



Personal





Home Wellness is a special space dedicated to your health and well-being. The design, attention to detail and elegance of the products, all contribute to enhancing your surroundings. It combines the best training and sports experience with the space that's most dear to us: our home.

Nerio Alessandri

Founder and President of Technogym®

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The beauty of the workout

Well-being is at the heart of this sleek Antonio Citterio-designed Line, which makes your home the most exclusive place to work out.

Personal Line



Bike



Recline



Run



Cross



Kinesis®



Power

Run

Designed by **Antonio Citterio**
Assistant Toan Nguyen

The perfect synthesis of cutting-edge technology, innovative equipment and flawless design.



reddot design award
honourable mention 2010





The 21.5" wide touch-screen display and integrated loudspeakers let you watch, listen and interact while training, without any distractions.











Elegance meets technology

The running surface simulates uphill training with a maximum incline of 15%.

The handle material is comfortable and soft to grip.

The joystick for speed control and the emergency locking system allow you to work out in complete safety.

Recommended for:

- Training your cardiovascular system
- Weight loss and maintaining body weight
- Strengthening and toning legs
- Beginners and experienced users

Bike

Designed by **Antonio Citterio**

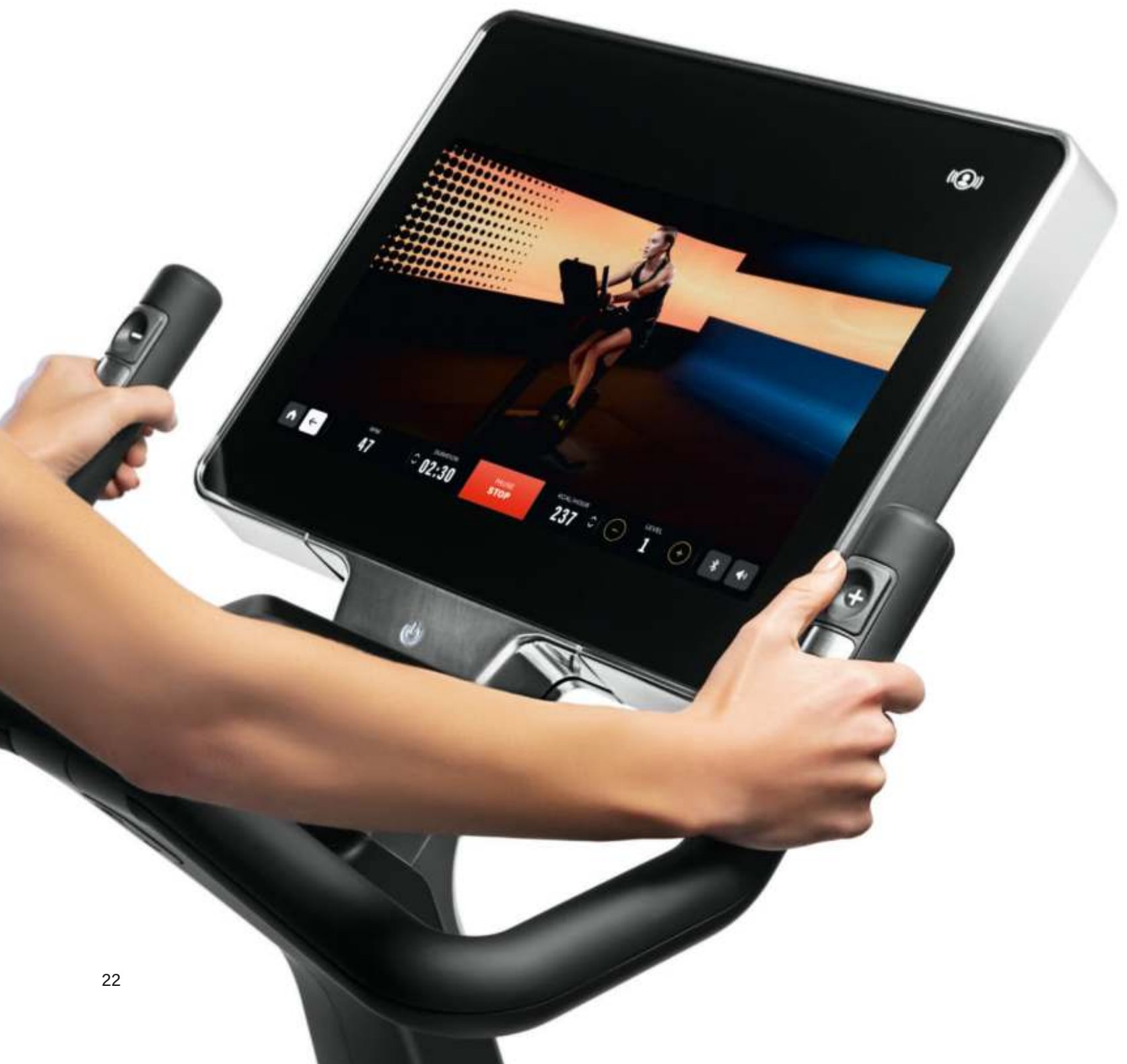
An icon of design for pedaling in style toward your objectives under the guide of the Technogym Coach.

