. Due to this being zero-impact training, Synchro Forma is suitable for users of any age.



Display Forma

All Forma products share the same display, making them easy and intuitive to use. Extra-large keys are easier to read. Popular functions are grouped together in the lower part of the screen to enable real time viewing of training data.



Entertainment Support enables you to secure your device to the display with the ergonomically correct inclination and enjoy your own entertainment options.

Forma

1. Programmes

Time Start an exercise with a fixed duration or select a duration as a goal. **Calories** Start an exercise with a preset calorie consumption or select calories

consumption as a goal. **Distance** Start an exercise with a fixed distance or select the distance as a goal. **Test** Start a fitness test. **Profiles** Start

one of 6 training routines predefined by Technogym or programme 3 customised routines. **CPR** Start an exercise with a constant pulse rate.

3. The numerical keyboard

The numerical keyboard allows you to enter numerical data required during training set-up procedures.

Cancel Pressed once, this cancels the data entered. Pressed twice, it goes back to the previous message. **Confirm** Confirms the data entered.

4. Numerical displays

The numerical displays show current training data: incline, as a percentage; pulse rate, as beats per minute; speed, as kilometres per hour.

2. The dial and readout relating to the goal

The LED dial lights up from left to right in keeping with the workout duration until the goal is reached. A numeric value relating to the selected goal

increases accordingly and alternates with all other messages. After selecting a goal, the keys can be used to increase or decrease its value.

5–6. Incline +/- Speed +/-

Incline Increases or reduces by 0.5% each time the key is pushed, and adjusts faster if the key is held down. **Speed** Increases or reduces by 0.1 km/h each time the key is pushed, and adjusts faster if the key is held down.

7. Pause / Start / Stop

Pause Interrupts training for a short pause. **Start** Starts the exercise or re-starts training after a short pause. **Stop** Stops all exercises and the cool down phase; cancels exercise programming.

Forma Training App

Achieve your goals.

Work out safely and effectively with a library of training programmes that match your needs.

Training Programmes

Once you have downloaded the Technogym Training Forma App, you will join a virtual fitness facility, from where you can access the Technogym Training Programmes library, and select a tailored workout routine according to your specific needs. The library of programmes is also accessible via the Internet at mywellness.com.



Results

Visit mywellness.com and create your account. You will be able to manage and save all your training data.

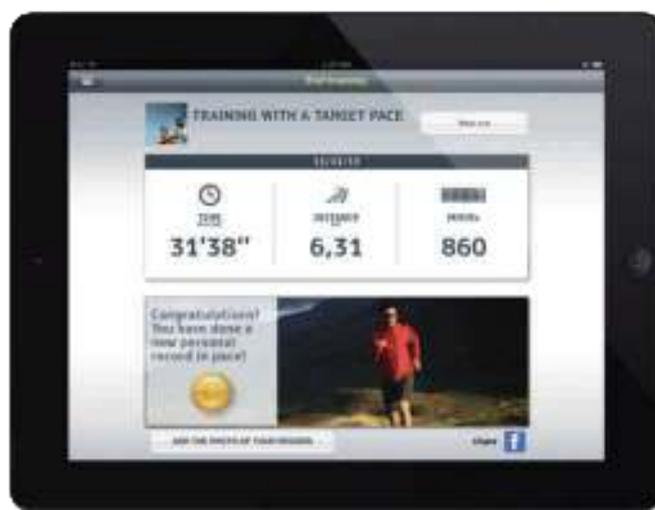


Stay engaged and motivated.

Challenge yourself to improve your performance, while staying connected to your personal content.

Challenges

Challenge yourself at every workout and improve your performance day by day. Check your results and share them with your friends! The Forma Training App can support a multi account setting, so others who you designate can use the same iPad device to manage their own workout and you can challenge each other for a greater motivation.



Forma

Personal entertainment content

Access your personal multimedia library directly from the Forma Training App. You can also decide to listen to your favourite music, watch videos or browse web bookmarks directly from the Training Forma App, all while the app tracks your exercise data.





TECHNOGYM

TECHNOGYM

GROUP CYCLE



Group Cycle

Group Cycle is the indoor evolution of professional Italian road bikes. Elegant, high-performance bikes, with true cycling spirit and unmistakable Italian style. Indoor cycling is a perfect workout to improve the cardio-respiratory system, keep body weight under control and tone legs and gluteal muscles while improving fitness levels.

PRODUCT PLUSES

Road geometry and riding style variety

Superior biomechanics and ergonomics provide all riders (between 140-210 cm in height) with a perfect fit, ensure correct posture and enable them to enjoy uncompromising performance. Available with belt or chain-driven transmission for an ultra-smooth ride or a traditional cycling experience.

Wireless Console

Easy to install, the optional Wireless Console is the intuitive training interface that monitors cadence/RPM, distance/time elapsed, heart rate and calories burned during and after training.

Easy to adjust, comfortable and safe

The Fast&Simple Setting System (patented) allows rapid, safe adjustment of the settings using visual set up guidance. The multigrip ergonomic handlebar always guarantees maximum comfort in the various riding positions, including the time trial one.

Quality design, materials and details

Light, strong, durable aluminium frame. Smooth surfaces without corners. Coatings highly resistant to scratches and damage from studs.





Group Cycle

Unica

Designed and built with the same materials as professional gym equipment, with a refined and elegant design, Unica is the most comprehensive physical fitness and muscle-strengthening equipment that exists, allowing more than 25 different exercises to be done in just one and a half square metres. For athletic conditioning for sports.

PRODUCT PLUSES

Comfort and functionality

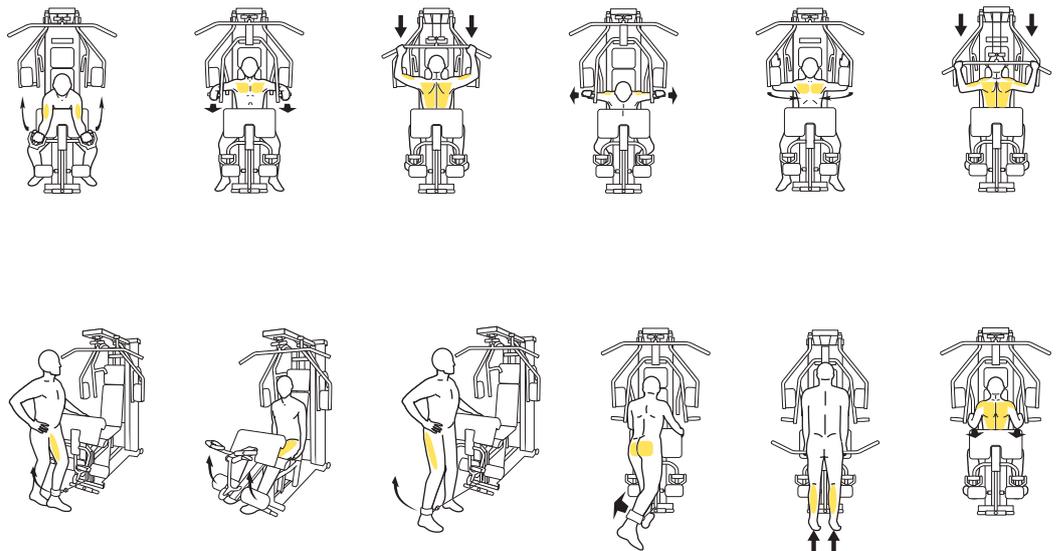
Adjustable seat, large anatomical backrest, ergonomic padding and non-slip handgrips. Thanks to the exclusive linkage system, without substituting any part, you can perform more than 25 different exercises by simply selecting the desired weight.

Biomechanics and safety

Biomechanics and the easy start system allow correct, safe use of the equipment even for less experienced users.

Unique design

A real classic in terms of Technogym design, it complements any interior.





Home Strength

Multipla™



Suited to countless training needs, from simple muscle toning exercises to more demanding sports conditioning, Multipla™ is the ideal home strength system and with more than 20 different exercise routines, it enables a complete workout for all muscles.

Safe professional training

The anti-slip surface on the handles and bar ensure a safe grip during workout. The exclusive Multipower device featuring two professional safety systems enables users to train with the guided barbell in totally safe conditions.

Adjustable bench for personalised training

Multipla™ is fitted with an exclusive bench that can be adjusted into many different positions, including a position which enables leg extension exercises for a more complete, personalised training.

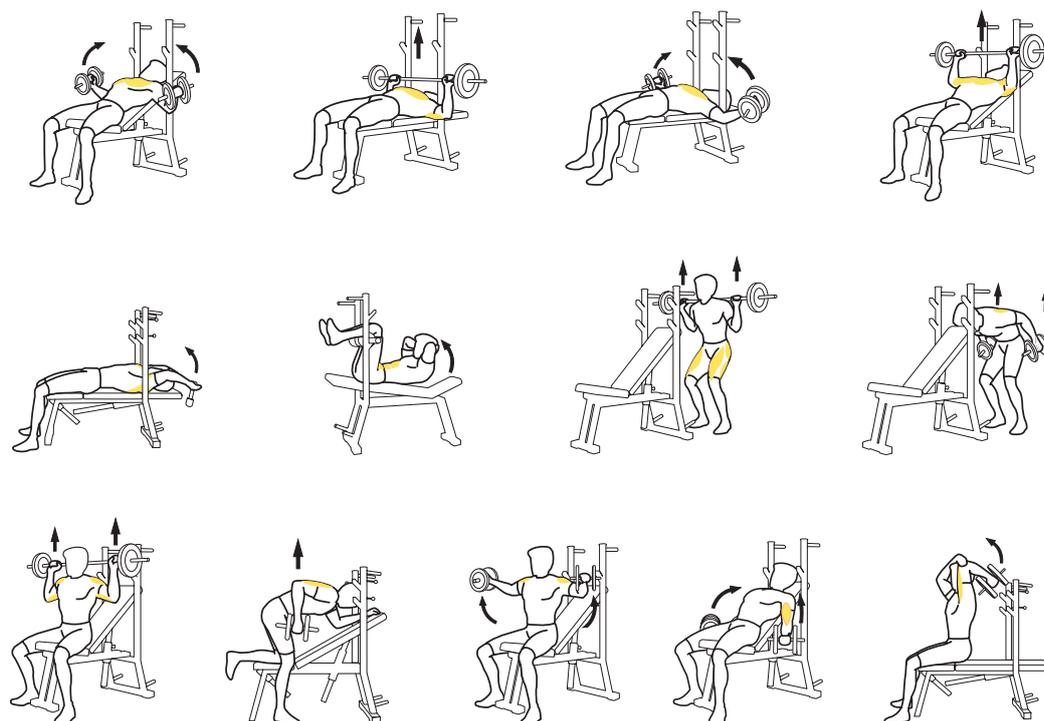


Pratica



Pratica is a versatile bench with double stop hooks for barbells designed for strengthening and toning the principal muscles of the hips and upper body. For users who prefer a free weight training experience. Meticulous attention to detail in terms of design and finish makes Pratica a prime example of Technogym quality applied to a professional bench.

- Small and versatile** Thanks to the elegant, compact design, Pratica enables users to perform more than 10 different strength exercises for all upper body muscles.
- Safe and practical** Double stop hooks at two different heights include safety pins to block the barbell in place, thus avoiding any risk of it being dislodged or slipping.
- Free weight training experience** Safe exercises with dumbbells and barbells, even with high loads.



Benches and free weights

Our wide range of benches, free weights and bars includes professional equipment for strength training featuring the best

ease of use, effective ergonomics and a clean, distinguished design, which fits perfectly in every home environment.

1 - 9

- | | | |
|---------------------------|-----------------------------|--------------------|
| 1. AB Crunch Bench; | 4. Chromed Dumbbells; | 7. Bars; |
| 2. Adjustable Bench; | 5. Freeweights Plates; | 8. Angled Bars; |
| 3. Freeweights Dumbbells; | 6. Olympic 7' Power Bar HC; | 9. Pre-loaded Bars |

PRODUCT PLUSES

Easy to adjust

The yellow-marked levers and pins on benches help you rapidly identify the few settings to adjust and all are easily reachable.

Comfortable seat

The anatomically-shaped seat and backrest of benches have different densities of padding to support the spinal column as well as all other body parts. A special elastic band keeps the towel in place on the backrest during exercise.

Safe and ergonomic grips

Grips are designed to be grasped firmly and safely during exercise.

Impact-resistant materials

Plates and dumbbells of Freeweights line are encased in highly impact-resistant materials to protect floorings.

Clean and distinguished design

All the range sports a slender and compact design which is very modern and perfectly fits into home environments.



1



2



3



4



5



6



7



8



9

FLEXability Posterior and Anterior

Effective stretching.





reddot design award
winner 2009

The FLEXability Line is specially designed to make stretching exercises enjoyable and particularly effective. Based on Technogym's rigorous scientific research, equipment allows for initial assessments and during exercising users can measure improvements at all times. FLEXability Posterior (1) enables soft, progressive lengthening of all posterior

chain muscles, varying the level of engagement for the different muscles. Users who spend a considerable amount of time on their feet will benefit greatly from stretching with their legs in a raised position. FLEXability Anterior (2) maintains the spinal muscles and the core along the correct axis whilst providing modulated lengthening of the anterior muscle chain, core-back-legs.



RECOMMENDED FOR

Stretching of the posterior muscle chain, especially for people who spend lengthy periods standing up.

Stretching of the anterior muscle chain, when this is contracted due to prolonged incorrect posture.

Maintaining and recovering articular flexibility for an anti-aging effect.

Preventing back pains by reducing pressure on the spinal column.

Totally relaxed stretching exercises.



Safe, effective stretching

The exclusive Selflex system (patented) developed by Technogym modulates muscle stretching with the gradual action of the user's own bodyweight,

preventing any risk of injury. The safety brake makes the equipment extremely stable so that the user can relax completely while holding the position.

More exercises, more effective

The rolling cart features three different stretching angles - at 0°, 20°, 45° - to expand the range of exercises and increase the lengthening of thigh muscles.

Materials

To add a further touch of design to the product, which can be delivered in two colours, an optional wooden cart seat cover is available.

Comfort and ergonomics

The supporting cushions on the backrest, seats and rolling cart can be moulded and adapt to the shape of the user's body thanks

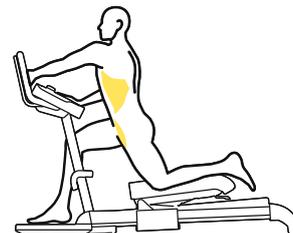
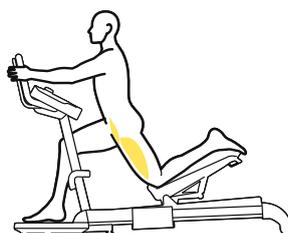
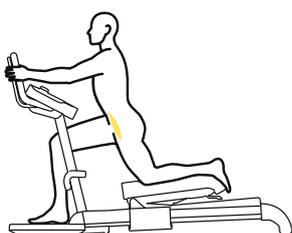
to the innovative "Memory" gel filling. Furthermore, FLEXability Posterior features an adjustable support to enable users to assume the

most comfortable and ergonomically correct position for their spinal column.

