

# Excite<sup>®</sup> Live





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A woman with blonde hair, wearing an orange cropped hoodie and grey leggings, is smiling and taking a selfie with her smartphone. She is standing on a treadmill. Her headphones are around her neck. The background is a soft purple and blue gradient.

# *JOIN THE PARTY*

Welcome to the world of creative fitness, where exercise and fun merge to change the way we train. We're here to inspire your best workouts and make sure you have a great time.



Welcome to  
the new Excite line



*SEAMLESS DESIGN*

*TRAINING*

*COMES*

*ALIVE*





# Excite<sup>®</sup> Live

Patented design



Vario



Synchro



Run



Recline



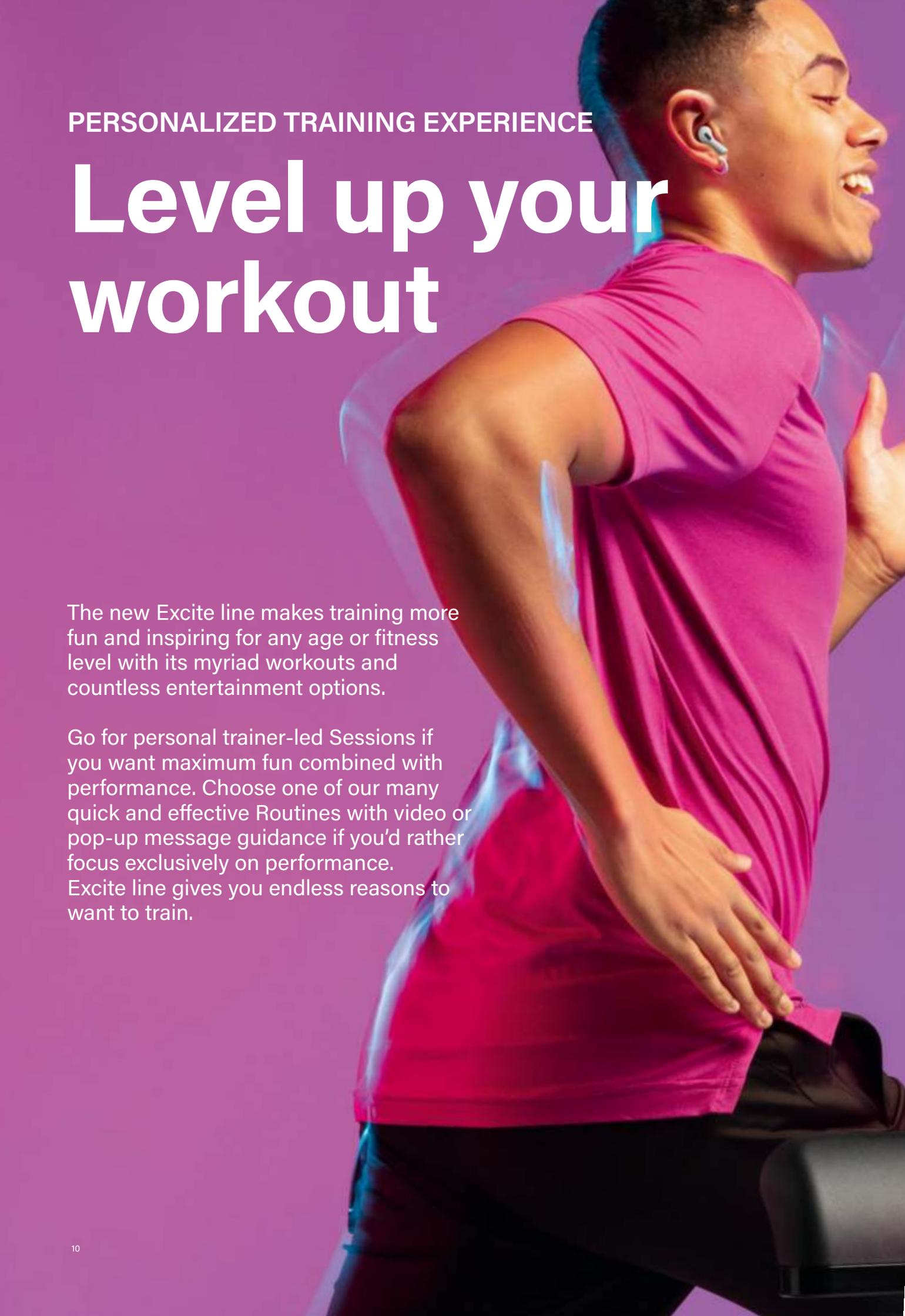
Climb



Bike



Top



PERSONALIZED TRAINING EXPERIENCE

# Level up your workout

The new Excite line makes training more fun and inspiring for any age or fitness level with its myriad workouts and countless entertainment options.

Go for personal trainer-led Sessions if you want maximum fun combined with performance. Choose one of our many quick and effective Routines with video or pop-up message guidance if you'd rather focus exclusively on performance. Excite line gives you endless reasons to want to train.



# TECHNOGYM LIVE

Technogym Live is the new digital user interface that empowers Excite consoles. In a fun and motivating way, it inspires people to embrace exercise and make it a part of their daily lives to achieve results.