Never before has an indoor bike given you so many reasons to love home training.



A personal trainer at your fingertips

Achieving your objectives is easier with the help of the virtual trainer. Just choose one of the Technogym Sessions and adjust intensity from the Fast Track Controls.











Enjoy the ride

The reduced distance between the pedals, the compact design and bike geometry give you the sensation of being on a real bike.

Every detail, from the soft-touch handlebar with Hand Sensors or the padded saddle, has been designed to pedal in total comfort.

Recommended for:

- Training your cardiovascular system
- Slimming and weight control
- Maintaining and improving fitness levels
- Strengthening and toning legs
- Beginners and experienced users

Recline

Designed by **Antonio Citterio**

Biomechanics applied to elegant
design let you pedal in harmony
with your senses and surroundings.



reddotdesign award
best of the best 2012





The most comfortable way of staying in shape

Designed with Vitra, the adjustable ergonomic seat ensures that you'll maintain correct posture without straining your back muscles.











Pedal with ease toward your ultimate shape

The technologically advanced transmission system ensures your pedal stroke stays smooth and silent.

Hold the lateral handlebars to control the intensity of your workout from the Fast Track Controls and monitor your heartbeat from the Hand Sensors.

Recommended for:

- Slimming and weight control
- Maintaining and improving fitness levels
- Toning legs without straining your back

Cross

Designed by **Antonio Citterio**

Designed for performing a total
body workout in the comfort of a
beautiful home.



German
Design Award

WINNER 2014



Total body entertainment

Smooth and silent movements set the stage for the clear, enchanting sound of the Hi-Fi loudspeakers, engaging every muscle group in an immersive workout.











A complete workout. Plus entertainment.

The mirrored details add light to your home interior.

The telemetric band and the Hand Sensors constantly monitor your heartbeat, so you can get the most out of your exercise.

The new Live console combines training with entertainment. Catch up with your favorite shows while you work out.

Recommended for:

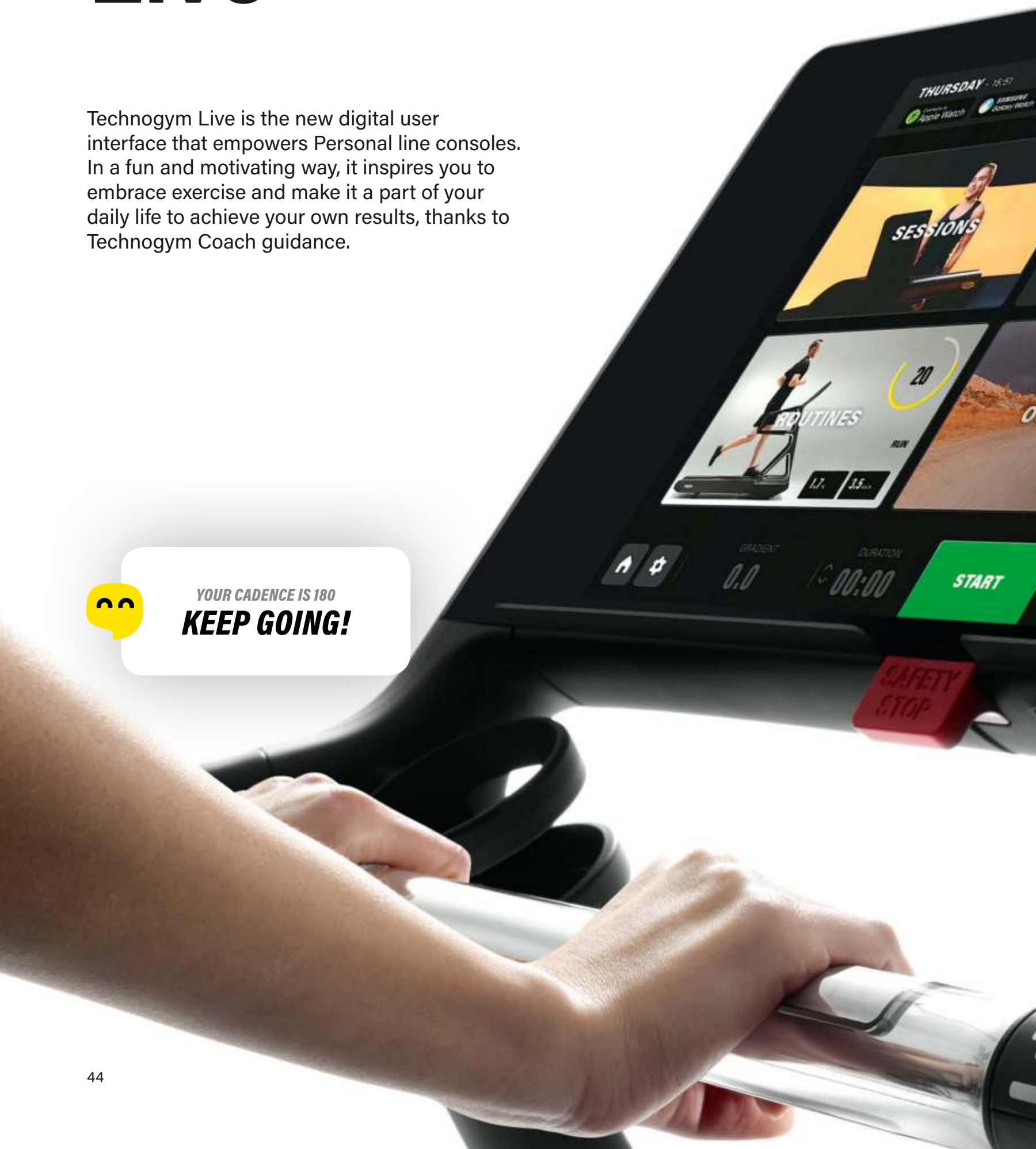
- Slimming and weight control
- Total body workouts
- Exercising without placing joints under stress

Technogym Live

Technogym Live is the new digital user interface that empowers Personal line consoles. In a fun and motivating way, it inspires you to embrace exercise and make it a part of your daily life to achieve your own results, thanks to Technogym Coach guidance.