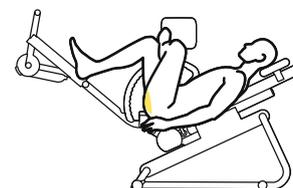
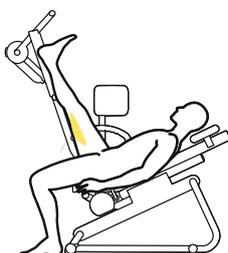
Visible, measurable results

The integrated Visual Feedback system lets you measure improvement in joint flexibility using a numerical scale.

FLEXability Anterior



FLEXability Posterior



Wellness Tools™

Wellness within reach.



Products with unique, elegant design for those who want to work out in style wherever they are. Ideal for toning the whole body or specific parts, Wellness Tools™ are designed to offer simplicity,

effectiveness and safety during use. These items go together perfectly and can be used to excellent effect in conjunction with cardio and Kinesis® Personal line products.

1 - 6

1. Wellness Ball™
Active Sitting;
2. Wellness Weights;

3. Wellness Ball™
Training;
4. Wellness Rack;

5. Wellness Bag™ ;
6. Wellness Pad

PRODUCT PLUSES

Maximum versatility

Highly recommended for toning, strengthening and improving the stretch and flexibility of all muscles. Ideal both for the more demanding

sportsman and for less expert users. Suitable for use when working out alone or with a Personal Trainer.

Design

A distinctive, elegant style means that they never look out of place anywhere.

Easy to use and functional

Innovative, technical choices make the accessories safe, functional and easy to use. Ideal for keeping in shape when travelling.

Easy exercise guide

User manual with complete range of carefully illustrated exercises.



Wellness Ball™

Active Sitting



Wellness Ball™ - Active Sitting* improves your lifestyle. All the time you spend sitting, at home or at work and in your leisure time, can be turned into an opportunity to exercise and be more active. By requiring involuntary micro-movements or by

using the ball for targeted exercises, it improves flexibility, stability, balance, coordination and posture, and tones up the back muscles as well as the core muscles. Its patented design ensures a comfortable, stable and correct sitting position for back pain prevention.



*Wellness Ball™ - Active Sitting is an exercise equipment that can be used as an alternative seat but cannot replace traditional chairs.

A trainer always with you

The QR Code enables you to access the ideal exercise videos for your back

condition and to follow the most suitable training programme for you.



Mobile content

Via smartphone, tablet or PC you will be able to:

- receive personalised training programmes developed by our specialists

- view videos of each exercise, wherever you are

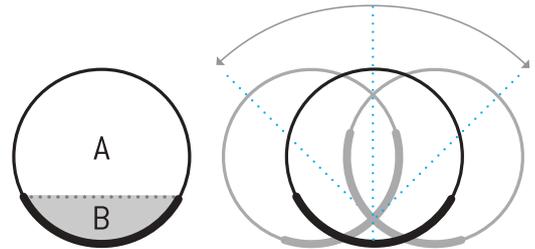
- receive a reminder of training sessions.



Safety and stability

The lower part of the Ball is high-density material for greater stability and to prevent it rolling around, ensuring a tidier environment. A specifically

developed material has been used on the underside to prevent slipping (patent pending). The Ball is burst-resistant certified.



Perfect dimensions

Wellness Ball™ - Active Sitting has a diameter of 55cm. This is a suitable size, also when being used at

a desk (based upon an average desk height of 70cm). Maximum user weight: 160kg (353 lbs).

Design and quality finish

Wellness Ball™ - Active Sitting is an interior design item, hand-stitched in Italy and ideally suited to modern,

fashion-forward environments (patent pending). The cover can be removed thanks to a high-quality zip fastener

made to nautical standards to stand up to wear and tear (patent pending). It is made of multilayered fabric,

with a support lining and breathable honeycomb material, typically used in running shoes.



Positioning and transporting via the handle

The handle allows for easy ball positioning, helping you find a correct sitting position.



Personalisation

Each ball can be inflated to a personalised setting, according to uses, level of comfort

and your height. Use the special label to personalise your ball with your name.



Environmentally friendly

The Ball is made from top quality PVC and vinyl, both

suitable for recycling. Furthermore, it is phthalate-free, latex-

free and complies with strict European safety regulations governing

cadmium and lead content.

Wellness Ball™ Training

Suitable for users of all kinds - from the less experienced to the most demanding ones, Wellness Ball™ makes training all your muscle groups fun, helping you develop flexibility, balance, coordination and correct posture, and perform bodyweight strength exercises.

Its double-layer surface, the result of a patented technology, ensures that the ball's elastic properties remain unchanged even in the case of frequent use.

PRODUCT PLUSES

Pleasurable and safe materials

Appropriately selected materials guarantee stability, adherence and a soft surface finish. Wellness Ball™ Training is burst-resistant certified for extra safety and its special mixture ensures slow, controlled deflation in case of contact with sharp items.

Personalised dimensions

Wellness Ball™ Training is available in two different models: grey in colour with 55 cm diameter for people up to 175 cm tall; black in colour with 65 cm diameter for people more than 175 cm tall.

Environmentally friendly

The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and complies with strict European safety regulations governing cadmium and lead content.



Wellness Bag™

The Wellness Bag™ is a kit of accessories, including handles, elastic cords and ankle straps, designed for people of all ages who wish to stay in shape at home and on the move. Ideal for improving strength and flexibility.

Wrap the Wellness Bag™ up inside the Wellness Pad and you instantly have a mobile gym which weighs just 2.5 Kg.

PRODUCT PLUSES

Safe exercising

Exercises performed using the elastic cords are simple and the resistance/load is optimised according to your physical characteristics and your level of fitness.

Maximum portability and versatility

Easy to carry around when travelling.





Wellness Weights

Wellness Weights are dumbbells to be used at home and when travelling. The modern design and the special materials used make them the perfect answer for people looking to keep in shape and tone up with small weights and a touch of style.

PRODUCT PLUSES

Unique design

Technological innovation comes in the form of unconventional materials for this type of product and a modern, advanced design concept.

Wellness everywhere

The bag is designed to pack the weights correctly to make it safe when you are on the move.





Wellness Rack

The elegant, functional weights kit for complete strength training programmes involving all muscle groups. The high-quality polycarbonate weight stand combines quality and durability with modern, stylish design.

PRODUCT PLUSES

User-friendly design

Thanks to the innovative system for fastening the disks to the handlebar, the dumbbells are easy to assemble and used just like professional ones.

Innovative, modern design

The original weight stand is a stylish interior accessory in its own right.





Wellness Pad

An excellent stretching mat, ideal for daily use to improve flexibility and perform basic strength-building floor exercises. Stretching reduces muscular tension, enables greater freedom of movement, helps prevent injuries and improves posture and sports performance.

PRODUCT PLUSES

Practical to use and carry around

The basic stretching exercises are printed inside the mat and illustrated in the user manual.

The two pockets and shoulder strap make it a versatile and handy solution even for people on the move. Conceived and created to incorporate Wellness Bag™ perfectly.

Stylish design

With its elegant shape and colour, this mat fits perfectly with the line of Wellness Tools™. Designed specially to be carried around and used in combination with Wellness Bag™.







Solutions

A

From 20 sqm

The gym spa

/ 119

B

From 10 sqm

The spare room

/ 139

C

From 5 sqm

The living room

/ 153

D

From 1 sqm

One square metre

/ 169



A

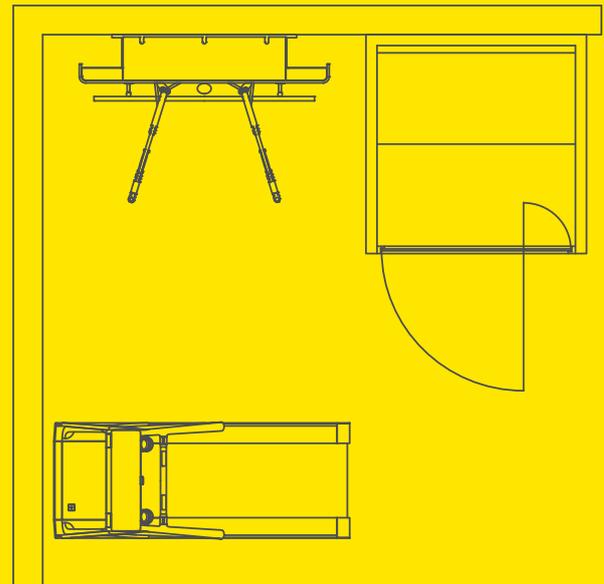
From 20 sqm

the gym spa

When your Wellness and your family's wellbeing are a priority for you, one solution which encompasses all your needs is the only solution you will be happy with.

You have the space; we have everything you require to transform your lifestyle and take it into a new dimension.

In the intimacy of your home, you can build a luxury setting where, amidst professional design equipment and a spa offering, Wellness takes centre stage.



Stress is a thing
of the past thanks
to the tailored
Technogym solution.

A new balance has been established in their lives, made of energy, power and peace of mind.







Simple to use with touch-screen
technology, UNITY™ offers you
countless entertainment options.
Yoshie loved it from day one.

Once logged in, she can view her home page on UNITY™ and access her personal training programme, her favourite sites or Facebook page. After her workout, she can impress Jay with her results.



A | From 20 sqm
THE GYM SPA





/ Cross Personal_026

/ Run Personal_014

/ Recline Personal_020

A | From 20 sqm
THE GYM SPA



Jay never needs to give up his training routine.

Wellness is also a question of time management, especially when business turns you into a globetrotter.



After an intense day at the office, Jay is glad to get back to his home environment and ease the tension out of his body. Knowing exactly how to gauge his movements in the presence of the Personal Trainer, he feels all the benefits of stretching in no time at all.



Since Jay has merged the gym area with the spa, he can stay in great shape and relax in great style.



Wonderful in the winter, a steam bath will increase your blood circulation and open your sinuses as well as reducing muscular tension and ensuring stress relief. Whatever the season, Yoshie particularly appreciates the rejuvenating effect it has on her skin.



/ Personal Trainer _ 226

/ Kinesis® Personal Vision _ 034

Kinesis® Vision is the ultimate design piece. That's all it was until Jay discovered the beauty of all the movements and exercises that he can accomplish with and without the help of his Personal Trainer.

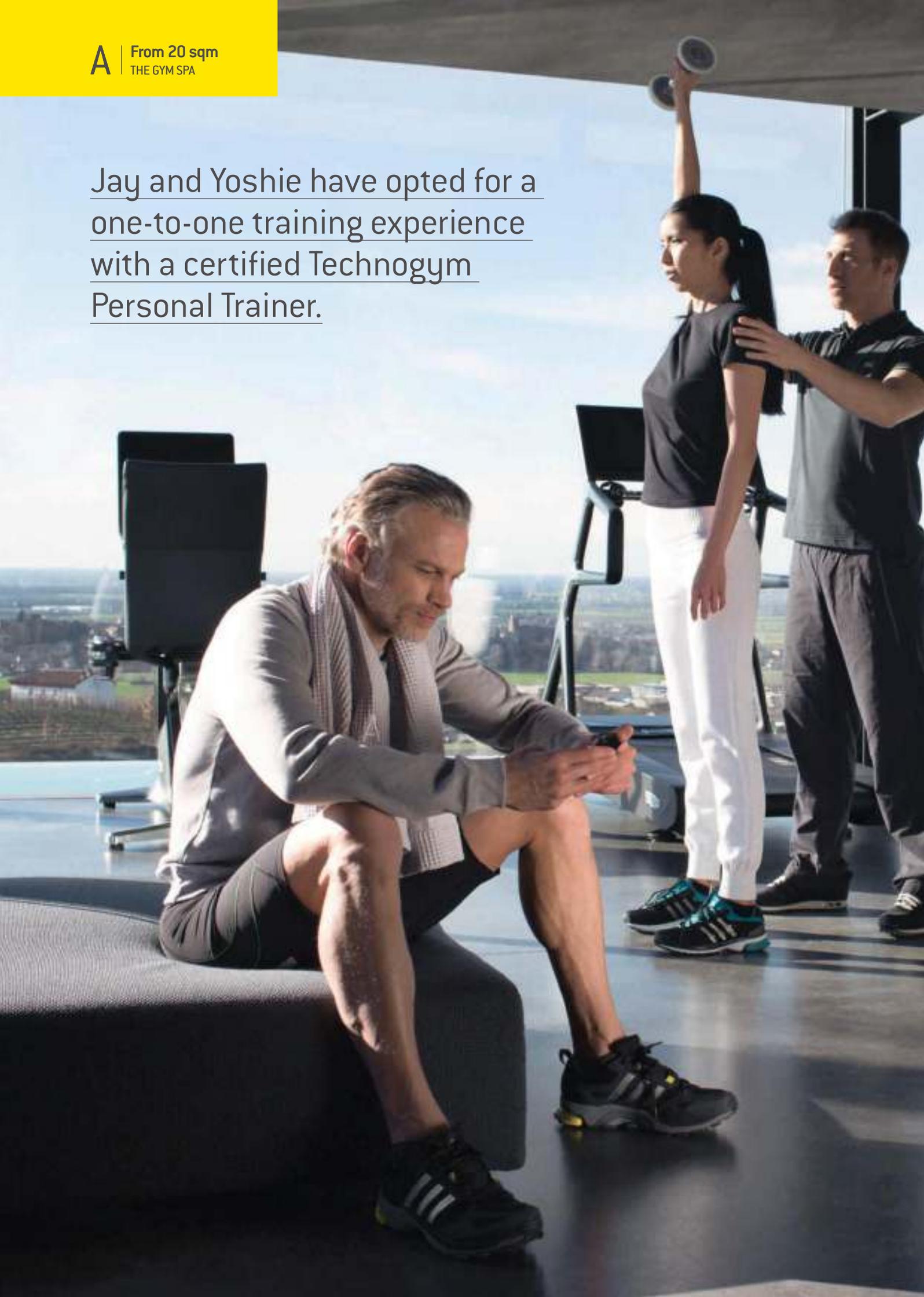
Strength training, exercises to improve stamina, posture and balance. Kinesis® is a world of activities which extend the dimensions of Wellness beyond his imagination.



Jay just loves the look and feel of Cross Personal with its sleek lines and micropolished steel finish.

125 BPM: keeping a stable pulse rate keeps Jay steadily on track for his goals. With the chest band on, Jay is able to pace himself perfectly and train in total safety.

Jay and Yoshie have opted for a one-to-one training experience with a certified Technogym Personal Trainer.