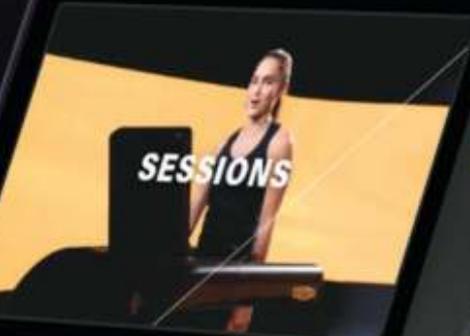
Discover  
Technogym Live



MONDAY - 17:59

Connect to  
Apple Watch

SAMSUNG  
Galaxy Watch



**ROUTINES**

19

A SKIP

INCLINE	1.4
SPEED	3.7



**APPS**

Red Bull TV

YouTube

gram

**NETFLIX**

Bloomb

GRADIENT  
0.0

TIME  
00:00

**START**

DISTANCE  
0.00

SPEED  
0.0



TECHNOGYM COACH

# Your own personal assistant

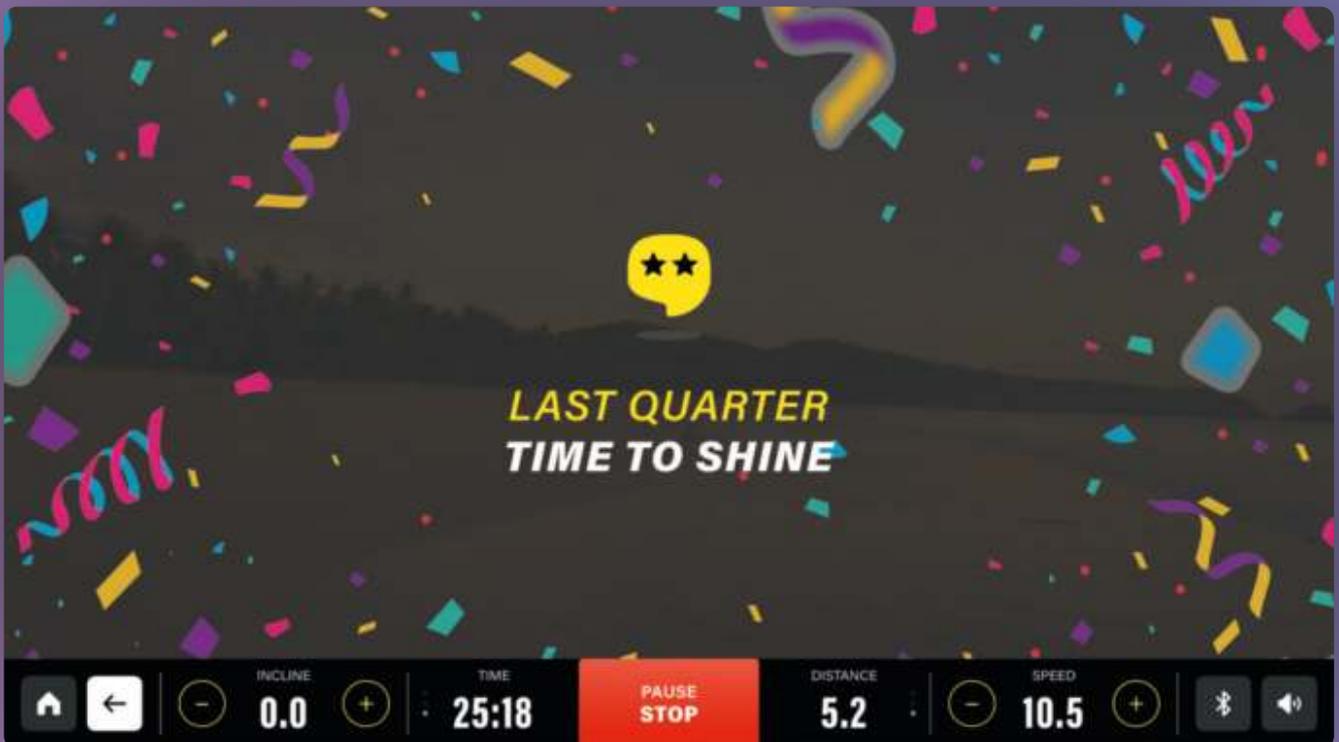
The new Excite line uses the power of artificial intelligence to make your workout as unique as you.

Built into to every piece of equipment, Technogym Coach will motivate and guide you so you get the most out of your exercise time.

With engaging new content on our consoles, achieving results has never been this much fun.



*YOUR CADENCE IS 180*  
**KEEP GOING!**



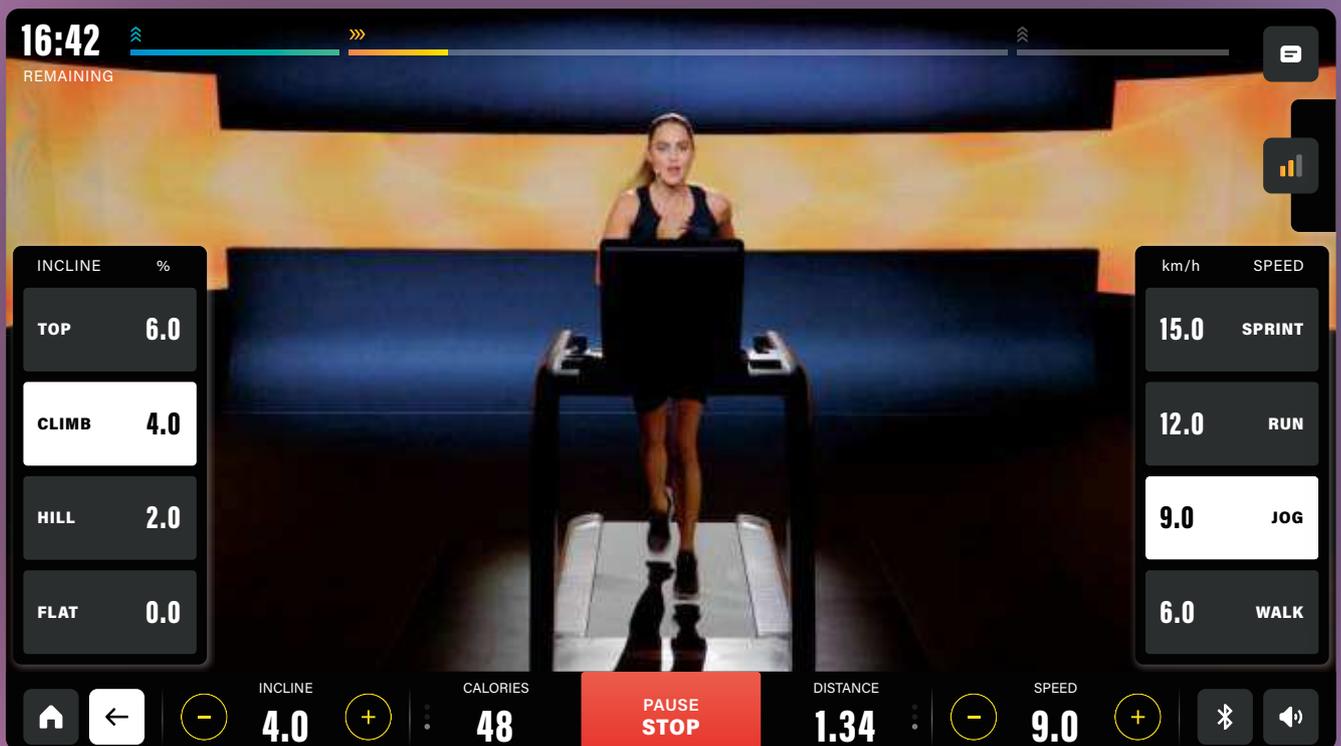
## Everything you love in one place

Log in on the console and pick up right where you left off. Technogym Coach remembers your training history, preferences and most-used entertainment choices.

TECHNOGYM SESSIONS

# An online trainer by your side

Start your engaging and motivating journey with a personal trainer at your fingertips.



Choose your Technogym Session based on your personal goals and the virtual trainer will guide you through a one-on-one session, offering encouragement and suggesting the level of intensity, which you are free to follow or change. There are six Sessions to each goal-based training series.



## TECHNOGYM ROUTINES

# Choose your goal and follow along

Step out of your comfort zone and achieve your full potential with advanced HIIT workouts.