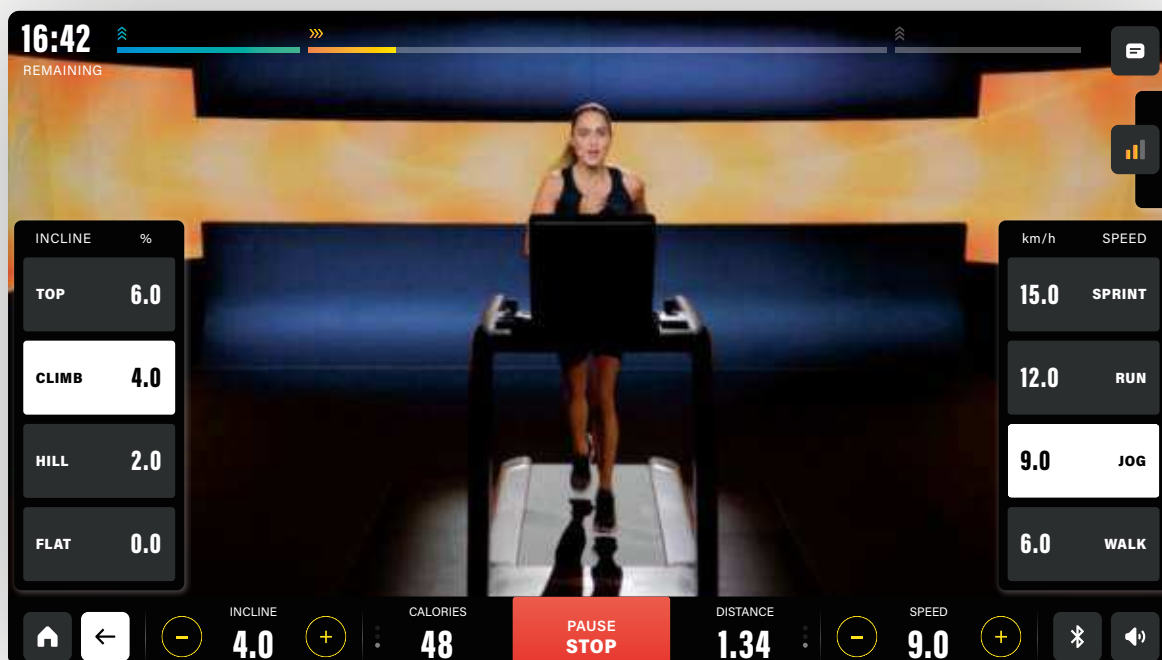
YOUR CADENCE IS 180
KEEP GOING!





An online trainer at your side

Start your engaging and motivating journey with a personal trainer at your fingertips in the Technogym Sessions.