Yoshie is having a try at the weights from the Wellness Rack. Knowing for sure that her workout posture is correct, Yoshie feels confident about using the weights again when she's on her own. After a brisk workout on Cross Personal, Jay is ready for a sauna or a relaxing steam bath.



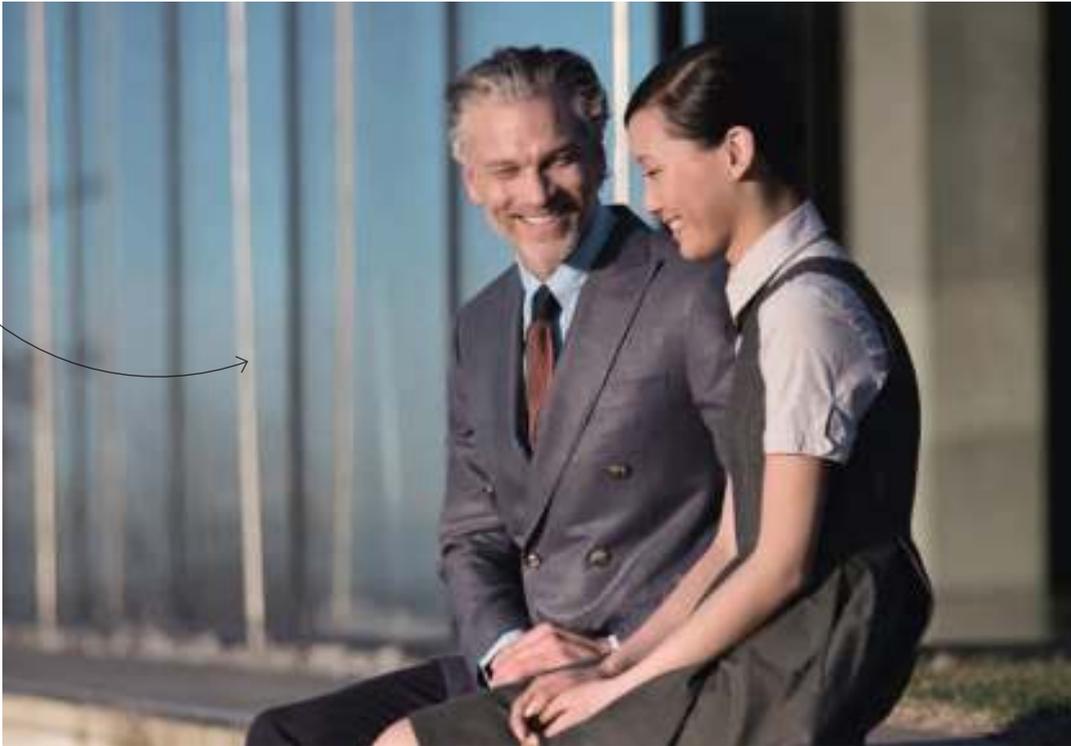


Wellness Ball™
Active Sitting is
a way to turn
your lifestyle
into Wellness.

By scanning the QR code on the label, you can access videos of exercises to be performed on the Wellness Ball™Active Sitting.



Despite his global commitments, Jay has discovered that Wellness has brought a new balance to his life, his home and his family. Sachiko is feeling the difference too. What a good feeling it is!



Jay is off to Chicago this week.
Nowadays he travels with his
Wellness Bag™ as well as his tablet.
Wellness is a lifestyle, so wherever
you go, you don't leave it at home.



EQUIPMENT

- 01. Recline Personal
- 02. Kinesis® Vision
- 03. Run Personal
- 04. Cross Personal
- 05. FLEXability Posterior
- 06. Wellness Ball™ Active Sitting
- 07. Wellness Rack
- 08. Wellness Bag

SERVICES

- Training Services (Personal Trainer)
- Technogym Care
- Wellness Design™

01



02



03



04



05



06



07



08

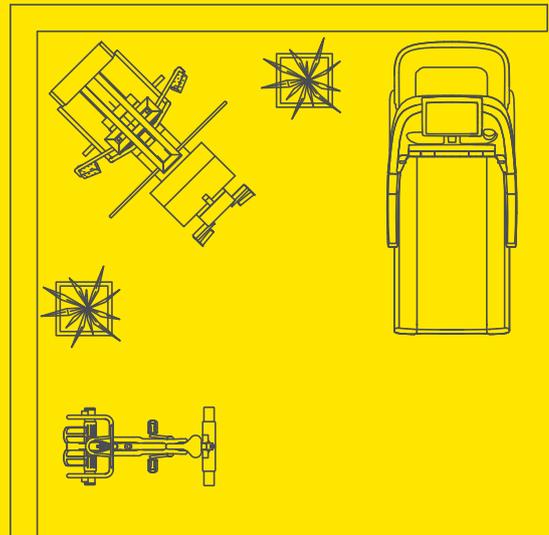


B

From 10 sqm

the spare room

When there's enough space to dedicate an entire room to your pursuit of Wellness as a lifestyle, there's a solution which can work for more than one person and cover more than one need. Now is the time to relax and start moving towards a new state of wellbeing. Create your own tailored gym. Stay in shape with your partner and discover how good it is to feel fit.



One room can accommodate all Richard requires to achieve his objective both in terms of cardiovascular fitness and that extra strength he wants to maintain, so that he can keep winning on a squash court or at the tennis club.

Unica, over 25 strength exercises in one and a half square metres.

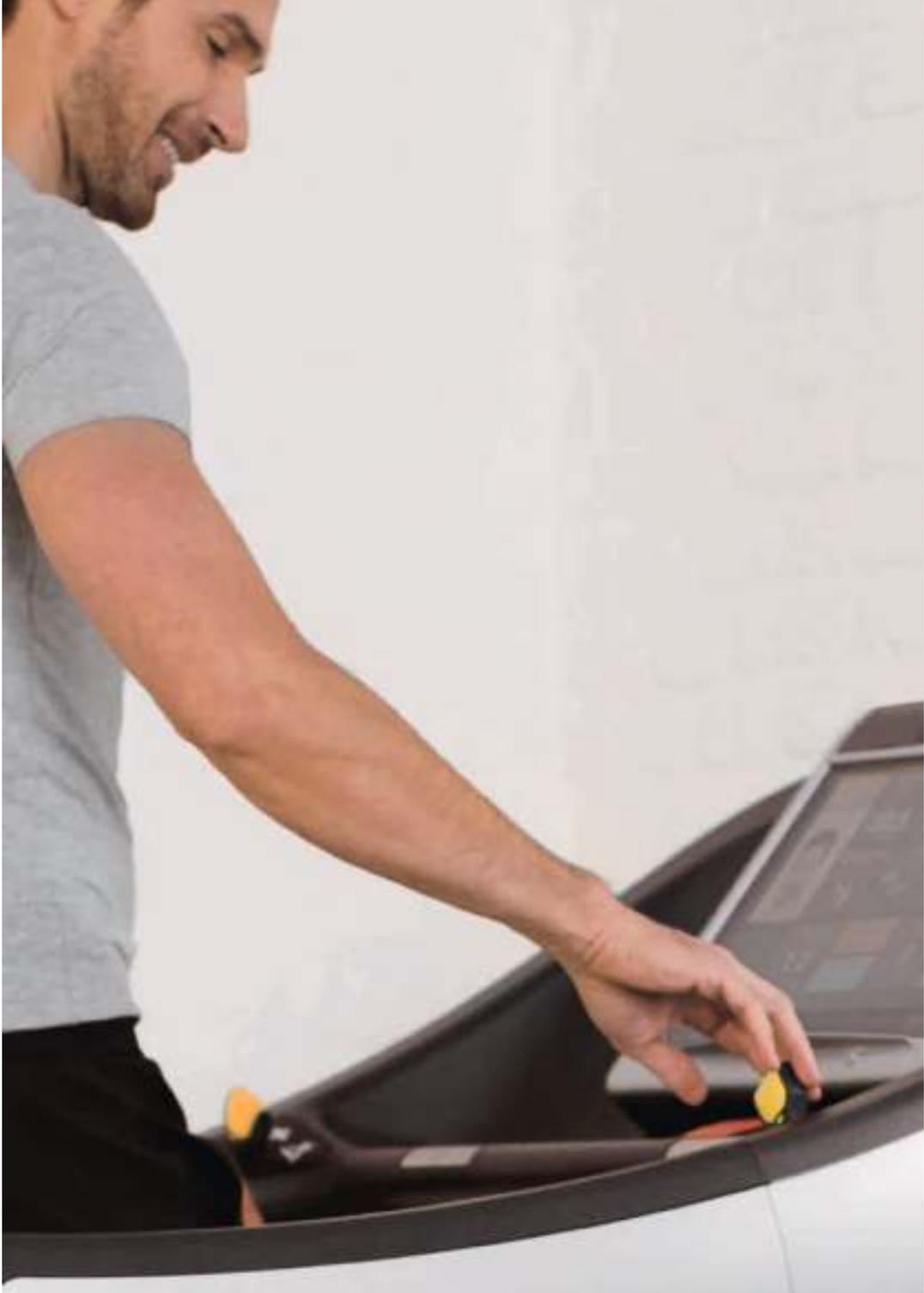
/ Wellness Ball™ Training_106 / Wellness Rack_112 / Run Now Excite+_052 / Vario Excite+_061 / Unica_088



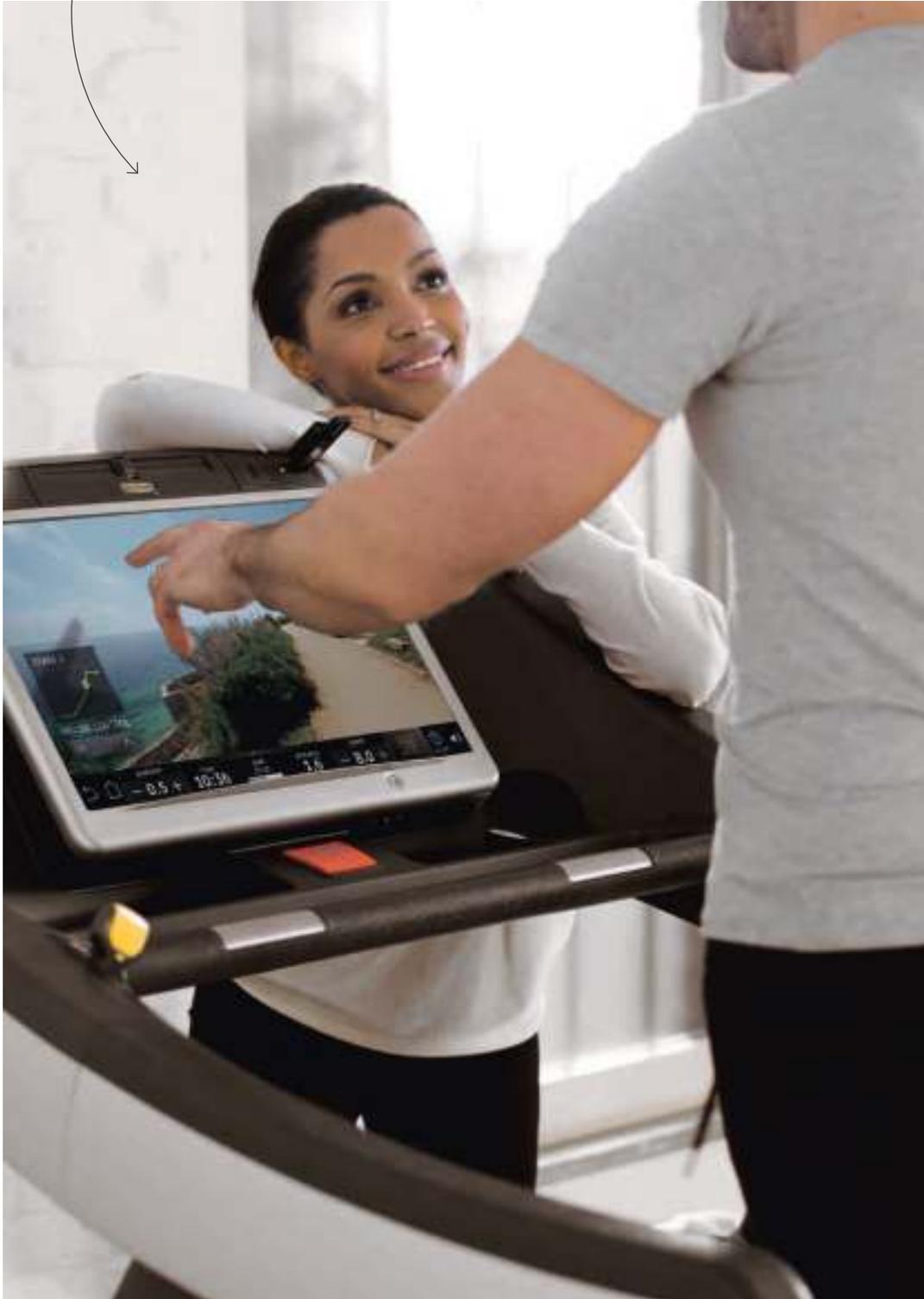
Meanwhile, Richard is setting his target on Run Now Excite+: Interval Training for 30 minutes. By logging in to the UNITY™ console, the data referring to any cardio training sessions will automatically be registered on his Technogym account created on the mywellness.com website.



Fast Track Controls
for quick, easy and
safe adjustments.



All within reach for safe settings, Richard can switch from a game to a virtual outdoor experience and change incline while running.

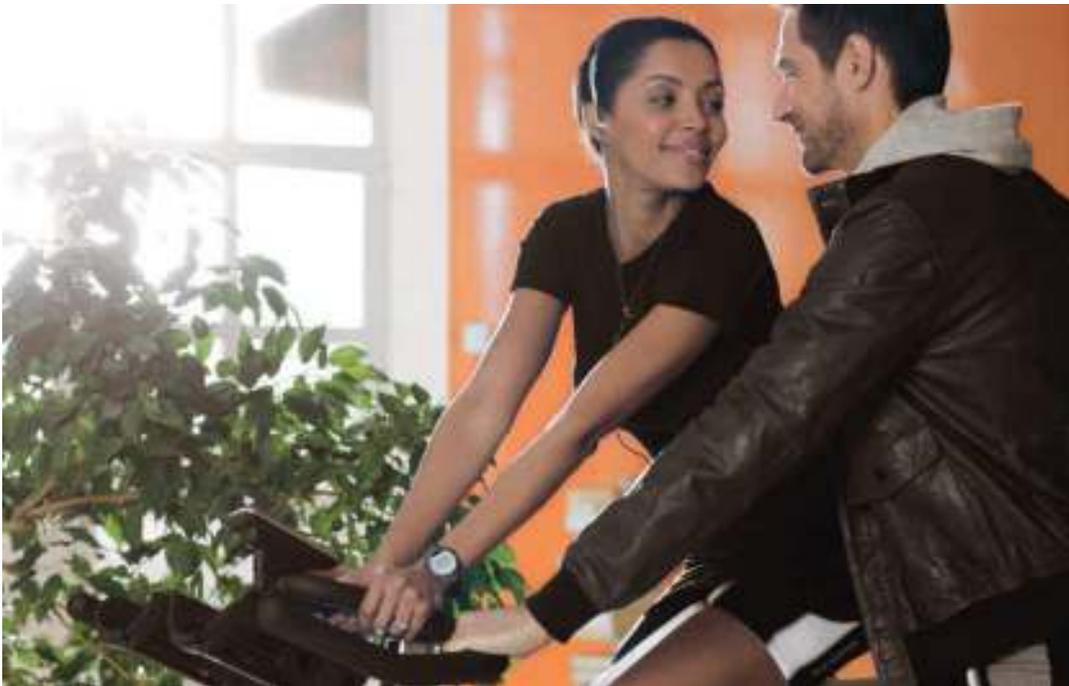


No need to wait for weekends or good weather, Susan cycles whenever she wants.