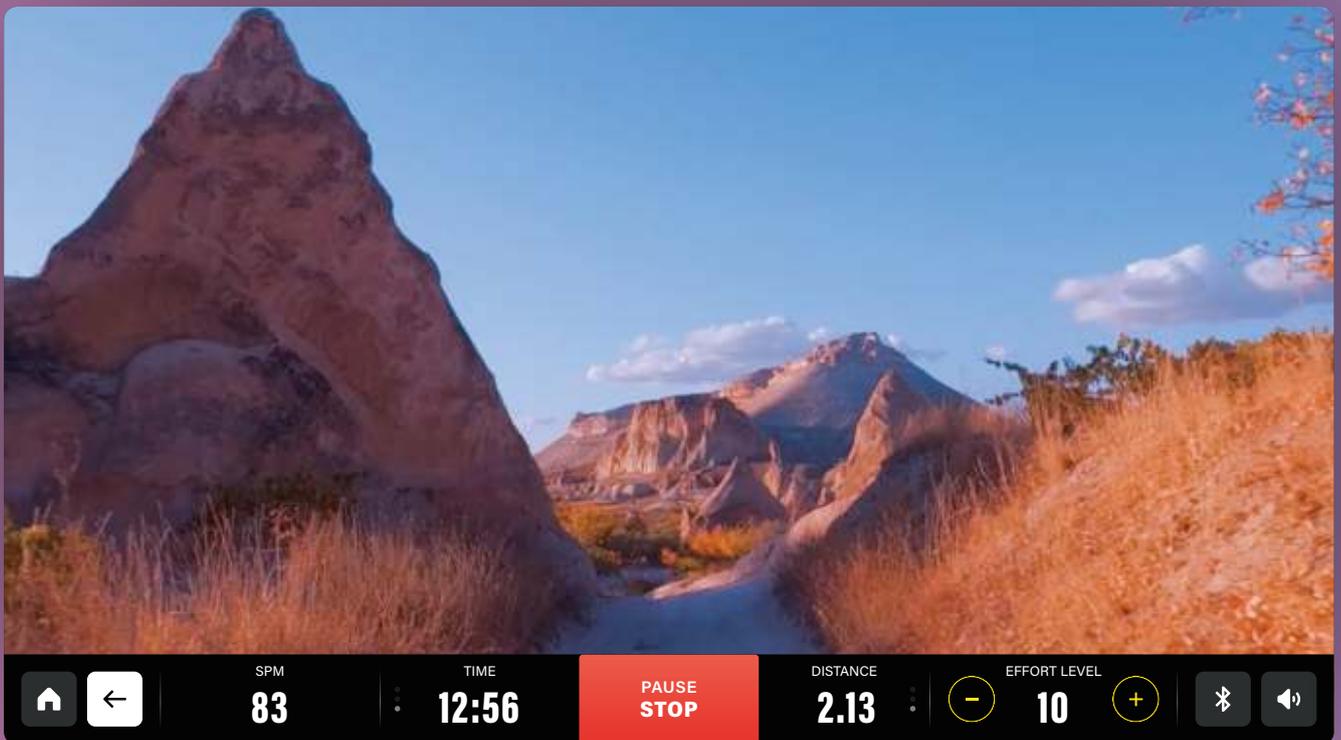


Each Routine contains a variety of movements and exercises, whose intensity is automatically set up by the equipment. You will receive step-by-step guidance either by video, if you are on the Routine-dedicated screen, or by pop-up messages, if you are enjoying entertainment content.

TECHNOGYM OUTDOORS

# Train anywhere in the world

Explore breathtaking scenic locations that will inspire you to go the extra mile.

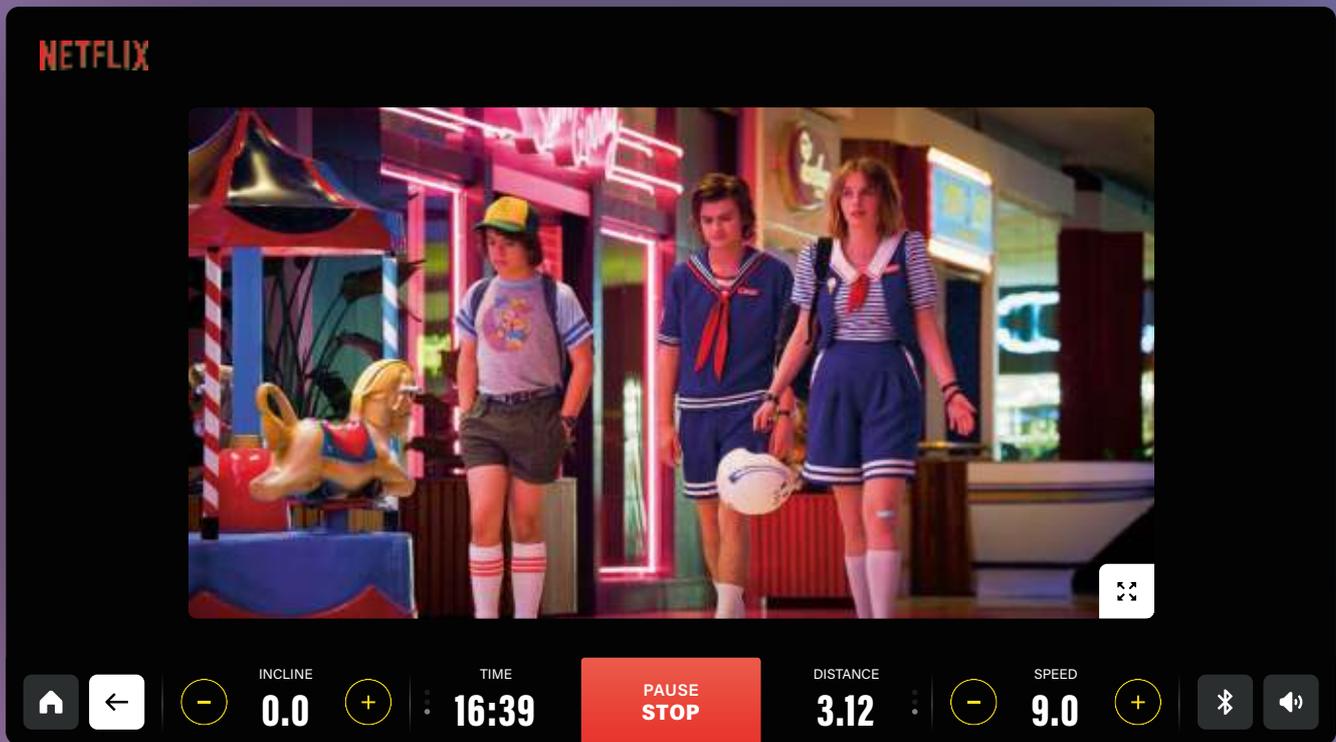


Let natural and urban landscapes captivate you while working out. Be amazed by where your travels around the world can take you.