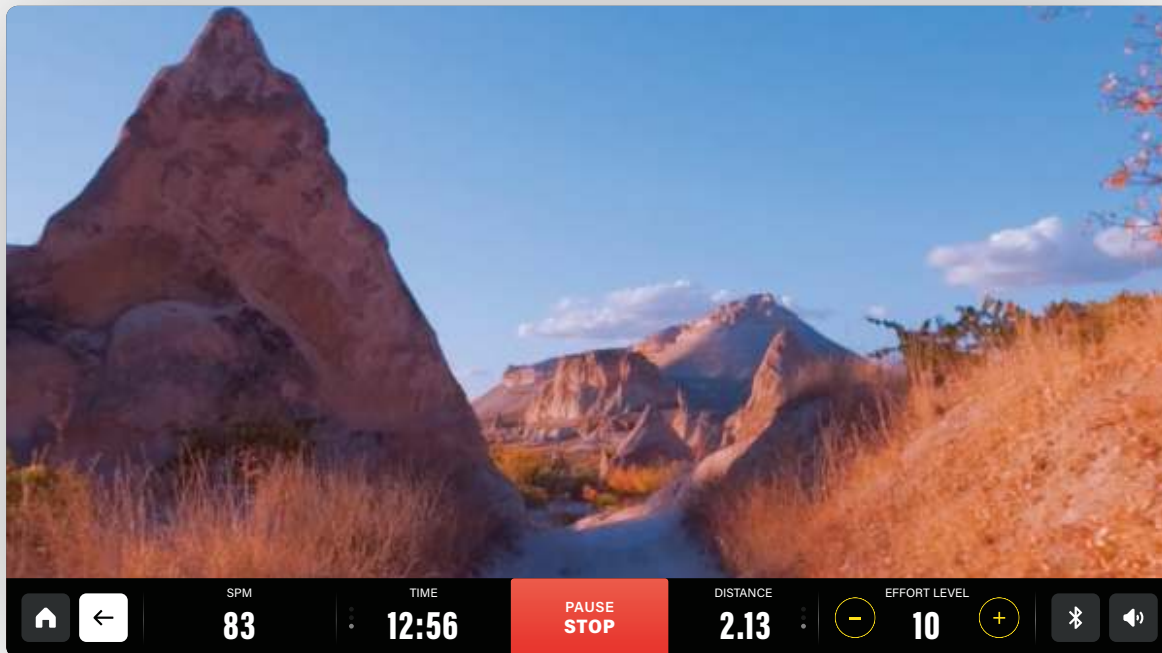
Choose your goal and follow along

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



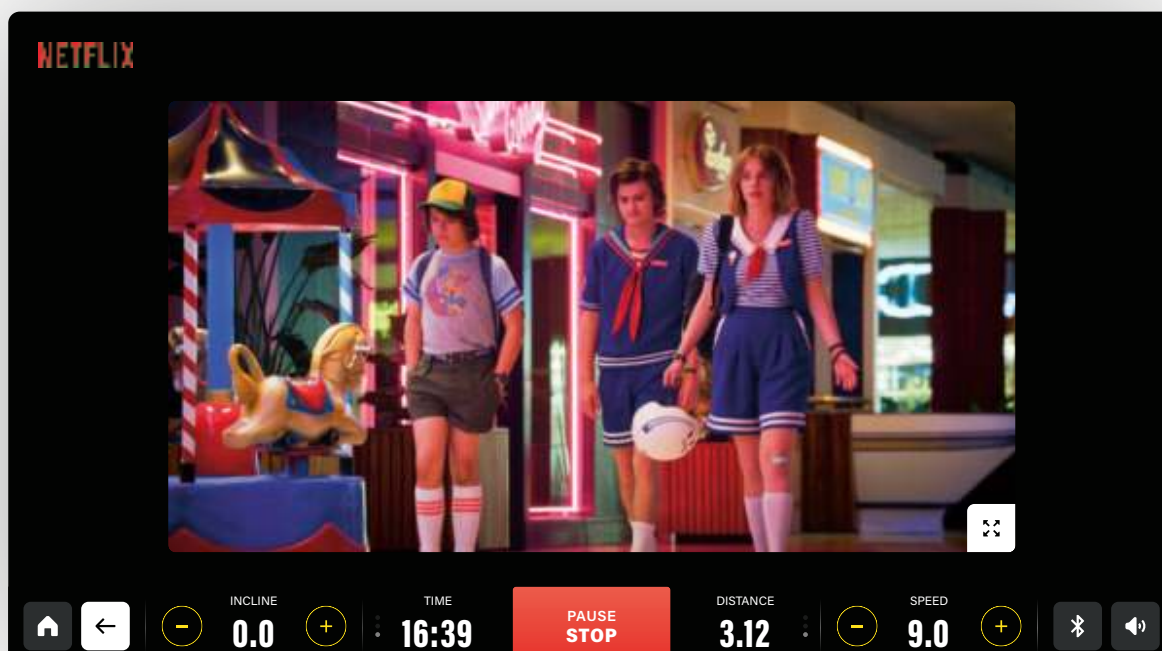
Train anywhere in the world

Choose the Technogym Outdoors to explore breathtaking scenic locations that will inspire you to go the extra mile.



Netflix®, YouTube® and even more content

Make exercise more motivating with the widest range of entertainment just a touch away. Watch TV, listen to music, or browse the Internet while you work out.



Kinesis®

Designed by **Antonio Citterio**

Designed to give you maximum
freedom of movement while
transforming the wall of your home
into an elegant, functional gym.



red dot design award
honourable mention 2010



Functional training

The Technogym® FullGravity system enables to perform safe and effective movements without limits. More than 200 exercises for an all around functional training experience.