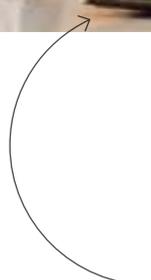


Group Cycle keeps her in perfect shape and a 20 minute workout, while Richard is playing squash, is also a way to shake off the day's tensions. Group Cycle can be wheeled around, so that Susan can train where she wants, watching TV if that means switching to the living room.

Back from the club, Richard knows that without his Wellness solution at home, 45 minutes on a squash court would be tough. Today he plays confidently and moves freely. A winner on and off the court.



Susan also likes
training with Unica.



Wellness Pad is a foldable mat
for stretching.

So when Richard sits out, he finds time to verify his results on his Technogym account by accessing the mywellness.com website and to add the previous day's squash game to his accomplished activities.



/ My Trainer_ 224

/ Wellness Ball™ Training_ 106

/ Wellness Weights_ 110

/ Wellness Rack_ 112

The more time
Richard spends on
Unica, the more
strength he acquires
for sports conditioning.

/ Unica_088 / Vario Excite+_061 / Run Now Excite+_052



For Susan, there's nothing better than a total body workout on Vario Excite+ to the sound of her favourite music.

What she loves about Vario is the variety of movement, from step to stride, and the possibility of increasing training efficiency by holding on to the fixed handles.



One thing is for sure; Susan never misses a chance to tone up, even when sitting down. She's even thinking of taking Wellness Ball™ Active Sitting to the office one day.



Setting up a Technogym account in the mywellness.com website is a matter of minutes. Once you are registered, all data regarding any physical activity, from workouts to housekeeping or walking the dog, is recorded on mywellness.com.



Wherever you are, your training data are available when you log in to mywellness app or mywellness.com.

EQUIPMENT

- 01. Vario Excite+
- 02. Run Now Excite+
- 03. Group Cycle
- 04. Unica
- 05. Wellness Rack
- 06. Wellness Pad
- 07. Wellness Ball™ Active Sitting
- 08. Wellness Ball™ Training

SERVICES

- Training Services (09. My Trainer)
- Technogym Care

01



02



03



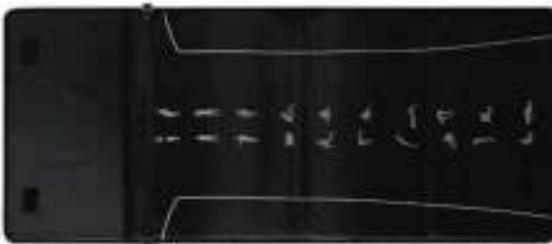
04



05



06



07



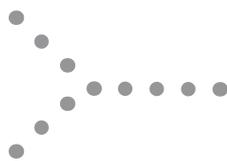
08



09



mywellness



DISPLAY



SMARTPHONE



TABLET



PC

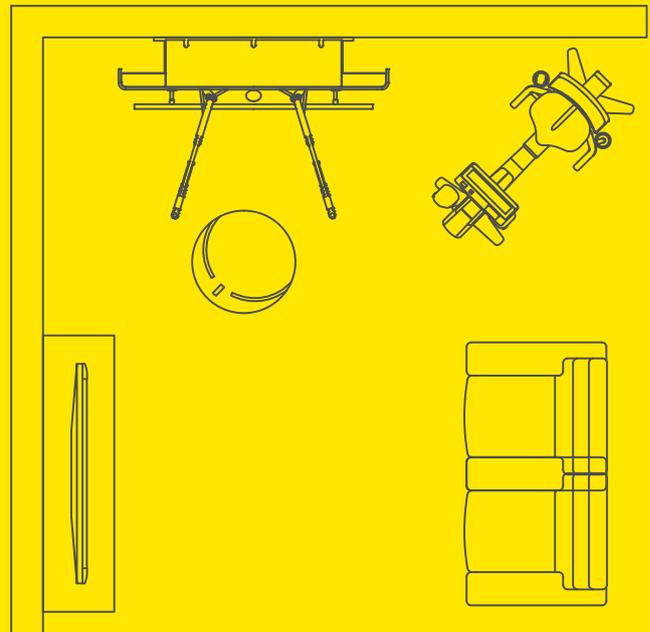
C

From 5 sqm

the living room

When design is a priority and there is no room for compromise, there is a way to avoid sacrificing space for steel; a way to blend functionality with aesthetic appeal and maintain the balance and style of your living space. Energise your environment with a dynamic solution beyond your expectations.

Get ready to activate your senses and stay young.



Thanks to Personal Line equipment, finding the time and the motivation to train is no longer an issue.



Personal Line equipment with its fine geometry and superb finish, blends perfectly into the elegance of Michelle and Alexander's living room.



The Wellness Rack adds
a discreet touch of design.



Knowing he's in good shape gives Alexander the confidence to feel good through and through. And he's not the only one to appreciate how good life has become.



Alexander runs a Fitness Test
to check his progress.



He just slips on the chest strap and starts to ride, monitoring his data on the UNITY™ display.



There's no medicine like exercise
to keep you fit and young.



Wellness isn't
confined to a living
room. It's a lifestyle
which Alexander
is learning to enjoy.

Taking a stroll in the park with his best friend and with Michelle is a way to share the newly discovered energy that has filled their life since they chose Technogym.



C | From 5 sqm
THE LIVING ROOM



Love at first sight
was Michelle's initial
reaction to Kinesis®.
Love at every move is
the way she feels today.

It works wonders on posture, and is
an excellent way to improve flexibility
for when Michelle plays golf.



A half-hour walk and Michelle can sit comfortably and monitor her results on her Technogym account by accessing it from the mywellness.com website.

Sit comfortably and keep training with Wellness Ball™ Active Sitting.





Thanks to the Wellness Ball™, Alexander has regained mobility in his back.

Ready to take up
golf again, he's
fixing a session
with a Personal
Trainer where it's
most convenient, at
home.

C | From 5 sqm
THE LIVING ROOM



Two years ago, Michelle and Alexander had both given up playing golf. Now they're active members at the club again.

Thanks to Kinesis[®],
they're both ready to
swing their woods.



EQUIPMENT

- 01. Recline Personal
- 02. Kinesis® Personal
- 03. Wellness Ball™ Active Sitting
- 04. Wellness Ball™ Training
- 05. Wellness Rack

SERVICES

- Training Services (06. My Trainer, Personal Trainer)
- Technogym Care
- Wellness Design™



01



02



03



04



05



mywellness

06



DISPLAY



SMARTPHONE



TABLET



PC

D

From 1 sqm

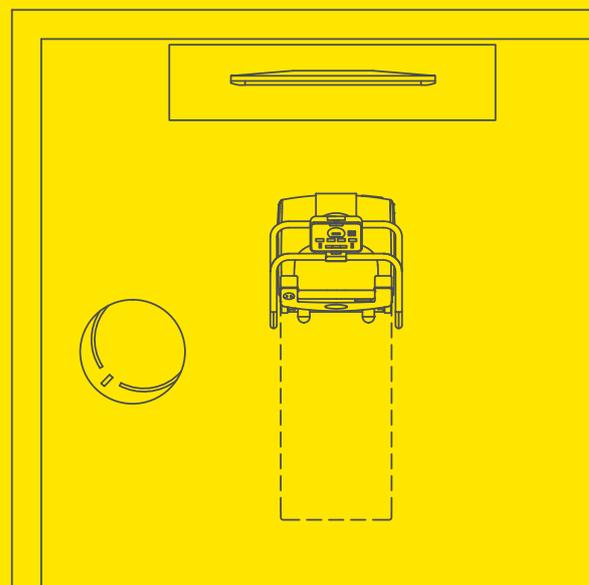
one square metre

When it comes to optimising space (and time), the one square metre solution not only fits the bill, it also fits anywhere you wish: bedroom, living room or even the kid's playroom.

If you want both a family life and a professional one and still find the time to exercise, you need to be able to work out at home.

Plus you will avoid those extra pounds.

All in one square metre.



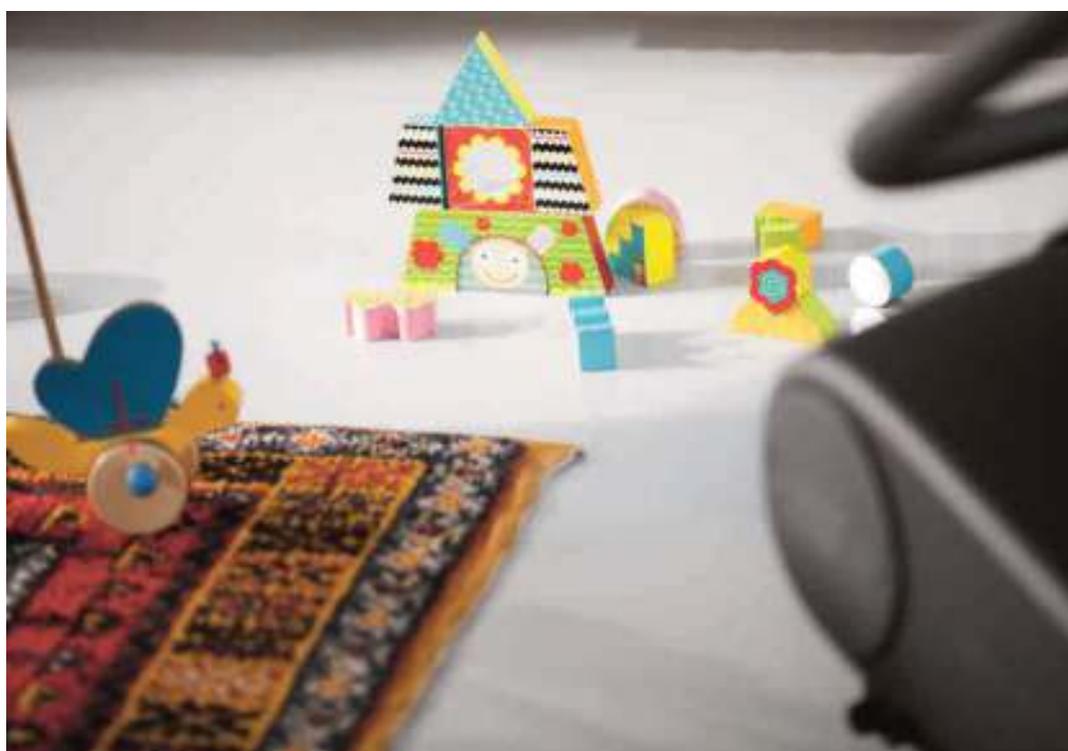
D | From 1 sqm
ONE SQUARE METRE

At less than 80 cm in width, Spazio Forma™ can be wheeled easily from room to room enabling you to choose your workout environment and allowing you to reclaim space whenever you need to.



Secure your device with Entertainment Support.

Start moving and enjoy comfortable viewing thanks to the position and angle of your tablet or smartphone.



Intelligent safety features prevent Spazio Forma™ from accidentally opening and closing. Stop training and the treadmill comes safely to a halt.

D | From 1 sqm
ONE SQUARE METRE

It's incredible how much
Wellness will fit into
so little space.

By fitting her iPad onto
Entertainment Support,
Sonia can watch a film,
listen to music or visualise
her training programmes.





Spazio Forma™ folds away into less than one square metre. It's Sonia's dream come true.



Who needs space to stretch?
Wellness Pad is a way for Sonia to stay in shape
after lifting weights from the Wellness Rack.



/ My Trainer _ 224



/ Wellness Rack _ 112

/ Wellness Pad _ 114

Sonia can monitor progress on her Technogym account by
accessing it from mywellness.com, update her biometric data
such as her weight and add hundreds of listed daily activities
which will count toward her weekly objective.

/ Wellness Ball™ Active Sitting _ 102



Wellness is
much more than
a treadmill;
it's a physical and
mental approach,
it's motivation,
satisfaction,
and it's fun.

Wellness is a world that Sonia is now part of. She has clear goals, easy-to-follow routines and everything she does for herself counts toward fulfilling her primary need: losing weight and getting back into shape after pregnancy.

Wellness Weights are a pair of elegant and functional weights. Conveniently compact in size, they can be used to strengthen different muscle groups.



D | From 1 sqm
ONE SQUARE METRE

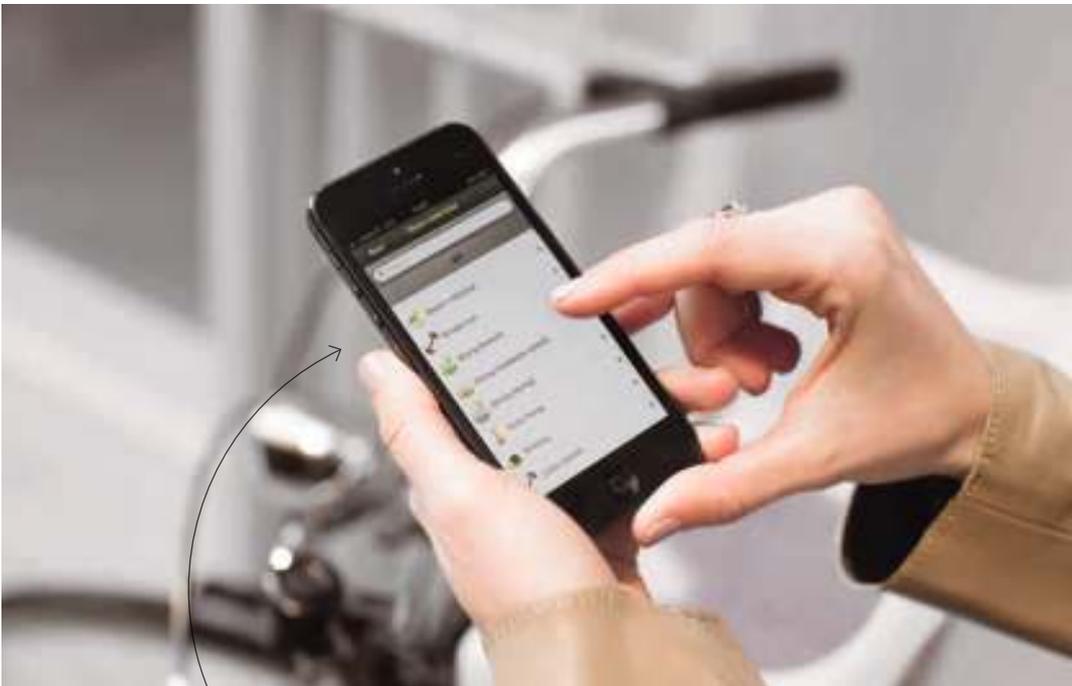
Designed to keep your core muscles constantly active, Wellness Ball™ Active Sitting is the best way to improve your posture.