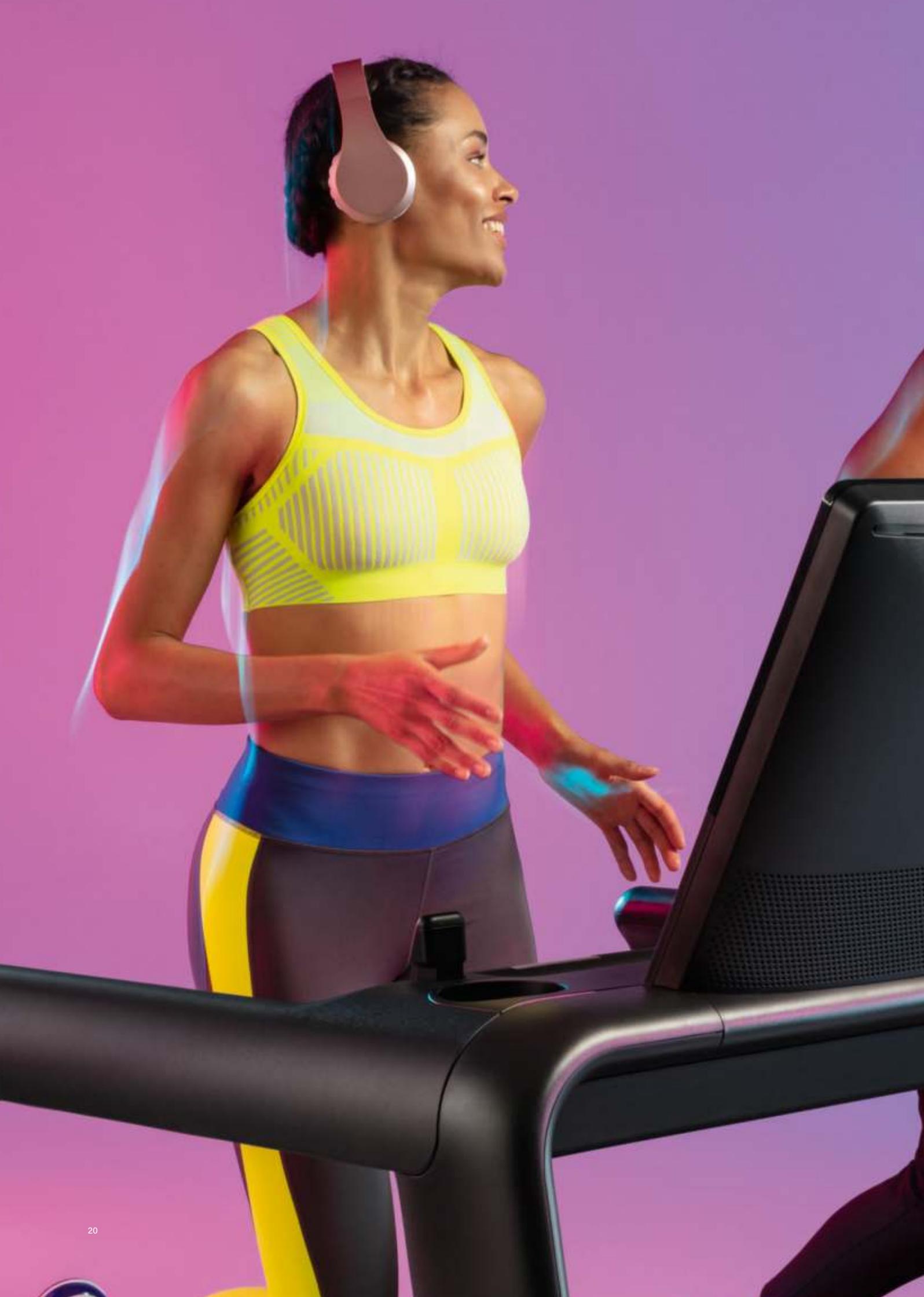
PERSONAL ENTERTAINMENT

# Netflix<sup>®</sup>, YouTube<sup>®</sup> and much more

Make exercise more motivating with the widest range of entertainment just a touch away.



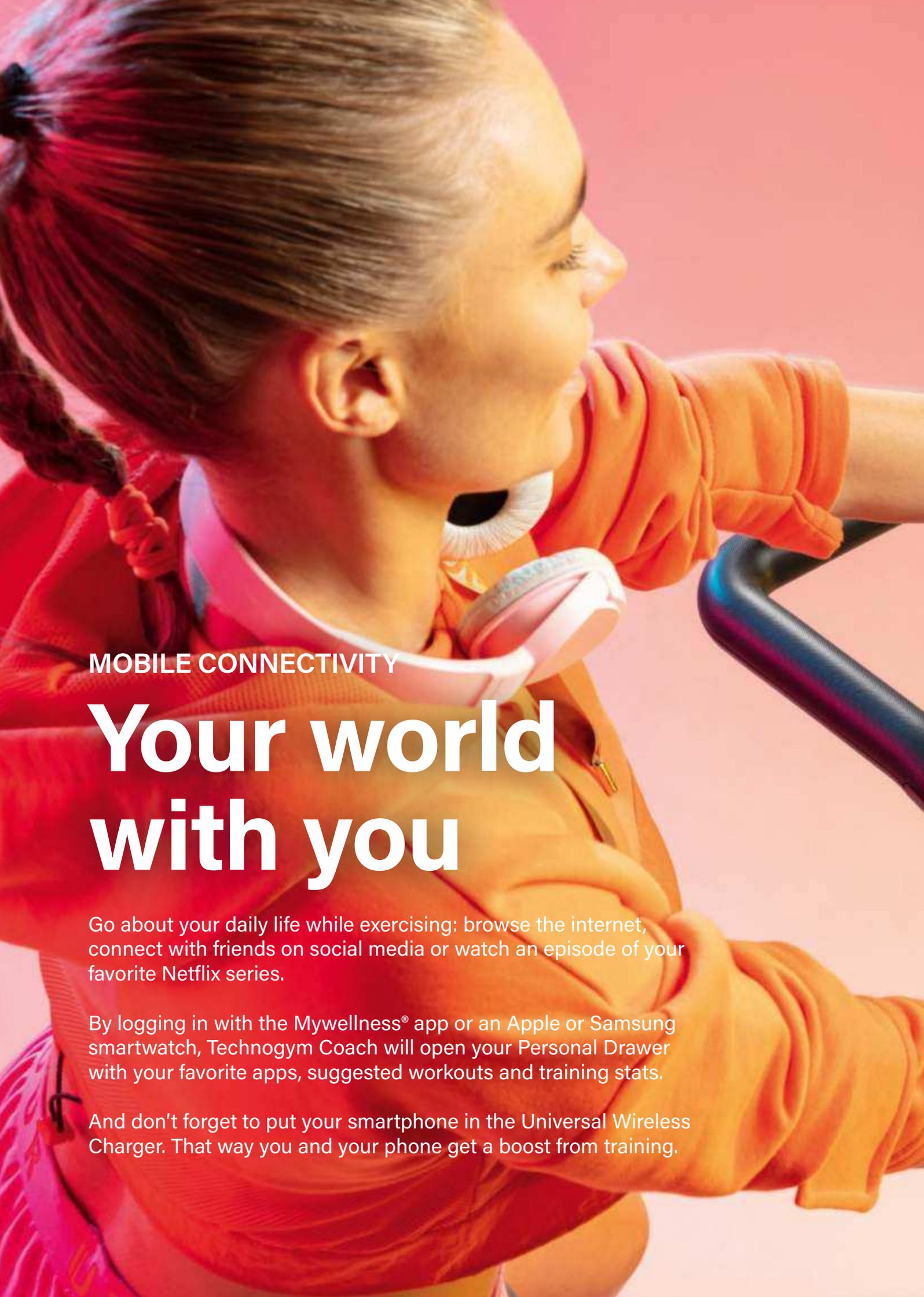
Watch your favorite Netflix series or TV program on the HD display. Get your groove on with your go-to YouTube playlist, or browse the most popular websites.





**TECHNOGYM**

**TECHNOGYM**



MOBILE CONNECTIVITY

# Your world with you

Go about your daily life while exercising: browse the internet, connect with friends on social media or watch an episode of your favorite Netflix series.

By logging in with the Mywellness® app or an Apple or Samsung smartwatch, Technogym Coach will open your Personal Drawer with your favorite apps, suggested workouts and training stats.

And don't forget to put your smartphone in the Universal Wireless Charger. That way you and your phone get a boost from training.



SPACE SAVVY

# Rethinking design

Excite line offers the best ratio of floor footprint to user training space, giving you more room to move freely and achieve your full potential.

Whatever your body type and fitness level, you will find working out easier than ever, and you will face even the most challenging routine with newfound confidence and inspiration.