Discover the Kinesis[®] Personal Collection



Vision



Heritage Black



Heritage Leather Dark Brown



Heritage Leather Gold Brown







Maximum freedom of movement

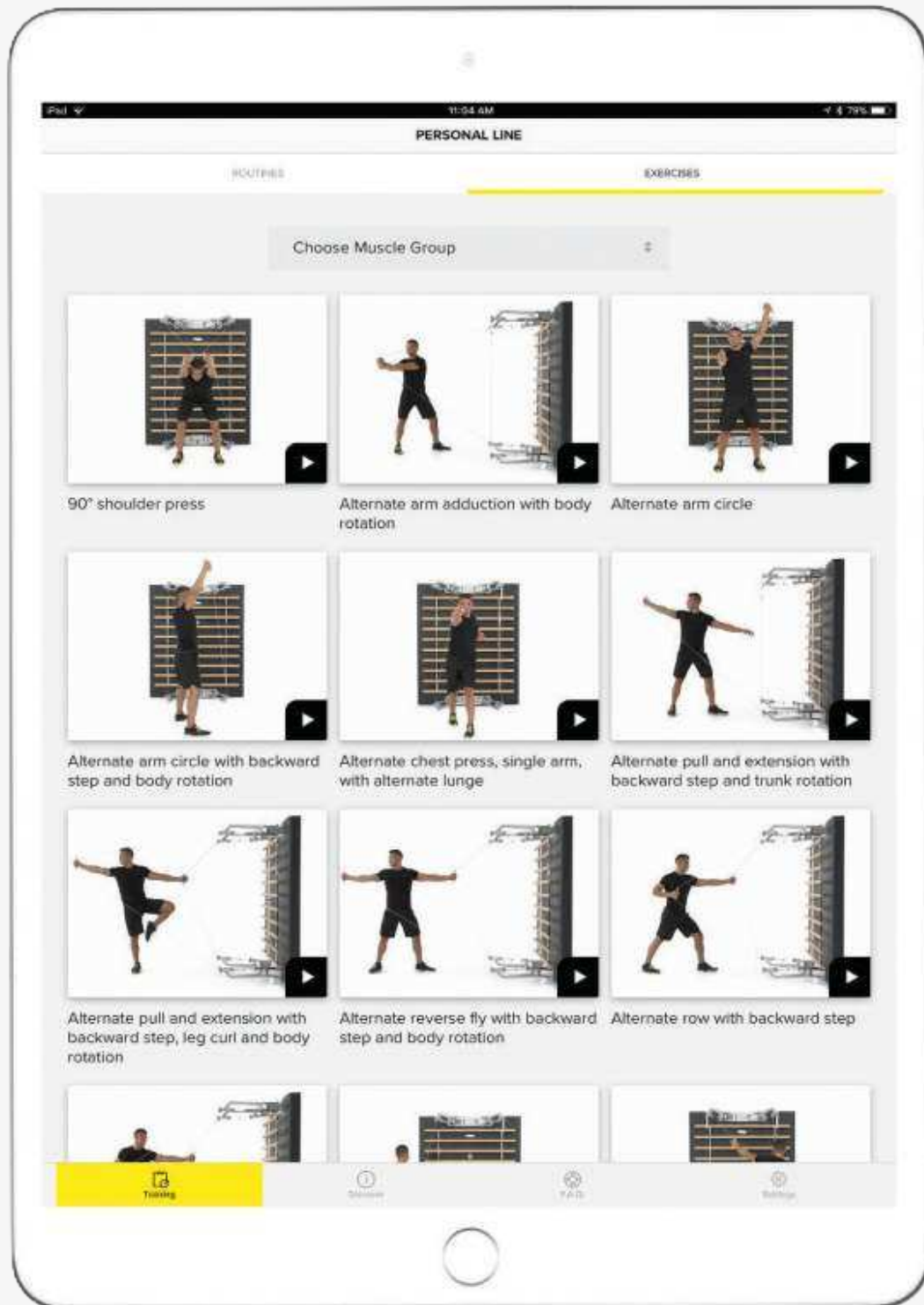
From the handles to the soft-touch digital display, all materials are designed to offer a wonderful sensory experience.

Safely adjust resistance with a single move.