Sonia loves the way Wellness Ball™ Active Sitting fits her home environment. It's modern, high tech and environmentally friendly and has a removable washable cover. It's also burst-proof and has a non-slip underside. It's a way to stay active even when you're just sitting down for a snack.

Riding into town is also a great way to stay in shape.



One swipe and a few clicks and Sonia updates her Technogym account on mywellness.com, adding her bike ride to the day's activity.

Managing her lifestyle with the help of Technogym, Sonia has discovered the benefits of Wellness. She has found the perfect balance between doing what she loves to do and dedicating time to whom she loves. And that includes herself.

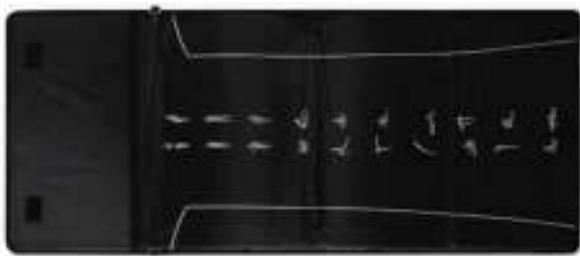


EQUIPMENT

- 01. Wellness Pad
- 02. Wellness Ball™ Active Sitting
- 03. Spazio Forma™
- 04. Wellness Bag
- 05. Wellness Rack
- 06. Wellness Weights

SERVICES

- Training Services (07. My Trainer)
- Technogym Care



01



02



03



04



05



06



07

mywellness



SMARTPHONE



TABLET



PC

Equipment Specifications

A dark silhouette of a person running on a treadmill, positioned on the right side of the page. The person's legs are in mid-stride, and the treadmill's handrails and front console are visible. The background is a light gray.

PERSONAL / 186

EXCITE+ / 192

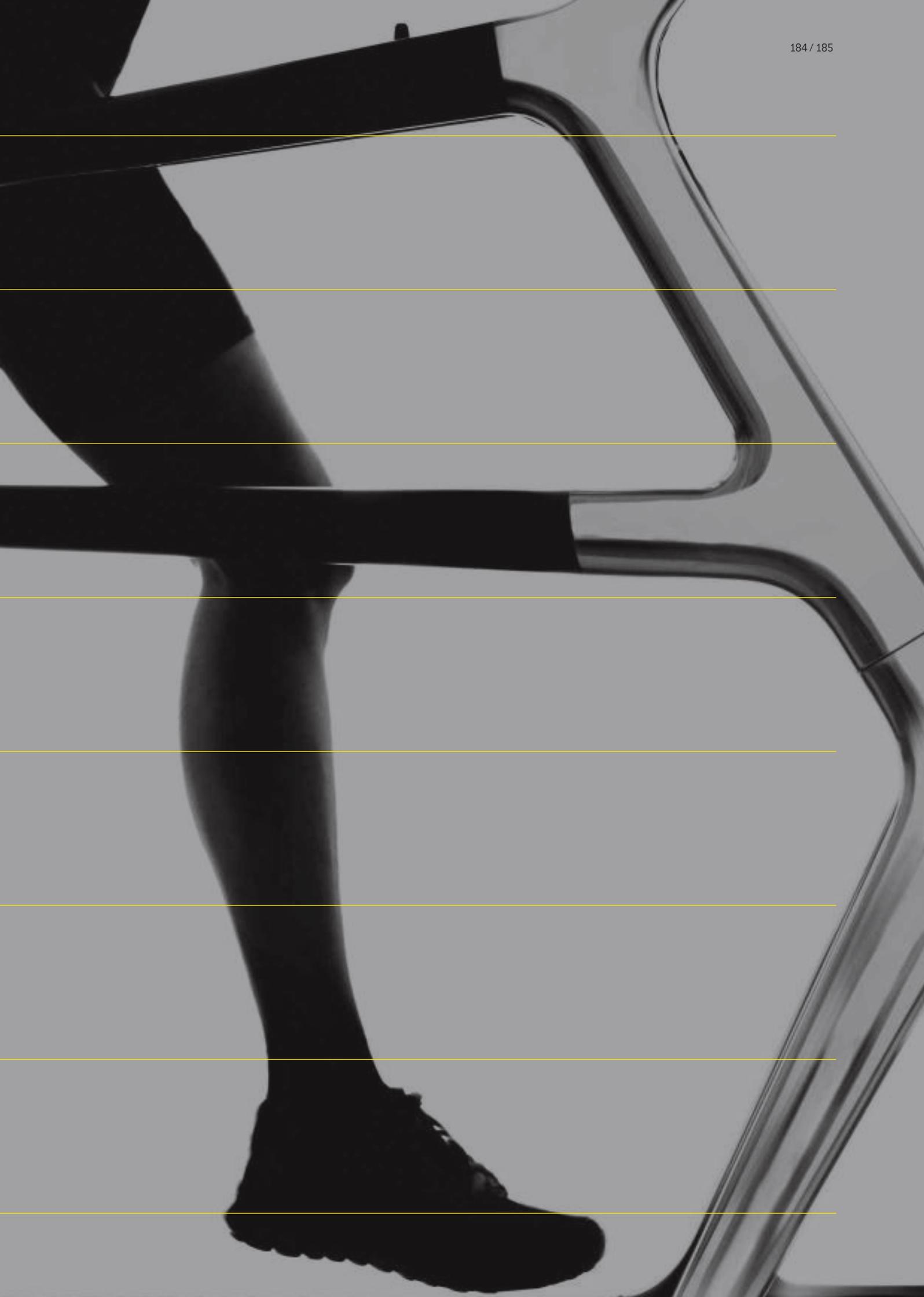
FORMA / 204

GROUP CYCLE / 209

HOME STRENGTH / 210

FLEXABILITY / 216

WELLNESS TOOLS™ / 218



Personal Line

RUN



Specifications and performances	
Dimensions (LxWxH)*	201 x 80 x 147 cm (79" x 31" x 58")
Equipment weight	170 kg (374 lbs)
Max. user weight	160 kg (352 lbs)
Running surface height above ground	20 cm (8")
Speed	0.4 - 18 km/h (0.2 - 11.2 mph)
Incline (%)	0 - 15%
Running surface (Length x Width)	145 x 51 cm (57" x 20")
Power requirement	180 - 265 VAC
Motor power (peak)	4.0 HP
Max. power consumption	2200 VA
Training and comfort features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Speed shift; Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness Test, Smart Test, Single Stage, Multi Stage
Maximal Tests	Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish,
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Runner Detection System	Yes
Calorie Coach	Yes
Durability and supplementary features	
Long Life Deck	Yes
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (19")



PRIMARY MUSCLES

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment



RECLINE

Specifications and performances	
Dimensions (LxWxH)*	139 x 64 x 138 cm (55" x 25" x 54")
Equipment weight	70 kg (154 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Hills; Hi-low blocks; Burn Out; Cross Training)
Submaximal Tests	Fitness Test, Smart Test
Language available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish,
User-defined language selection	Finnish
Heart rate monitoring	Hand Sensors, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (15.6")

**PRIMARY MUSCLES**

*Quadriceps, Iliopsoas,
Biceps femoris, Calf*

SECONDARY MUSCLES

*Adductors, Tibialis anterior,
Gluteus*

* Length x Width x Height while working on the equipment



Personal Line

CROSS



Specifications and performances	
Dimensions (LxWxH)*	194 x 69 x 176 cm (76" x 28" x 69")
Equipment weight	145 kg (320 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	100 - 240 VAC
Max power consumption	160 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness test
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish,
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (15.6")



PRIMARY MUSCLES

Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES

Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment



KINESIS®

Kinesis Personal - Vision



Kinesis Personal - Heritage Black



Kinesis Personal - Heritage Leather

Specifications and training features

Dimensions (Length x Width x Height)	45 x 170 x 210 cm (18" x 67" x 83") closed 115 x 170 x 210 cm (45" x 67" x 83") during operation
Length when closed	45 cm (18")
Length during operation	115 cm (45")
Minimum frontage required for use	2 m (79")
Equipment weight	240 kg (528 lbs) Heritage - 280 kg (616 lbs) Vision
Power requirement	110 - 220 VAC
Versions available	Vision, Heritage Black, Heritage Leather
Standard functions and accessories	Wellness Ball™, 2 x Revolving attachments 2 x Ankle straps, Exercise and Wellness Lifestyle™ DVD, User manual, Exercise manual



KINESIS® PERSONAL - VISION
Micro-polished steel panels



KINESIS® PERSONAL - HERITAGE BLACK
Wooden cover panel



KINESIS® PERSONAL - HERITAGE LEATHER
Leather panel

Personal Line

DISPLAY

Screen & controls	UNITY™ PERSONAL
Screen size - Run Personal	19" LCD - Wide 16:9
Screen size - Other equipment	15.6" LCD - Wide 16:9
Capacitive touch screen	Multitouch
Tablet-like navigation	Yes
Training content	
Guide Me	Yes
Embedded Workout Programmes	19 on Run Personal and Recline Personal, 18 on Cross Personal
Telemetric heart rate chest strap compatible	Bluetooth®, Analogue transmission
Languages	18 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Turkish, Danish, Italian, Arabic, Korean, Norwegian, Swedish, Finnish
mywellness® platform connectivity options	
NFC (RFID) reader	Yes
QR code	Yes
Technogym key and mywellness key reader	Yes
Login with username and password (typing option)	Yes
User personal account	
Personalised training programme	Yes
Local weather	Yes
Favourite TV channels	Yes
Favourite web bookmarks	Yes
User Content Sync	Yes
Entertainment options / Multimedia	
Analogue TV	PAL (BG, DK, I, M, N, BG Australia), SECAM (L, L1, DK), NTSC (NTSC M)
Digital TV	DVB-T HD, DVB-C HD, ATSC+QAM B MPEG2, ISDB-T (with smart card reader for Japanese market)
IPTV	Requiring a dedicated version of UNITY. It supports SD; HD (MPEG-2; MPEG-4 pt10 AVC/H.264 Standard Definition & HD - up to 720p and 1080i; Protocols: UDP multicast & unicast)



Entertainment options		UNITY™ PERSONAL
Radio		digital (DVB-T, DVB-C, ATSC, ISDB-T, QAM), analogue (FM)
Free web browsing		Yes
Games		Yes, customisable selection from Technogym App Store*
Integrated Webcam		Yes
Audio/Mic plug		mini-jack 3,5 mm: audio: all standards mic: CTIA/AHL standard
USB Multimedia - Audio		MP3, M4A, WAV
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) 3GP (Up to 720p)
USB Multimedia - Picture and documents readers		JPEG, PNG, PDF
Bluetooth® headphones compatibility		Yes
iPod / iPhone / iPad audio content via Bluetooth®		Yes
Android smartphone audio content via USB		Yes (USB cable not provided)
Outdoors		Yes
Customisable screen saver		
Customisable background*		video or images
Facility logo*		Yes
Customisable messages*		Yes
Network connectivity		
LAN - Ethernet 10/100		Yes
WiFi		Yes [Wi-Fi IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP]
Supported Professional Apps		
Communicator -Messages*		Yes
Communicator - Club Area*		Yes
Asset management*		Yes
Technogym App Store*		Yes
Prescribe*		Yes
Self*		Yes
Challenge*		Yes

*Available for commercial use only

Excite+ Line

RUN NOW

TREND version
CLASS version



	900 UNITY™	900	700 UNITY™	700	500
	ENERGY SAVING	ENERGY SAVING	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)				
Running surface height above ground	280 mm (11")				
Motor power (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 Vac 0.8 - 20 km/h (0.5 - 12.4 mph) at 90 Vac		0.8 - 25 km/h (0.5 - 15.5 mph) at 220 Vac 0.8 - 22 km/h (0.5 - 13.7 mph) at 110 Vac 0.8 - 20 km/h (0.5 - 12.4 mph) at 90 Vac		0.8 - 20 km/h (0.5 - 12.4 mph) at 220, 110, 90 Vac
Incline	0 - 18%		0 - 15%		
Running surface (LxW)	1520 x 520 mm (60" x 20.5")				
Power requirement	200 - 240 Vac ("E" version); 100 - 120 Vac (version "1"); 200 - 240 Vac (Version "2"); 16A dedicated socket each machine				
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom Speed, Training Zone, Weight Loss	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom Speed, Training Zone, Weight Loss	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	3 - Fitness Test, Single stage, Multistage		Fitness Test		
Maximal tests	8 - Technogym maximal test, Custom maximal test, Bruce, Bruce modified, Naughton, Balke and Ware, Astrand modified, Costill and Fox		NO		
Military tests	6 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB				NO
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	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 Sensor, Telemetry**				NO
Fast Track Control	YES				NO
Runner Detection System	YES				
"InMotion" Safety System	YES				
ReadyToRun	YES				
Laser marking on belt	YES				
Integrated fan	YES				NO
Calorie Coach	YES				
Supplementary features					
Servicing	Belt and deck lubrication not required				
Long Life Deck	YES				
Heart rate interactive function via Hand Sensors	YES				NO
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader	
Display options					
Display available	UNITY™	Advanced LED	UNITY™	Advanced LED	LED
Certifications					
MET Mark	YES				



PRIMARY MUSCLES

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi



IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment

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



JOG NOW

TREND version



	700 UNITY™	700	500
Specifications & performance			
Dimensions (LxWxH)*	2100 x 859 x 1481 mm (83" x 34" x 58")		
Weight	164 kg (362 lbs)		
Max user weight	220 kg (485 lbs)		
Running surface height above ground	200 mm (8")		
Motor power (peak)	6.0 HP (AC)		
Speed range	0.4 - 20 km/h (0.2 - 12.4 mph)		0.4 - 18 km/h (0.2 - 11.2 mph)
Incline	0 - 15%		
Running surface (LxW)	1520 x 510 mm (59" x 20")		
Power requirement	200 - 240 Vac ("E" version); 100 - 120 Vac (version "1"); 200 - 240 Vac (version "2"); 16A dedicated socket each machine		
Training & comfort features			
Goal Oriented Display	YES		
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	5 - Quick Start, Goals (Time; Distance; Calories), CPR
Sub maximal tests	Fitness Test		NO
Military tests	6 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB		NO
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
HR monitoring	Hand Sensor, Telemetry**		Telemetry**
Runner Detection System	YES		
"InMotion" Safety System	YES		NO
ReadytoRun	YES		NO
Laser marking on belt	YES		
Calorie Coach	YES		
Supplementary features			
Servicing	Belt and deck lubrication not required		
Long Life Deck	YES		
Plug & Play System	YES		
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader	
Certifications			
93/42/EEC Certification	NO		YES on 500 MD
MET Mark	YES		
Display options			
Display available	UNITY™		LED