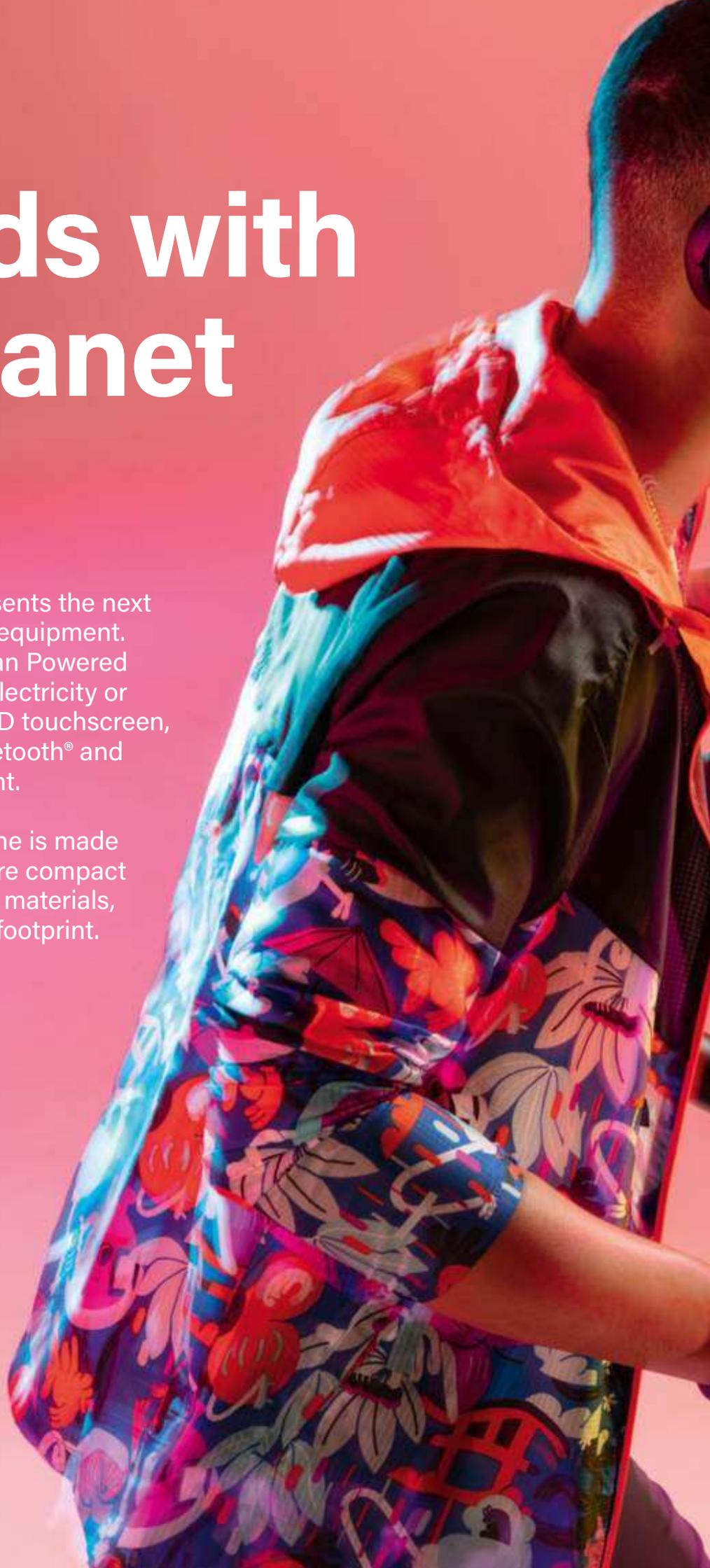


ENERGY SAVVY

# Friends with the planet

The new Excite line represents the next generation of sustainable equipment. The fully-connected Human Powered version does not require electricity or batteries to run the 10" LCD touchscreen, complete with Wi-Fi®, Bluetooth® and onboard innovative content.

All the equipment in the line is made of recyclable parts. Its more compact design requires fewer raw materials, which reduces its carbon footprint.





# Run

Our new treadmill embodies everything you love about running.

No boundaries, just wide open spaces. New routes to explore and friends to share the journey with.

Running has never been so much fun.



Welcome to the new  
Excite Live Run





## NEW DECK DESIGN

# More room for fun

Excite Live Run fits you, not the other way around. The groundbreaking new deck design provides greater stability and 13% more space for running and exercising.

The **Optimal Stride** cushioned surface enhances your feeling, adapting to the way you run.



+ 13%



more running space



less footprint area

- 30%

CONTROLS AT HAND

# Seamless workout management

Everything about Excite Live Run is easy. Like changing speed and incline on the fly with the **Fast Track Controls** or through the **Swiftpad** view on the console, without missing a beat.







## SESSIONS AND ROUTINES

# Endless training variety

There are so many different ways to run, and you can explore them all with Excite Live Run exercise programs. Choose a personal trainer who immerses you in a running **Session**, a HIIT **Routine** that pushes you to your limit, an iconic **Marathon** route, or a solo jog in the **Outdoors**.



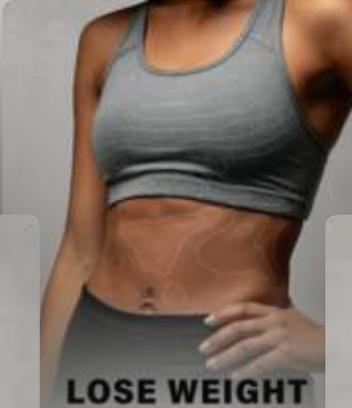
**STAMINA**  
FROM 10 MIN

Increase your cardiovascular fitness through speed changes and uphill/downhill runs



**AGILITY**  
FROM 10 MIN

Become faster and more agile through coordination exercises and sprints



**LOSE WEIGHT**  
FROM 10 MIN

Maximize fat burning by increasing energy expenditure through interval training



**LEGS**  
FROM 10 MIN

Build leg strength with lunges and uphill runs

Goodbye, boring workouts. Get ready for a new world of interactive training with tips, rewards and encouragement from your own Technogym Coach.

# ***RUN***

## FAST TRACK CONTROLS

For speed and incline adjustments on the fly



## INMOTION SAFETY LIGHT

Gives you the green light to step onto the equipment

## PREVENTIVE CARE LIGHT

A flashing green light means the treadmill needs maintenance but can still be used

## INCREASED RUNNING SURFACE

Provides 13% more running space while taking up 30% less space

## MAX SPEED AND INCLINE

Run up to 25 km/h (15.6 mph) and 18% gradient

## OPTIMAL STRIDE

The cushioned surface adapts to the way you run





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#### EXCITE LIVE CONSOLES

Available in two sizes:

19" HD display

10" HD display

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#### COOLING FAN

#### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

#### WAKE-UP SENSOR

Activates the console as you approach

#### SWIFTPAD

Lets you seamlessly change speed and incline

#### BIOFEEDBACK

Provides real-time feedback on key running parameters



Download  
the tech specs

# Synchro

Our new elliptical is designed to fit and move in synergy with your body.

Enjoy the feeling of total freedom as your arms swing in a convergent path and your legs stride up to 67 cm (26.5") in a single, fluid motion.

Movement has never felt so good.



Welcome to the new  
Excite Live Synchro



ADJUSTABLE RAMP

# Wider range of movement

Challenge your lower body muscles thanks to the wider range of movements and exercises made possible by the **adjustable ramp** with **Decline System**.

For maximum glute activation, lean forward on the **soft-touch total body handlebar**.



Range of movement in degrees on adjustable ramp







SESSIONS AND ROUTINES

# Energizing workouts



Find new inspiration every day. The new **adjustable ramp** combines with HIIT **Routines** and goal-oriented **Sessions** to give you the widest variety of training options and intensity levels.

# SYNCHRO

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## DOUBLE HAND SENSORS

To monitor your heart rate

## FAST TRACK CONTROLS

To change intensity on the fly

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## SOFT-TOUCH TOTAL BODY HANDLEBAR

For hip muscle stretches and maximum glute engagement

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## CONVERGING UPPER BODY HANDLES

To move your arms more naturally

---

## LONGEST STRIDE

Up to 67 cm (26.5")





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### EXCITE LIVE CONSOLES

Available in two sizes:

16" HD display

10" HD display

### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

### WAKE-UP SENSOR

Activates the console as you approach

### SWIFTPAD

Lets you seamlessly change resistance and incline



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### AVAILABLE WITH ADJUSTABLE OR FIXED RAMP

Choose your model

### AUTOMATIC RAMP REPOSITIONING

For easily getting on and off



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the tech specs

# Bike

Get a smooth ride on the coolest exercise bike out there.

Whether it's slow-paced cycling through the Outdoors or picking it up a click with a high-intensity Routine, Excite Live Bike's design, training options and advanced biomechanics will make you excited to get back in the saddle.