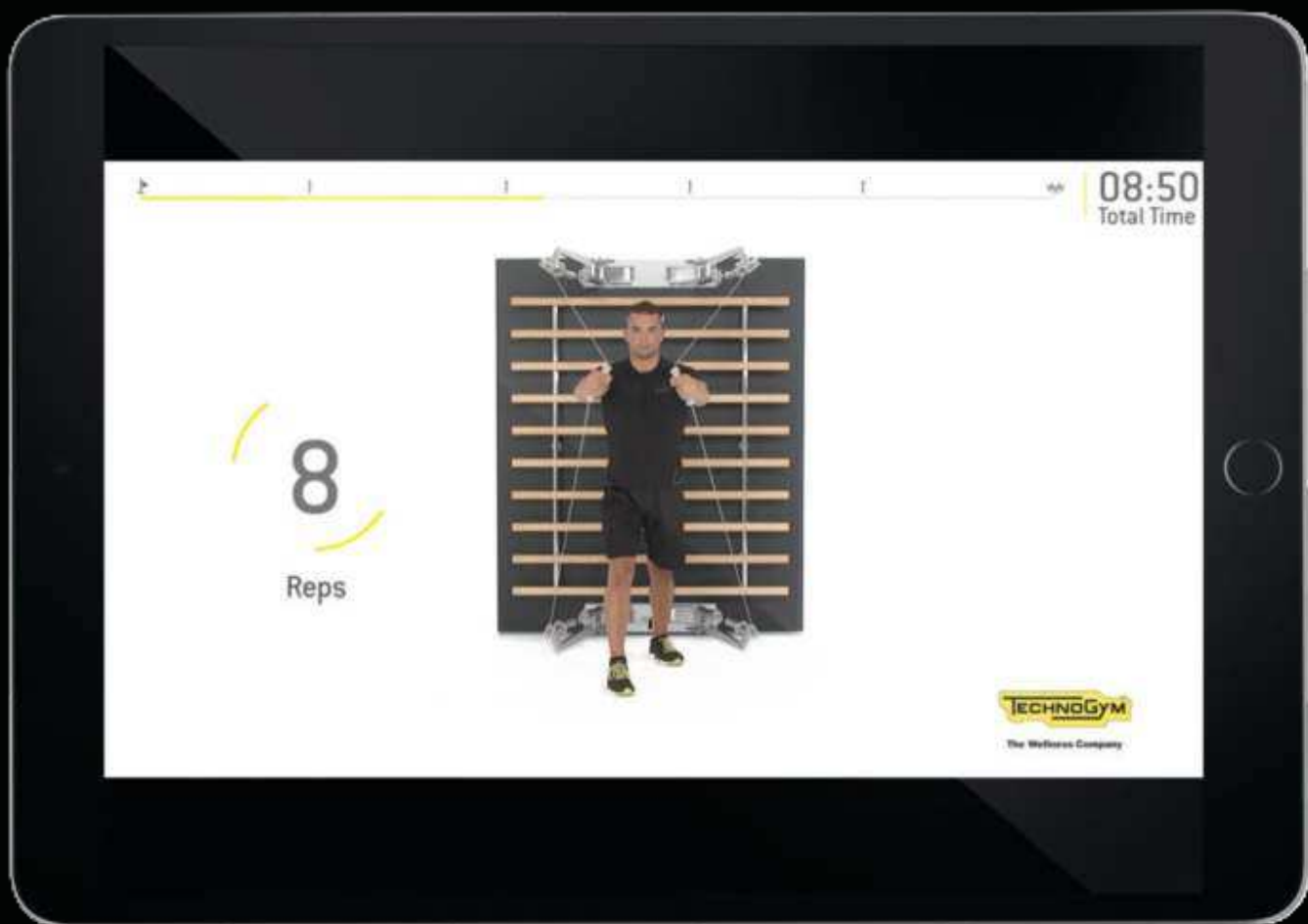
Recommended for:

- Improving movements you make in your daily activities and in specific sports
- Improving strength, coordination, flexibility, posture control and breathing control
- Exercising individual muscles and entire muscle groups, helping you to become stronger, while also improving core skills such as balance, flexibility and stability

Kinesis Virtual Trainer



The app will guide you through every training stage: the customization process, setting up exercises and creating your own Wellness routine.



Scan the QR code
to download app

Power

Designed by **Antonio Citterio**

From the maximum expression
of power to an essential piece
of furniture.