PRIMARY MUSCLES

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

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



Excite+ Line

SYNCHRO

TREND version
CLASS version



	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	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	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	100 VA		Self Powered cordless	100 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	Fitness Test			NO	
Military tests	Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish		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 Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)		YES through optional Key Reader		
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES

Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES

Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

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



CROSSOVERTREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	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	30 - 340	50 - 340
Power requirement	100 - 240 Vac 50/60 Hz		Self Powered cordless	100 - 240 Vac 50/60 Hz	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	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 Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader			
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED

**PRIMARY MUSCLES**

Quadriceps, Iliopsoas,
Gluteus maximus,
Biceps femoris

SECONDARY MUSCLES

Obliques, Deltoids, Biceps,
Triceps, Adductors, Calf

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

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



Excite+ Line

VARIO

TREND version
CLASS version



	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	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 above 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	30-500	50-500
Power requirement	100 - 240 Vac 50/60 Hz		Self Powered cordless	100 - 240 Vac 50/60 Hz	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)		
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
HR monitoring	Double Hand Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach				YES	
Self Starting System				YES	
Lateral supports				YES	
Supplementary features					
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader			
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES

Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES

Obliques, Deltoids, Biceps, Triceps, Adductors, Calf

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

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



BIKE

TREND version
CLASS version



	700 UNITY™	700	700 SP	500	500 SP
			ENERGY SAVING		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	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	50 VA		Self Powered cordless	50 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	Fitness Test			NO	
Military tests	2 - Air Force PRT, Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish		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 Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
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			NO	
Easy entry pedals	YES				
Number of seat positions	27				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)		YES through optional Key Reader		
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED
Accessories					
Accessories available	Straps (A0000496)				

**PRIMARY MUSCLES**

Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES

Adductors, Tibialis anterior, Gluteus

MD Inclusive version available (compliant to 93/42/CEE medical certification)

IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment

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



Excite+ Line

RECLINE

TREND version
CLASS version



	700 UNITY™	700	700 SP	500	500 SP
			ENERGY SAVING		ENERGY SAVING
Specifications & performance					
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	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	50 VA		Self Powered cordless	50 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	SI				
Training Programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	Fitness Test			NO	
Military tests	2 - Air Force PRT, Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish		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 Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Seat height step	12.5 mm (0.5")				
Easy to adjust pedal straps	YES			NO	
Ergonomic handlebar for easy mounting and dismounting	YES				
Adjustable backrest	4 positions				
Number of seat positions	27				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)		YES through optional Key Reader		
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED
Accessories					
Accessories available	Straps (A0000496)				



PRIMARY MUSCLES

Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES

Adductors, Tibialis anterior, Gluteus



MD Inclusive version available
(compliant to 93/42/CEE medical certification)

IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment

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



TOP

TREND version
CLASS version

	700 UNITY™	700	700 SP
			 ENERGY SAVING
Specifications & performance			
Dimensions (LxWxH)*	1550 x 709 x 1491 mm (60" x 27" 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
Maximum power consumption	100 VA		Self Powered cordless
Training & comfort features			
Goal Oriented Display	YES		
Warm Up function	YES		
Training Programmes	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	
Sub maximal tests	Fitness Test		
Maximal tests	Maximal test, Wingate test		
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	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			
Plug & Play System	YES		
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader	
Certifications			
93/42/EEC certification	NO	YES on 700 MD	NO
UL Mark	YES		
Display options			
Display available	UNITY™	Advanced LED	Advanced LED
Accessories			
Accessories available	Ergonomic Seat without backrest (A0000368), Standard Seat with backrest (A0000371), Platform to be used with seat (A0000497), Platform to be used without seat (A0000609)		

**PRIMARY MUSCLES**

*Pectorals, Deltoids,
Trapezius, Biceps, Triceps,
Latissimus dorsi*

SECONDARY MUSCLES

*Abdominals, Quadratus
lumborum*



MD Inclusive version available
(compliant to 93/42/CEE medical certification)



IFI accredited version available for UK market only

* 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™ versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.



Excite+ Line

STEP

TREND version
CLASS version



	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	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	26 / 200	33 / 200
Kind of movement	Independent pedals				
Difficulty levels	1 - 25				
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	100 VA		Self Powered cordless	100 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	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 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish	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 Sensor, Telemetry**			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
mywellness® platform connectivity	YES through Key Reader, QR code and NFC (RFID)	YES through optional Key Reader			
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

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



DISPLAYS

EXCITE+ Line	UNITY™ Android console	Advanced LED display	LED display
Run Now	900 UNITY™, 700 UNITY™	900, 700	500
Jog Now	700 UNITY™	/	700, 500
Vario	700 UNITY™	700, 700 SP	500, 500 SP
Crossover	700 UNITY™	700, 700 SP	500, 500 SP
Synchro	700 UNITY™	700, 700 SP	500, 500 SP
Bike	700 UNITY™	700, 700 SP	500, 500 SP
Recline	700 UNITY™	700, 700 SP	500, 500 SP
Top	700 UNITY™	700, 700 SP	/
Step	700 UNITY™	700, 700 SP	500, 500 SP

Excite+ Line

DISPLAYS

	UNITY™ EXCITE+	LED 900/700	LED 500
Screen & controls			
Screen size - Run	19" LCD - Wide 16:9	LED	LED
Screen size - Other equipment	15.6" LCD - Wide 16:9	LED	LED
Android OS	Yes	No	No
Capacitive touch screen	Yes	No	No
Tablet-like navigation	Yes	No	No
Equipment contents			
Guide Me	Yes	No	No
Embedded Workout Programmes*	15	23	11
Telemetric heart rate chest strap compatible	Bluetooth®, Analogue transmission	Analogue transmission	Analogue transmission
Languages	18 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Turkish, Danish, Italian, Arabic, Korean, Norwegian, Swedish, Finnish	13 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Danish, Italian, Turkish	13 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Danish, Italian, Turkish
mywellness® platform connectivity options			
NFC (RFID) reader	Yes	No	No
QR code	Yes	No	No
Technogym key and mywellness key reader	Yes	Optional	Optional
Login with username and password	Yes	No	No
User personal account			
Personalised Training Programme	Yes	Yes	Yes
Local Weather	Yes	No	No
Personal Challenges	Yes	No	No
Favourite TV channels	Yes	No	No
Favourite web bookmarks	Yes	No	No
User Content Sync	Yes	No	No
Entertainment options			
Analogue TV	PAL (BG, DK, I, M, N, BG Australia), SECAM (L, L1, DK), NTSC (NTSC M)	No	No
Digital TV	DVB-T HD, DVB-C HD, ATSC+ QAM B mpeg2, ISDB-T (with smart card reader for Japanese market)	No	No
Radio	digital (DVB-T, DVB-C, ATSC, ISDB-T, QAM), analogue (FM)	No	No
Full web browsing experience	Yes	No	No
Games	Yes, customisable selection from Technogym App Store***	No	No
Audio plug	mini-jack 3,5 mm, all audio standards	No	No



	UNITY™ EXCITE+	LED 900/700	LED 500
Entertainment options			
USB Multimedia - Audio	MP3, M4A, WAV	No	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] 3GP [Up to 720p]	No	No
USB Multimedia - Picture and documents readers	JPEG, PNG, PDF	No	No
Bluetooth® headphones	Yes	No	No
iPod/iPhone/iPad audio content via Bluetooth®	Yes	No	No
iPod / iPhone audio content via docking**	Yes through optional docking station	No	No
iPod / iPhone video content via docking**	Yes through optional docking station	No	No
iPod / iPhone - support and recharge**	Yes through optional docking station	No	No
Android smartphone audio content via USB	Yes [USB cable not provided]	Yes through optional key reader [USB cable not provided]	Yes through optional key reader [USB cable not provided]
Outdoors	Yes	No	No
Netpulse multimedia contents	Yes	No	No
Netpulse Virtual Active videos	Yes	No	No
Customisable screen saver			
Customisable background	Video or image***	No	No
Facility logo	Yes***	No	No
Customisable messages	Yes***	No	No
Network connectivity			
LAN - Ethernet 10/100	Yes	No	No
WiFi	Yes [Wi-Fi IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP]	No	No
Supported Professional Apps			
Communicator - Message - Club Area	Yes***	No	No
Asset management	Yes***	No	No
Technogym App Store	Yes***	No	No
Prescribe	Yes***	No	No
Self	Yes***	No	No
Challenge	Yes***	No	No

*Refers to Run Now. Total number of programmes available may vary on other equipment.

**iPod dock connector only. The 30-pin connector works with iPhone 4S, iPhone 4, iPhone 3GS, iPhone 3G, iPhone, iPod touch (1st through 4th generation), iPod (4th generation through iPod classic) and iPod nano (1st through 6th generation).

***Available for commercial use only.

Forma Line

SPAZIO FORMA™



Specifications and performances	
Dimensions (Length x Width x Height)*	206 x 79 x 138 cm (81" x 31" x 54") Open 84 x 79 x 165 cm (33" x 31" x 65") Closed
Equipment weight	160 kg (352 lbs)
Max. user weight	130 kg (285 lbs)
Running surface height above ground	20 cm (8")
Speed	0.8 - 16 km/h (0.5 - 9.9 mph)
Incline	0 - 12 %
Running surface (Length x Width)	141 x 48 cm (56" x 19")
Power requirement	180 - 265 VAC
Motor power (peak)	2.75 HP (DC)
Max. power consumption	1500 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	14 - Quick Start, Goals (Time, Distance, Calories), CPR, Profiles (6+3 customisable)
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment

JOG FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	210 x 86 x 150 cm (83" x 34" x 59")
Equipment weight	164 kg (361 lbs)
Max user weight	180 kg (396 lbs)
Running surface height above ground	21 cm (8")
Speed	0.4 - 18 km/h (0.25 - 11.2 mph)
Incline	0 - 15 %
Running surface (Length x Width)	151 x 51 cm (56" x 19")
Motor power (peak)	6.0 HP (AC)
Max. power consumption	2200 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Runner Detection System	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display

**PRIMARY MUSCLES**

Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES

Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment



Forma Line

BIKE FORMA



Specifications and performances	
Dimensions (Length x Width x Height)*	119 x 60 x 134 cm (47" x 24" x 53")
Equipment weight	61 kg (135 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 70 SPM	30 - 350 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES

*Quadriceps, Iliopsoas,
Biceps femoris, Calf*

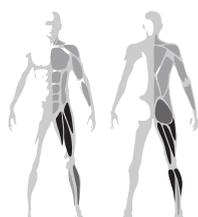
SECONDARY MUSCLES

*Adductors, Tibialis anterior,
Gluteus*

* Length x Width x Height while working on the equipment

RECLINE FORMA

Specifications and performances	
Dimensions [Length x Width x Height]*	160 x 60 x 129 cm (63" x 24" x 51")
Equipment weight	81 kg (178 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 70 SPM	30 - 350 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	9 - Quick Start, Goals (Time; Distance; Calories), CPR, Profile, Training Zone, Weight Loss, Custom
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display

**PRIMARY MUSCLES**

*Quadriceps, Iliopsoas,
Biceps femoris, Calf*

SECONDARY MUSCLES

*Adductors, Tibialis anterior,
Gluteus*

* Length x Width x Height while working on the equipment



Forma Line

SYNCHRO FORMA



Specifications and performances	
Dimensions (Length x Width x Height)*	204 x 75 x 160 cm (80" x 29" x 63")
Equipment weight	148 kg (326 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 120 SPM	30 - 300 Watt
Max power consumption	100 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES

Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES

Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment

Group Cycle



Specifications and performances

Dimensions (L x W x H)*	117 x 60 x 118 cm (46" x 23" x 47")
Equipment weight	60 kg (132 lbs)
Min-max user height	140-210 cm (4' 6" - 6' 9")
Max user weight	160 kg (352 lbs)
Flywheel weight	20.5 kg (45 lbs)
Drive system	Chain or belt
Frame	Aluminium
Dual-sided SPD® pedals	Standard
Integrated towel holder	Standard
Optional accessories	Wireless Console for viewing rate/RPM, time, distance, heart rate (when using the telemetric chest strap) and calories

CODE

D91PCNE0	Group Cycle Chain Drive
D91PBNE0	Group Cycle Belt Drive
A0000488	Wireless Console provided with ANT+ Chest Belt (1 pc.)
A0000630	Set of ANT+ Heart Rate Chest Straps (10 pcs.) for Wireless Console
A0000629	Single ANT+ Heart Rate Chest Strap



PRIMARY MUSCLES

*Quadriceps, Iliopsoas,
Biceps femoris, Calf*

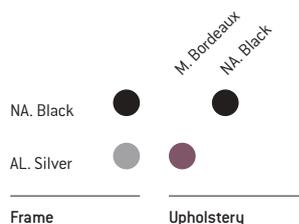
SECONDARY MUSCLES

*Adductors, Tibialis anterior,
Gluteus*

* Length x Width x Height while working on the equipment

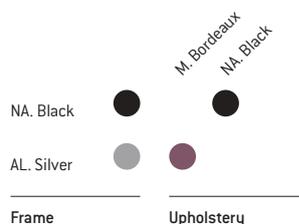
Home Strength

UNICA



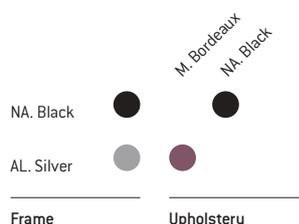
Specifications and training features	
Dimensions (Length x Width x Height)	184 x 120 x 207 cm (72" x 47" x 81") - 184 x 160 x 207cm (72" x 63" x 81") during operation
Equipment weight	240 Kg (528 lbs)
Weight stack	5 - 90 kg (5 Kg weight stack increment) - (10 - 180 lbs, 10 lbs weight stack increment)
Power requirement	110 - 220 VAC (Trainer version)
Standard functions and accessories	Stretching mat, Ankle strap, Pulley handle and Standard handle, User manual, DVD and maintenance kit, Integrated wheels