Welcome to the new  
Excite Live Bike





WIDE WALK-THROUGH

# Training comfort and variety

The amazingly **wide walk-through** makes it so easy to get on, you'll never want to get off. And why should you, when you can enjoy different riding experiences all within the same workout?

The **console, soft-touch handlebar** and **smart pedals** are specially designed so you can perform Routine and Session exercises – such as stand-up pedaling – in total safety and comfort.



City bike

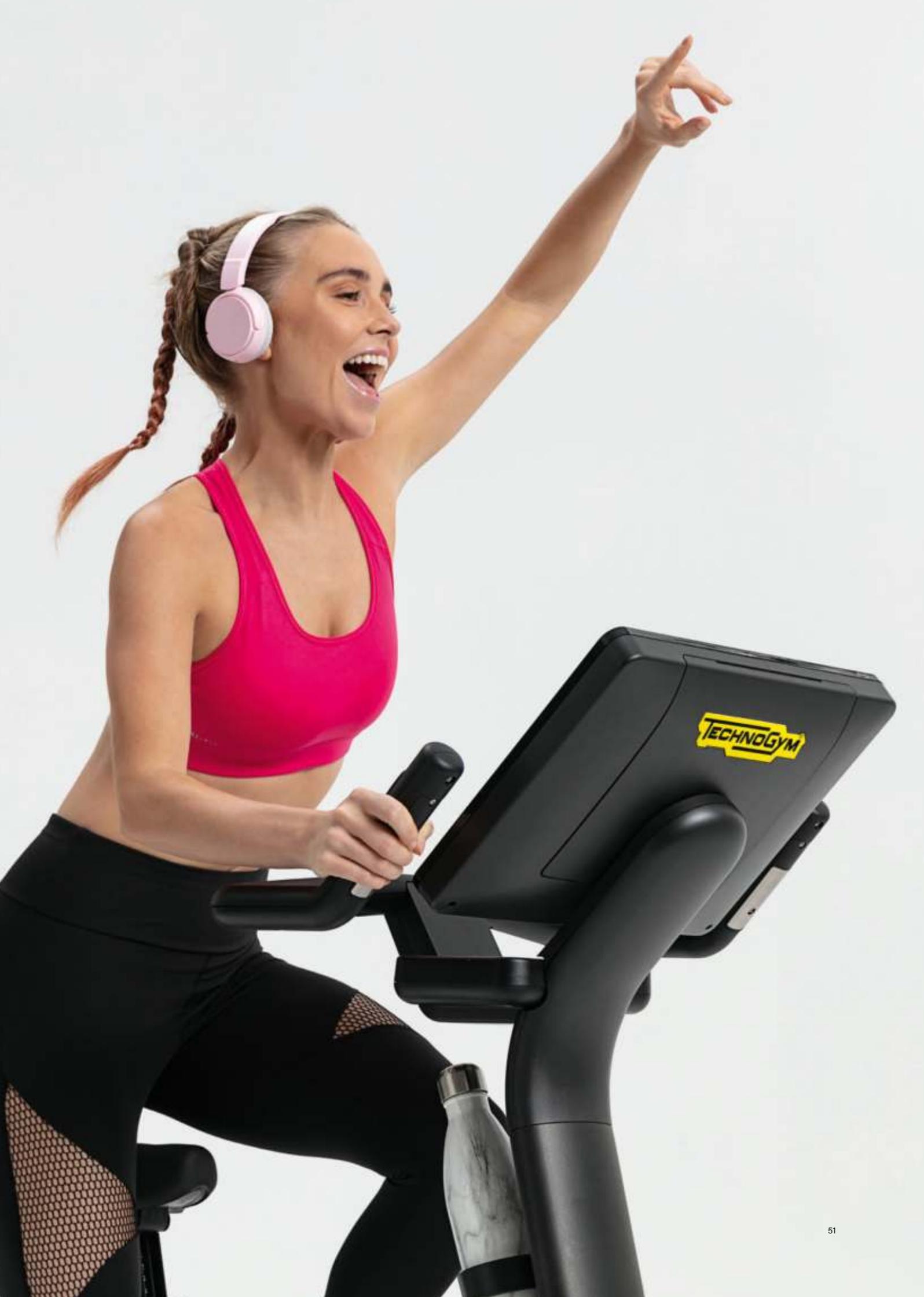


Classic

SESSIONS AND ROUTINES

# Ready to ride

There's nothing like the sense of achievement that comes with hitting new milestones every time you work out, so go ahead and explore our vast library of **Sessions** and **Routines**. Saddle up, put your smartphone in the **Universal Wireless Charger** and start spinning those pedals like never before.



# BIKE

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## FAST TRACK CONTROLS

To change intensity on the fly

## HAND SENSORS

To monitor your heart rate

## SOFT-TOUCH HANDLEBAR

Makes training more comfortable in all positions

---

## EASY SADDLE SETUP

From a seated position

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## Q FACTOR

The distance between pedals is reduced to 17 cm (6.7") to provide a more realistic and biomechanically correct cycling experience

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## SMART PEDALS

The wider pedals ensure greater stability while riding. The straps can be easily adjusted by simply tightening and opening the buckle





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### EXCITE LIVE CONSOLES

Available in two sizes:

16" HD display

10" HD display

### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

### WAKE-UP SENSOR

Activates the console as you approach

---

### WIDE WALK-THROUGH DESIGN

Makes getting on and off easy for everyone



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# Vario

The equipment adapts to your stride pattern with a fluid, no-impact motion that protects your joints.

This means you can relax into your stride and enjoy movement at its most natural.

So much so, that you will achieve results without noticing the effort.



Welcome to the new  
Excite Live Vario



SELF ADAPTIVE STRIDE

# Easy and natural movement

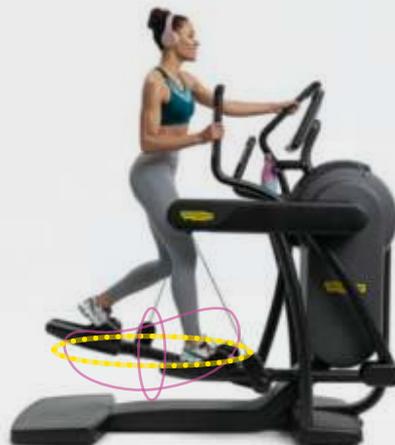
Everything about Excite Live Vario is easy.

Easy to start thanks to the **Optimal Start** technology that prevents pedal blocking.

Easy to move due to the smoothness of the **Self Adaptive Stride**, which ranges **from 0 to 83 cm (33")** enabling you to step, walk and run.



Vertical stepping



Walking



Running

OPTIMAL TRAINING EFFECT

# Fun that gets you results

Ease into your workout and achieve the highest calorie expenditure with the least perceived effort.

You can perform a total body workout or focus on lower body activation by holding on to the **soft-touch total body handlebar**.





**TECHNOGYM**

# ***VARIO***

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**FAST TRACK CONTROLS**  
To change intensity on the fly

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**DOUBLE HAND SENSORS**  
To monitor your heart rate

---

**SOFT-TOUCH TOTAL BODY  
HANDLEBAR**  
To maximize lower body  
engagement

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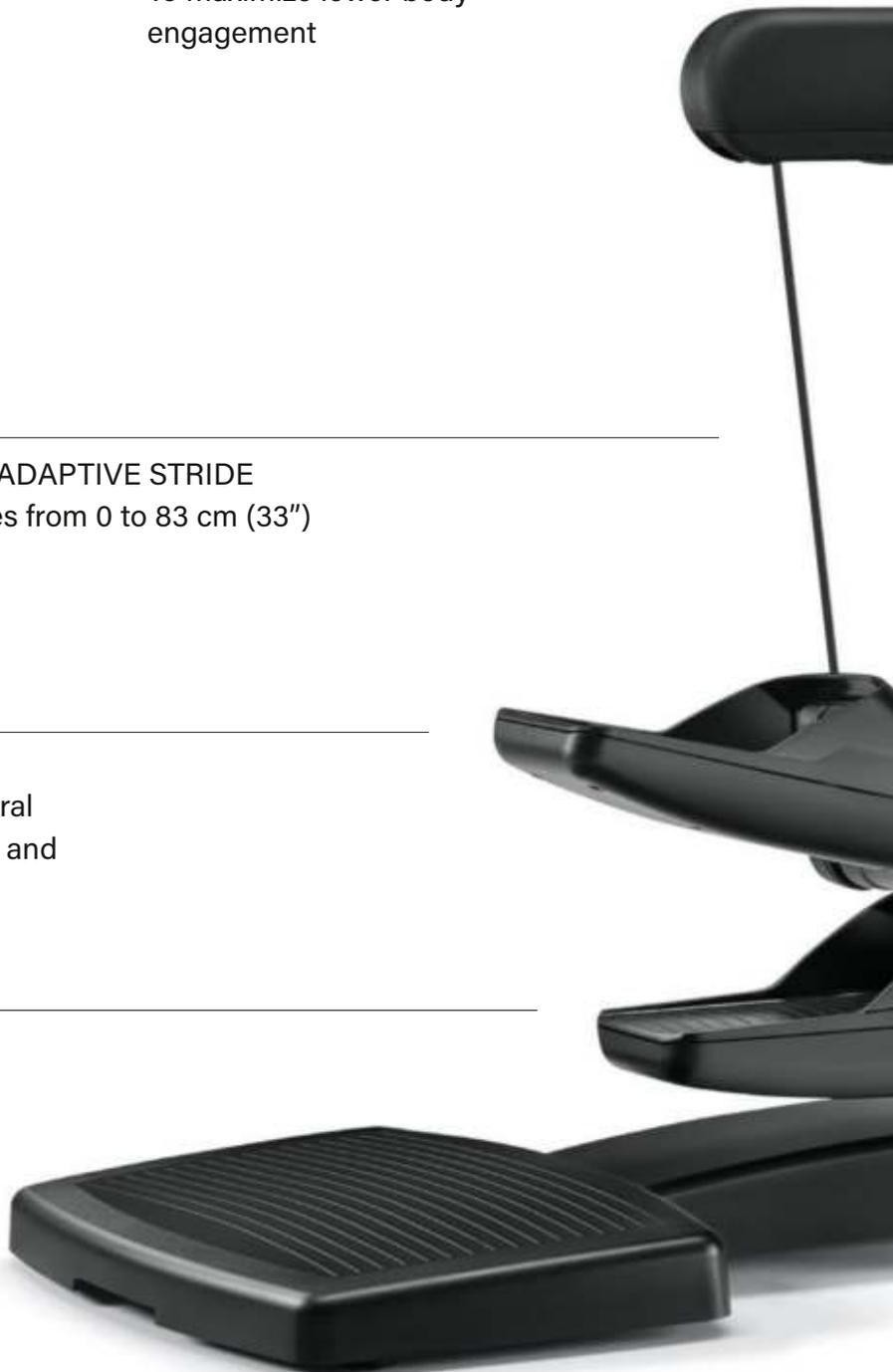
**SELF ADAPTIVE STRIDE**  
Ranges from 0 to 83 cm (33")

---

**REDUCED PEDAL HEIGHT**  
The close-to-the-ground pedals and lateral  
hand supports make the equipment safe and  
easy to use

---

**OPTIMAL START**  
The self-starting system prevents  
pedal blocking





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### EXCITE LIVE CONSOLES

Available in two sizes:

16" HD display

10" HD display

### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

### WAKE-UP SENSOR

Activates the console as you approach

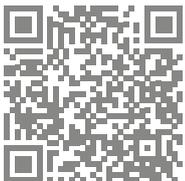


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# Recline

Take cycling to new levels of comfort.

From the wide walk-through, to the soft-touch handles, to the adjustable backrest, everything is designed to give you an easy ride.



Welcome to the new  
Excite Live Recline





ENDLESS ENTERTAINMENT

# Connect to your world

Pedal your way to results while you enjoy your favorite content on the HD display including live TV, Netflix and YouTube. There's no end to the fun.





ACCESSIBLE DESIGN

# Total comfort

Effortlessly get on and off the equipment thanks to the **wide walk-through design**. The **adjustable backrest**, **soft-touch handles** and **smart pedals** help you find and maintain a correct and comfortable workout position.



# ***RECLINE***

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**ADJUSTABLE BACKREST**  
For maximum comfort

---

**SOFT-TOUCH HANDLES**  
To ensure a correct workout position

**HAND SENSORS**  
To monitor your heart rate

**FAST TRACK CONTROLS**  
To change intensity on the fly



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#### EXCITE LIVE CONSOLES

Available in two sizes:

16" HD display

10" HD display

#### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

#### WAKE-UP SENSOR

Activates the console as you approach

---

#### WIDE WALK-THROUGH DESIGN

Makes getting on and off easy for everyone

---

#### SMART PEDALS

The 10-degree incline makes it easier to slide feet inside the pedals from a seated position. To adjust the straps simply tighten and open the buckle

#### Q FACTOR

The distance between pedals is reduced to 17 cm (6.7") to provide a more realistic and biomechanically correct cycling experience

# Climb

Our new stair climber helps you build the confidence to step outside your boundaries and achieve extraordinary results.

The accessible design and engaging training content make climbing fun and effective at every level.



Welcome to the new  
Excite Live Climb



SPLIT STEP TECHNOLOGY

# Climbing made easy

Excite Live Climb combines the lowest height with the deepest step surface – 28 cm (11") – to make stair climbing comfortable and safe for everyone. Use the low-rise **Courtesy Step™** to get on, and exercise without worrying about pinching your toes between stairs with **ToeSmart Design™**.



The best ratio of climbing space to footprint





ADVANCED FEATURES

# More room for performance

Step up your workout and boost muscle activation. With **three steps available at all times** plus **Smart Lateral Footrests**, you can perform more complex footwork and challenging Routines for maximum calorie burn and fun.



TECHNOGYM COACH

# Raise the fun

Take your training to the next level. If you don't have a prescribed workout, the **Technogym Coach** suggests one, based on your profile and history, to make every step work for you.



Wouldn't it be cool if you always had someone by your side who makes sure you're having fun while getting the results you want? Meet Technogym Coach, your AI-powered personal assistant.



# ***CLIMB***

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## HAND SENSORS

To monitor your heart rate

## FAST TRACK CONTROLS

To change intensity  
on the fly

---

## OPTIMAL STEP SURFACE

Measures 47 x 28 cm (18.5" x 11")

---

## SMART LATERAL FOOTRESTS

For added variety and intensity

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## TOESMART DESIGN™

Use the entire step surface without pinching your  
toes between steps, whatever your shoe size

---

## COURTESY STEP™

For easy access





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#### EXCITE LIVE CONSOLES

Available in two sizes:

16" HD display

10" HD display

#### UNIVERSAL WIRELESS CHARGER

Place your smartphone in the integrated tray and charge it while you train

#### WAKE-UP SENSOR

Activates the console as you approach

---

#### LOWEST STAIR CLIMBER ON THE MARKET

BEST AVAILABLE CLIMBING SPACE-TO-FOOTPRINT RATIO

---

#### THREE STEPS

To work out on at all times



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# Top

Thanks to its versatile training, the new upper body trainer improves your fitness, muscular strength and endurance to give you a more defined look.