MULTIPLA™



Specifications and training features	
Dimensions (Length x Width x Height)	85 x 121 x 205 cm (33" x 48" x 81") Frame - 165 x 31 x 48 cm (65" x 12" x 19") Bench
Equipment weight	120 kg (264 lbs)
Disk kit weight	55 - 85 kg (110 - 170 lbs)
Max weight loadable on barbell	120 kg (265 lbs)
Disk diameter	28 mm (1")
Standard functions and accessories	Pair of downloadable dumbbells Ø 28 mm, Pair of disk top springs, Barbell for disk Ø 28 mm (Length: 1500 mm / 59"), Maintenance kit, Easy-to-follow User manual full of suggestions for arranging one's own training programmes

PRATICA



Specifications and training features	
Dimensions (Length x Width x Height)	29" x 52" x 53" / 74 x 131 x 134 cm - 59" x 52" x 53" / 150 x 131 x 134 cm (during operation)
Equipment weight	119 lbs / 54 kg (bench+barbell)
Disk kit weight	110 - 170 lbs / 55 - 85 kg
Max weight loadable on barbell	240 lbs / 120 kg
Disk diameter	28 mm (1")
Standard functions and accessories	Pair of downloadable dumbbells Ø 28 mm, Pair of disk top springs, Barbell for disk Ø 28 mm (Length: 1500 mm / 59"), Maintenance kit, Easy-to-follow User manual full of suggestions for arranging one's own training programmes

AB CRUNCH BENCH

Code: PA10

**Specifications**

Length	158 cm (62")
Width	90 cm (36")
Height	101 cm (40")
Bench weight	60 kg (132 lbs)

INCLINED BENCH

Code: PA01

**Specifications**

Length	190 cm (75")
Width	127 cm (50")
Height	153 cm (60")
Bench weight	71 kg (157 lbs)

VERTICAL BENCH

Code: PA02

**Specifications**

Length	120 cm (47")
Width	161 cm (63")
Height	178 cm (70")
Bench weight	71 kg (157 lbs)

HORIZONTAL BENCH

Code: PA07

**Specifications**

Length	173 cm (68")
Width	161 cm (63")
Height	130 cm (51")
Bench weight	59 kg (130 lbs)

Home Strength

ADJUSTABLE BENCH

Code: PA04



Specifications	
Length	120 cm [47"]
Width	70 cm [27"]
Height	131 cm [52"]
Bench weight	36 kg [79 lbs]

SCOTT BENCH

Code: PA06



Specifications	
Length	101 cm [40"]
Width	78 cm [31"]
Height	100 cm [39"]
Bench weight	41 kg [90 lbs]

CRUNCH BENCH

Code: PA03



Specifications	
Length	144 cm [57"]
Width	70 cm [27"]
Height	111 cm [44"]
Bench weight	44 kg [97 lbs]

LOWER BACK BENCH

Code: PA05



Specifications	
Length	107 cm [42"]
Width	76 cm [30"]
Height	77 cm [30"]
Bench weight	36 kg [79 lbs]

	V. Black	M. Bordeaux	K. Aviation Blue	Ak. Grey	Z. Light Brown	Y. Brilliant Blue	W. Brilliant Green	J. Red
AL. Silver	●	●	●	●	●	●	●	/
BN. White	○	●	●	/	/	/	●	●
AN. Anthracite	●	●	/	/	/	/	/	/
Frame	Upholstery							

URETHANE-ENCASED DUMBBELLS

Specifications											
Weight (Kg) Code	4 GB04	5 GB05	6 GB06	7 GB7	8 GB8	9 GB9	10 GB10	12 GB12	14 GB14	16 GB16	18 GB18
Weight (Kg) Code	20 GB20	22 GB22	24 GB24	26 GB26	28 GB28	30 GB30	32 GB32	34 GB34	36 GB36	38 GB38	40 GB40
Weight (Kg) Code	42 GB42	44 GB44	46 GB46	48 GB48	50 GB50	52 GB52	54 GB54	56 GB56	58 GB58	60 GB60	
Weight (Kg) Code	Series 4-20 Kg GBK1	Series 4-32 Kg GBK2									

CHROME DUMBBELLS

Specifications										
Weight (Kg) Code	1 KA01	2 KA02	3 KA03	4 KA04	5 KA05	6 KA06	7 KA07	8 KA08	9 KA09	10 KA10
Weight (Kg) Code	Series 1-10 kg KAK1									

URETHANE-ENCASED PLATE SET Ø 50 MM

Code: FDK1



Specifications					
Weight (Kg)	1.25	2.5	5	10	20
No. of items	2	2	2	4	4
Code	FD01	FD02	FD05	FD10	FD20

Home Strength

BAR

Code: B010



Specifications	
Weight	10 kg (22 lbs)
Length	200 cm (79")
Diameter	50 mm (2")

BAR

Code: B011



Specifications	
Weight	7.5 kg (17 lbs)
Length	150 cm (59")
Diameter	50 mm (2")

ANGLED BAR

Code: B015



Specifications	
Weight	7.5 kg (17 lbs)
Length	150 cm (59")
Diameter	50 mm (2")

ANGLED BAR

Code: BA15



Specifications	
Weight	14 kg (31 lbs)
Length	153 cm (60")
Diameter	50 mm (2")

OLYMPIC 7' POWER BAR HC

Code: BA10



Specifications	
Weight	20 kg (44 lbs)
Length	221 cm (87")
Diameter	50 mm (2")

PRE-LOADED BARS WITH URETHANE-ENCASED PLATES Ø 28 MM



Specifications										
Weight [Kg]	10	12.5	15	17.5	20	22.5	25	27.5	30	32.5
Code	BE16	BE17	BE18	BE19	BE20	BE21	BE22	BE23	BE24	BE25
Weight [Kg]	35	37.5	40	45	50	55	60			
Code	BE26	BE27	BE28	BE29	BE30	BE31	BE32			

URETHANE-ENCASED DUMBBELL RACK

Code: A0000421



Specifications	
Length	154 cm [61"]
Width	78 cm [31"]
Height	84 cm [33"]
Bench weight	65 kg [143 lbs]

CHROME DUMBBELL RACK

Code: A0000364



Specifications	
Length	116 cm [46"]
Width	53 cm [21"]
Height	65 cm [26"]
Bench weight	53 kg [117 lbs]

PLATE RACK

Code: A0000231



Specifications	
Length	91 cm [36"]
Width	79 cm [31"]
Height	101 cm [40"]
Bench weight	53 kg [117 lbs]

BARBELL RACK

Code: A0000230



Specifications	
Length	88 cm [35"]
Width	74 cm [29"]
Height	144 cm [57"]
Bench weight	32 kg [71 lbs]

FLEXability

ANTERIOR

	●	●
AN. Anthracite	●	●
	●	●
AL. Silver	●	●
Frame		Upholstery

M. Bordeaux
V. Black



Specifications	
Dimensions (Length x Width x Height)	193 x 57 x 124 cm (76" x 22" x 49")
Equipment weight	60 kg (132 lbs)
Stretching angle adjustment	Three different cart angles (0°, 20° and 45°) for increasing the range of exercises and increasing thigh muscle extension
Visual feedback	Integrated system for measuring improvement in joint flexibility using a numerical scale
Optional accessories	Oak panelling



PRIMARY MUSCLES (ANTERIOR)

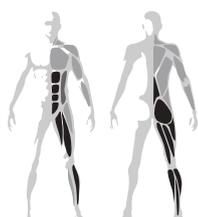
Rectus abdominis, Iliacus, Psoas, Quadriceps (globally), Rectus femoris, Tibialis anterior, Gluteals contralateral, Peri-articular hip muscles

POSTERIOR

	●	●
AN. Anthracite	●	●
AL. Silver	●	●
		M. Bordeaux V. Black
Frame		Upholstery

**Specifications**

Dimensions (Length x Width x Height)	208 x 89 x 125 cm (82" x 35" x 49")
Equipment weight	85 kg (187 lbs)
Visual feedback	Integrated system for measuring improvement in joint flexibility using a numerical scale
Headrest	Ensures the most comfortable and ergonomically correct position for the spine
Optional accessories	Oak panelling

**PRIMARY MUSCLES (POSTERIOR)**

Spine muscles, Low back muscles, Gluteals, Semitendinosus, Biceps femoris, Peri-articular hip muscles, Gastrocnemius, Soleus, Foot plantar flexors

Wellness Tools™

WELLNESS RACK



Specifications and training features

Strength training disk holder display, with two handles (Jolly Handle) which use a unique locking system

Dimensions (Length x Width x Height)	19 x 41 x 43 cm (7" x 16" x 17")
8 disks weighing	2 kg (4 lbs)
8 disks weighing	0.5 kg (1 lb)
Handle weight (lbs)	1 kg (2.2 lbs)
Max weight loadable per dumbbell (lbs)	13 kg (26 lbs)
Max loadable weight for simultaneous use (lbs)	10 kg (20 lbs)

WELLNESS PAD



Specifications and training features

Versatile, unparalleled in the sector. The perfect blend of functionality and design: an excellent stretching mat and at the same time a convenient bag and elegant accessory

Dimensions when open	120 x 50 cm (47" x 20")
Dimensions when closed	30 x 50 cm (12" x 20")
Thickness	10 cm (4")
Weight	0.7 kg (1.5 lbs)
Standard accessories	Removable shoulder strap, exercise manual

WELLNESS BAG™



Specifications and training features

Compact dimensions and limited weight make this a real travel gym.

The Wellness Bag™ can easily fit in a suitcase, overnight bag or be combined with the Wellness pad

Dimensions (Length x Width x Height)	82 x 21 x 4 cm (32" x 8" x 1") open - 39 x 21 x 8 cm (15" x 8" x 3") closed
Weight (lbs)	1.8 kg (4 lbs)
2 Elastic cords + footrest	71 cm (28")
2 Elastic cords + footrest	81 cm (32")

WELLNESS WEIGHTS



Specifications and training features

New design, lines and materials make Wellness Weights the ideal solution for anyone wanting to tone up using small weights. Perfect for running and aerobic exercise

Set of 2 dumbbells with Velcro straps weighing	0.5 kg (1 lb)
Set of 2 dumbbells with Velcro straps weighing	1 kg (2 lbs)
Standard accessories	Weight bag, exercise manual

WELLNESS BALL™ TRAINING



Specifications and training features

Made of materials which promote perfect stability, adherence and softness during exercising, guaranteeing durability and maximum safety

Ø Dimensions Silver	55 cm (22")
Ø Dimensions Black	65 cm (26")
Standard accessories	Bag, Pump with adapter, exercise manual

WELLNESS BALL™ ACTIVE SITTING

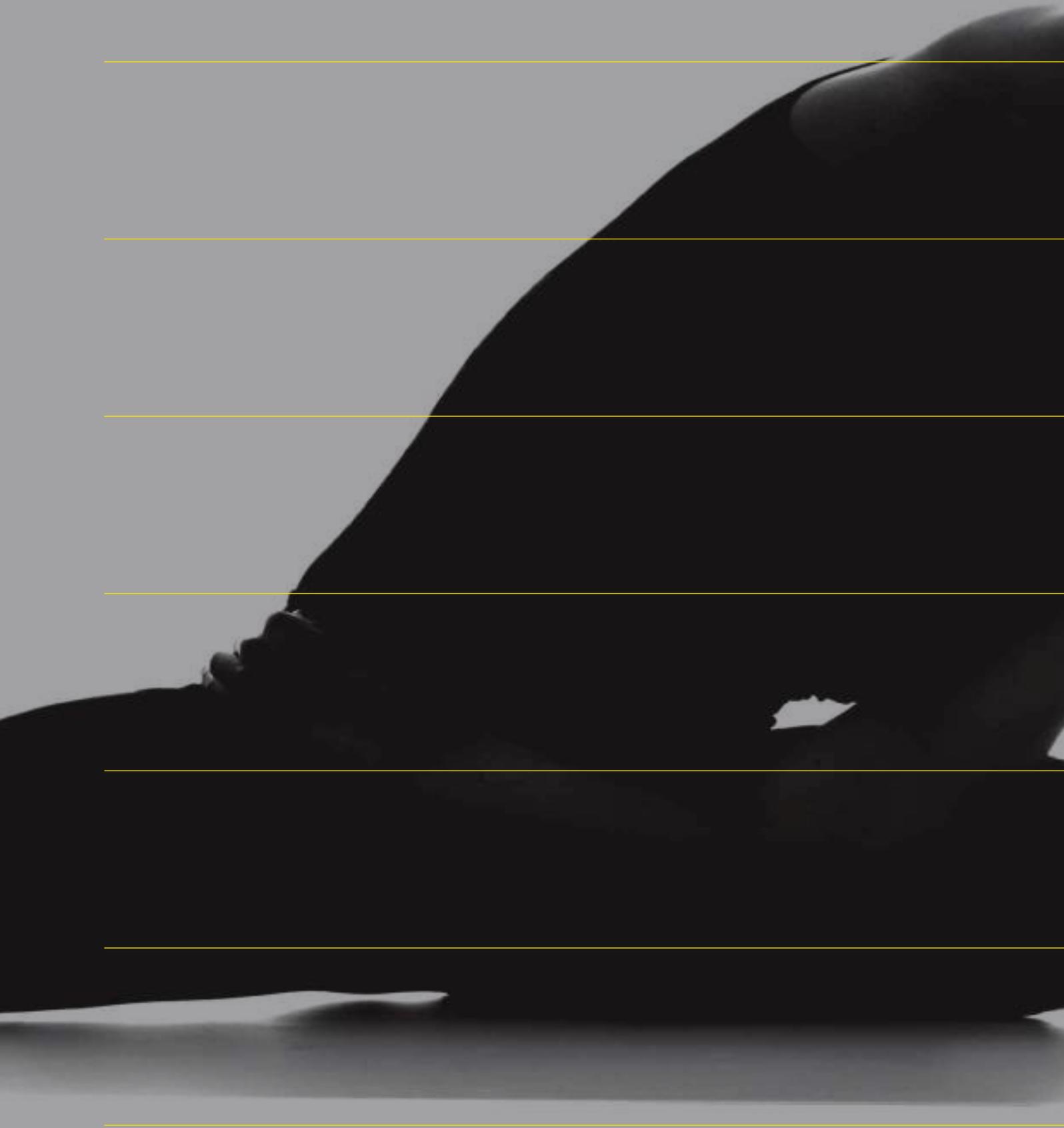


Specifications and training features

Double density ball, weighted in the lower section to help centre it and stop it rolling around, making it a comfortable seat. Made in Italy out of premium quality PVC, it is phthalate-free and latex-free and is built not to burst. The multilayered fabric cover consists of a support lining and breathable honeycomb material. The handle helps to carry it around and adjust it when used at a desk. The QR code on the handle gives access (via Smartphone) to exercise videos, which can be planned in one's own electronic calendar

Ø Dimensions	55 cm (22")
Standard accessories	Cover, Pump with adapter, Exercise manual
Maximum user weight	160 kg (353 lbs)

Services



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TRAINING SERVICES

Professional training solutions online or on site to guide you in your quest for Wellness.