Welcome to the new  
Excite Live Top



VERSATILE TRAINING

# Complete well-being

You can enjoy the benefits of upper body rotary training from the more challenging standing position or from a seated one, using the **ergonomic seat**.



The seated position engages chest, shoulder, back, arm and core muscles to stabilize and maintain correct posture.



The standing position requires total body integration, to transmit power from the legs through the core and into the upper torso and limbs.



# TOP

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## ROTATING HANDLES

To engage different muscle groups

---

## ADJUSTABLE CRANK HEIGHT

Ensures ideal posture to maximize the involvement of different muscle groups

---

## TELESCOPIC ARMS

By changing the length of the arms, you modify the level of involvement of the torso muscles

## FORWARD-BACKWARD RESISTANCE

Involve all shoulder and torso muscles and achieve a more balanced workout

---

FOR STANDING OR SEATED USE





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**EXCITE LIVE CONSOLES**  
Available in two sizes:  
16" HD display  
10" HD display

**WAKE-UP SENSOR**  
Activates the console  
as you approach

**ONBOARD TESTS**  
Sub-maximal and  
Maximal Tests assess  
aerobic and anaerobic  
fitness levels (Wingate  
Test)



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# Train your way

## **COMPLETE TRAINING AND ENTERTAINMENT**

19" (Excite Live Run only) / 16" connected LCD touchscreen console featuring:

TV - Entertainment apps - Technogym Routines - Technogym Outdoors - Technogym Sessions - Technogym Coach - Swiftpad - Biofeedback - Classic workout options - Test options



The new Excite line brings you a bounty of amazing training content, which you can access from both our new consoles. Choose the experience that works best for you.

### ***SIMPLY TRAINING***

10" connected LCD touchscreen console featuring:  
Technogym Routines – Technogym Coach – Swiftpad – Classic workout options – Test options



# Choose your party look



***LUNAR GREY***

Excite line comes in two color options, designed to match your style and mood. Make an impact that won't go unnoticed with Meteor Black. Or create a cool, soothing atmosphere, which will capture everyone under its spell with Lunar Grey.



# ***METEOR BLACK***



# Technogym® Interior Design

With its innovative design and digital content, Excite line combines fun and performance, and create an environment where new generations are inspired to work out for years to come. To offer the immersive training experience everyone will want to be part of, create a unique family feeling with Excite cardio equipment and Selection strength equipment.

# Club





# Hospitality





**TechnoGym**

### LEADERBOARD

#	NAME	MOVES
1	DAVIDS	24.312
2	MARION22*	22.229
3	HREF12	20.122
4	VALEYELLOW	19.516
5	CR23	18.657
6	*ISLAND*	15.401
7	KELLY99	12.856
8	TIMOTHE	10.254

**TechnoGym**

### WORKOUT OF THE DAY

Get engaged with a full workout to improve your performance. Open the mywellness app and scan the QR code.



# Corporate







A close-up photograph of a Technogym treadmill console. The console is dark grey with a yellow Technogym logo in the center. Below the logo is a black mesh speaker grille. The treadmill's handrails are visible in the foreground, and the background is a soft, out-of-focus blue and purple gradient.

**TECHNOGYM**

# FOR INFORMATION AND PURCHASING

Technogym products and services are only sold directly.

## PHONE NUMBERS

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

**0800 3162496**

(Freephone - UK only)

**+971 4 3375337**

(United Arab Emirates only)

**800 8040952**

(Toll free - US only)

**0800 3322448**

(Toll free - Netherlands only)

**1800 615440**

(Toll free - Australia only)

**+39 0547 650111**

(Other countries)

## WEBSITE TECHNOGYM.COM

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

## FOLLOW US ON



Where to find us

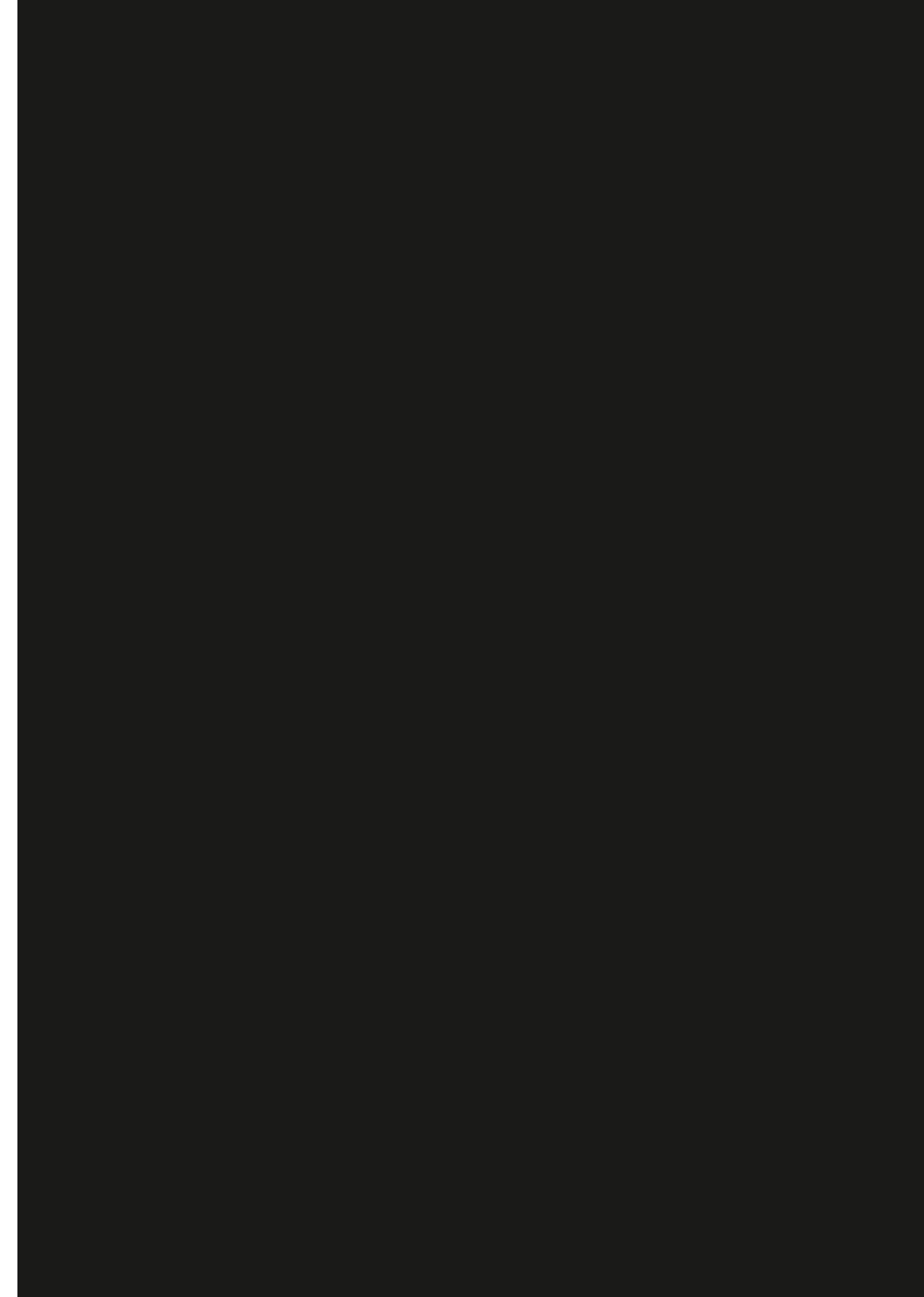
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