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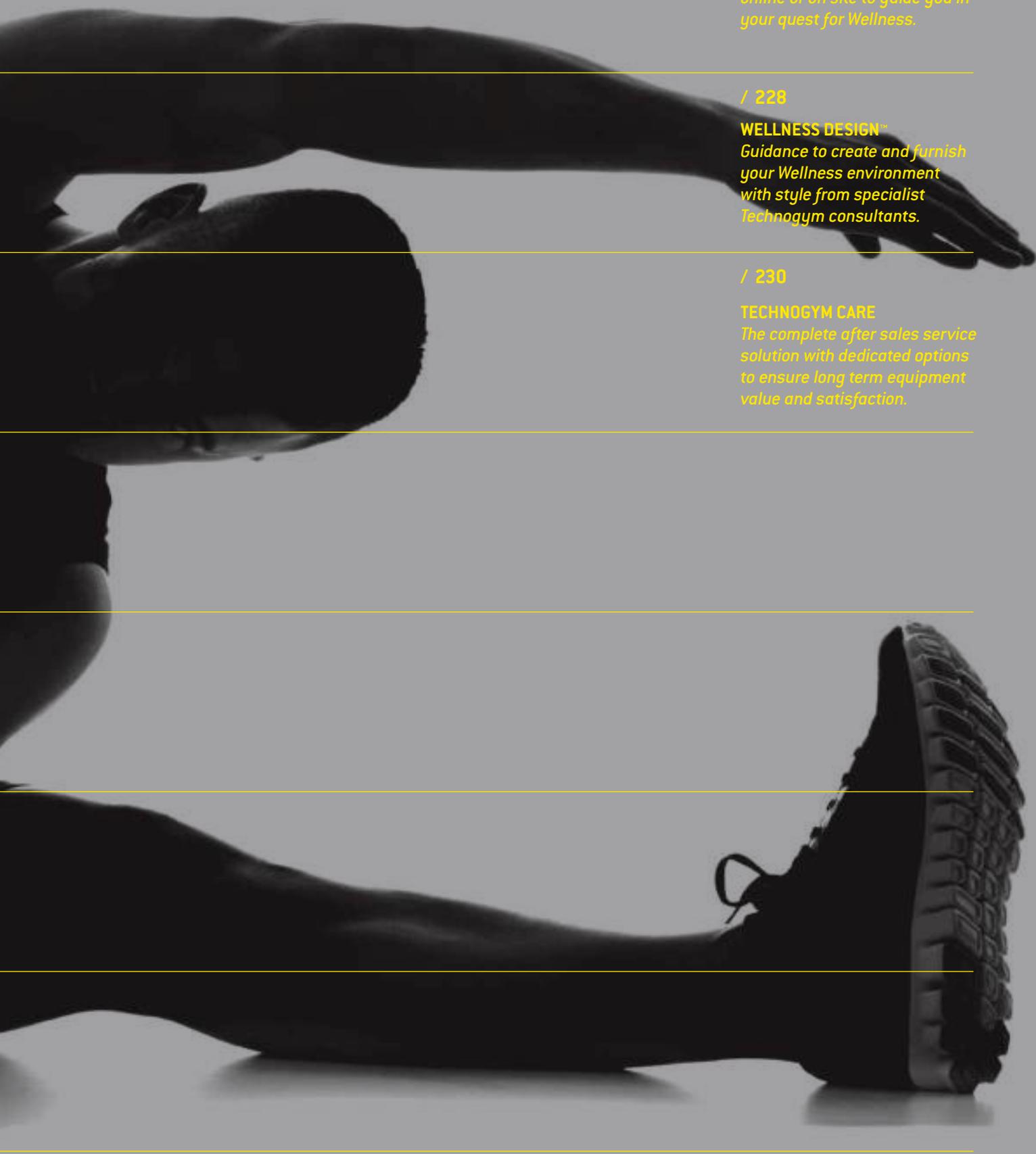
WELLNESS DESIGN*

Guidance to create and furnish your Wellness environment with style from specialist Technogym consultants.

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TECHNOGYM CARE

The complete after sales service solution with dedicated options to ensure long term equipment value and satisfaction.



Training Services

A personal trainer always with you

Wherever you are, Technogym Training Services can recommend the best fitness programme to suit you. Our experts are at your disposal to assist you in creating the most efficient and motivating training programmes validated by Technogym's Scientific Research Department and tailored to your specific needs.

Training Programmes

Pick and choose your favourite video training programme and enjoy your workout every time and everywhere you want, thanks to a multi-device content delivery platform and to our virtual coach.

My Trainer

Create your own online training programme based on your objective and monitor every activity.

Personal Trainer

Enjoy a personalised coaching service under the supervision of a personal trainer every time and everywhere you want.

HOW TO ACCESS THE SERVICES

Via freephone:
0800 3162496

Via the Internet:
technogym.com/trainingservices

From any device:



SMARTPHONE



TABLET



PC

Training Programmes

Technogym has developed specialised training programmes in collaboration with celebrity personal trainers that offer advice and explanations to maximise the effect of the training sessions. The video programmes consist of 24 targeted lessons that include aerobic sessions on the treadmill and floor exercises. The lessons will help you achieve your objective gradually, to improve your lifestyle and maintain its benefits through time.

Weight Loss

The specific weight loss programme developed by Technogym in collaboration with celebrity personal trainer Josh Holland.

<p>Total Body Speed 6.0 - 8.0 KM/H 3.5 - 5.0 MP/H Inclination 0%</p> 	<p>Exercises Squats: 1° set 20" Crunches: 1° set 20" Reset: 1° set 20"</p> 	<p>Exercises Squats: 1° set 20" Crunches: 1° set 20" Reset: 1° set 20"</p> 
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Start Moving

The training programme especially devised to start moving developed by Technogym in collaboration with celebrity personal trainer Christina Curry.

<p>Warm Up Speed 3.0 - 5.0 KM/H 1.9 - 3.1 MP/H Inclination 0%</p> 	<p>Exercises Front lunges: 2° set 20" Crunches: 2° set 20" Reset: 2° set 20"</p> 	<p>Exercises Front lunges: 4° set 20" Crunches: 4° set 20" Reset: 4° set 20"</p> 
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Discover all available training programmes:
technogym.com/trainingprogrammes

My Trainer

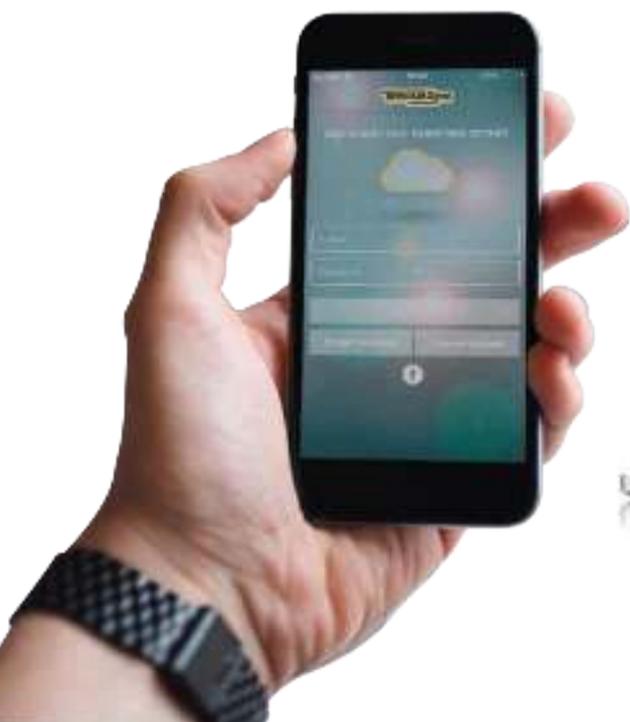
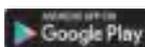
It's the multi-platform service that enables you to personalise your training on the basis of your needs.

WHAT YOU CAN DO



mywellness

- Download mywellness app to your smartphone
- Create a training programme based on your objective
- Monitor your progress, your activity level and the effectiveness of your training
- Register all outdoor activity
- Take part in virtual challenges created by Technogym.



My Trainer enables you to access a library of Technogym programmes from which to choose the one most suited to your needs.

01. Get Stronger

02. Start Moving

03. Lose Weight

04. Stay Young

05. Help Your Back

06. Tone Your Body



PT Experience



"Kim is just great. She explains everything and shows you exactly how to move and how to use the equipment. I know I'm training right, even on my own"



"There's one thing a Personal Trainer gives you that a machine can't. Motivation. Francesco is full of motivation. And since meeting Francesco, me too!"



"Xavier makes a workout fun and effective, but what I really appreciate is all the amazing advice he gives me about how to stay balanced and improve my lifestyle"



"Jeremy is a great Personal Trainer. Since he got me doing these simple exercises, my back pains have totally disappeared"



"I used to think stress was just the price you had to pay for success, but since Barbara has been coaching me, I've discovered how easy it is to change my lifestyle"

Personal Trainer

The Personal Trainer is a professional figure that will help you design a personalised training programme based on your needs, and that will follow you in the progress and achievement of your wellness targets in the privacy of your home or at a place of your choice.

SERVICE CHARACTERISTICS

Technogym Personal Trainers will provide you with expert advice and guidance, create the training programmes best suited to you and follow you in your progress, motivating you to reach your targets. You can book the service

choosing the days and times that suit you best, between 7am and 10pm. We can be at your side wherever you are, at home, at work, or on holiday thanks to a widespread network of professionals.





Wellness Design™

Plan your Wellness

To help you achieve a state of total wellbeing, we can plan your Wellness space according to the principles of Wellness Design™, which take into account both the physical and mental aspects of the individual. Technogym can offer you an interior design service to help you create your very own Wellness space in order to integrate the equipment into your environment and let you live your Wellness experience in the best possible fashion.

Our Wellness Design™ service will allow you to create a virtual image of your home gym before you go ahead with it. During the design phase we pay special attention to the following aspects:

TECHNOGYM PRODUCTS

We will assist you in choosing the right equipment for you and for the space at your disposal.

SPACE

We will set up the equipment making it fully accessible and enabling you to train easily, and in a way which fits perfectly with your environment.

MATERIALS

We will advise you on which materials to choose for your Wellness area (flooring, walls etc.).

LIGHTS AND COLOURS

We will help you select the ideal lighting and colours to fit with the surrounding environment, so that you can enjoy the pleasures of a relaxing Wellness experience.

FURNITURE

We will guide you in the choice of furnishings and complementary items that are best suited to your Wellness area.

WIRING

We will give you clear instructions regarding the electrical requirements necessary for your Technogym equipment.

Get inspired. Visit
technogym.com/wellnessdesign

Technogym Care

Extended protection for your Technogym equipment

With Technogym Care you can extend the warranty period for up to 5 years and always be sure of efficient, qualified service support. Technogym Care covers emergency repair including labour and travel costs as well as spare parts.

VALUE OVER TIME

By choosing Technogym Care you opt for personalised services which will allow you to focus on your training, joining thousands of our satisfied athletes and customers across the world.

TECHNOGYM QUALITY

At Technogym our R&D team work extremely closely with our Quality team, ensuring we supply you with market-leading products, which have undergone stringent tests to guarantee their quality. Specific Forma Line components such as frame and motor are covered respectively by a 10 and 5 year guarantee.

EFFICIENCY AND PROMPT RESPONSE

Technogym has a widespread network of authorised technical support centres across the country enabling a prompt response should your product need expert care. Our staff will liaise with you directly, arranging an engineer visit at your premises*.

READY TO ASSIST YOU DIRECTLY AT YOUR HOME

Our technical staff offer a comprehensive range of support, from providing you with technical information to remote assistance via telephone, on-site repairs to delivering original spares. You can contact us on the dedicated phone number or via email at any time.

HOW TO CONTACT US

You can purchase Technogym Care online or by calling the dedicated phone number. You can opt for Technogym Care** when you buy your equipment or throughout the period covered by the warranty. If you wish to purchase Technogym Care after the warranty expires, a functional check will need to be conducted on the equipment by one of our authorised technicians.

Call freephone: **0800 3162496**
or visit [technogym.com/technogymcare](https://www.technogym.com/technogymcare)
or e-mail us at home@technogym.co.uk



** Our staff will liaise with you directly, arranging a convenient time to yourself for our engineer to visit. We aim to carry this out within 2 business days wherever possible*

*** in some countries Technogym Care may not be available*

Technogym Village

Come and live the experience

The Technogym Village is the first Wellness Campus in the world conceived to promote the Wellness Lifestyle™. This is where Wellness comes into life, day by day, inspiring the creation of new projects, products and solutions.

Located inside the Technogym Village, the T-Wellness Store & Showroom is the place where you can enjoy a hands-on experience of Technogym Home Wellness products. Tailored professional advice relating to personal training and interior design is also available to help you create your own home gym and live the Wellness Lifestyle™ experience to the full.





For information and purchases

Technogym products and services are only sold directly.

PHONE NUMBERS & WEBSITE

Call us for advice on which products and services best fit your needs:

Discover Technogym's complete offer and make your purchases directly from the online Shop:

0800 3162496

[Freephone - UK only]

technogym.com

1800 615440

[Freephone - Australia only]

+971 4 3375337

[United Emirates only]

+39 0547 650111

[Other countries]

TECHNOGYM SHOWROOMS & STORES

Visit us to try our equipment and to create a personalised solution for your Wellness with the help of our experts:

LONDON c/o Harrods, 87-135,
Brompton Road

SYDNEY Building E, Suite E204, 24-32
Lexington Drive - Bella Vista

DUBAI Sheik Zayed Road - Exit 42
Palladium Building

ABU DHABI Al Maqta Building
Sultan Bin Zayed The First St.

Technogym Stores in the world:

Cesena
c/o Technogym Village, via Calcinaro, 2861

New York
70, Greene Street

Milan
Via Durini, 1

Moscow
Crocus City Mall
Red Square 3, GUM, 3rd floor/3rd line

Madrid
Calle Hermosilla, 8

St. Petersburg
Bolshoy prospekt P.S. 49/18

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Fax +39 0547 650555
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Fax +49 (0) 6102 - 8223810
home@technogym.de

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2908 LJ Capelle aan den IJssel
Freephone: 0800 3322448
Ph. +31 10 422 32 22
Fax +31 10 422 25 68
home_blx@technogym.com

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OFFICES & SHOWROOM
Ikaros Business Park, gebouw 2A
Ikaroslaan 3
1930 Zaventem
Freephone: 0800 11198
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Fax +32 2 721 36 99
home_blx@technogym.com

PORTUGAL

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Tagus Park – Nucleo Central, 284
2740 – 122 Oeiras (Portugal)
Freephone: 800 784592
Ph. +351 21 893 40 30
Fax +351 21 893 40 39
informacao@technogym.net

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madridstore@technogym.com

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