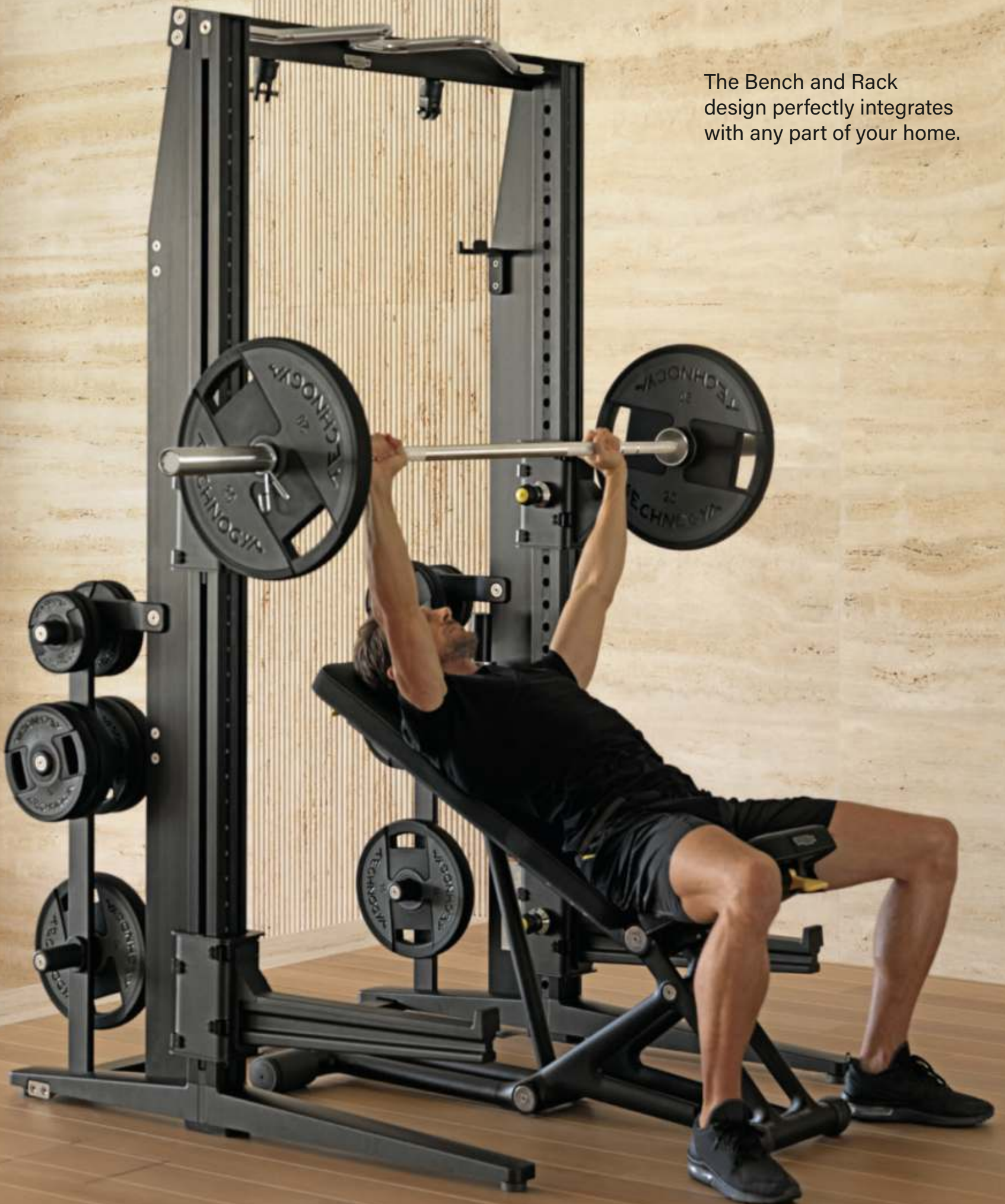




Its functional design
combines the most
sophisticated materials with
the most innovative concept.



The Bench and Rack design perfectly integrates with any part of your home.







Pure performance in over 300 exercises

The micro-polished aluminium conveys a contemporary feeling, while the solid structure reveals its strength and durability.

Train using dumbbells, barbells or calisthenics, or perform suspension training exercises with the resistance bands included in the Functional Upgrade Kit.

Safety is the number one priority. Thanks to the Smart Lock system, the barbell holder cannot be unlocked accidentally.

Recommended for:

- General fitness training
- Athletic conditioning for sports
- Targeted muscle strengthening
- Strength and functional training

Unica

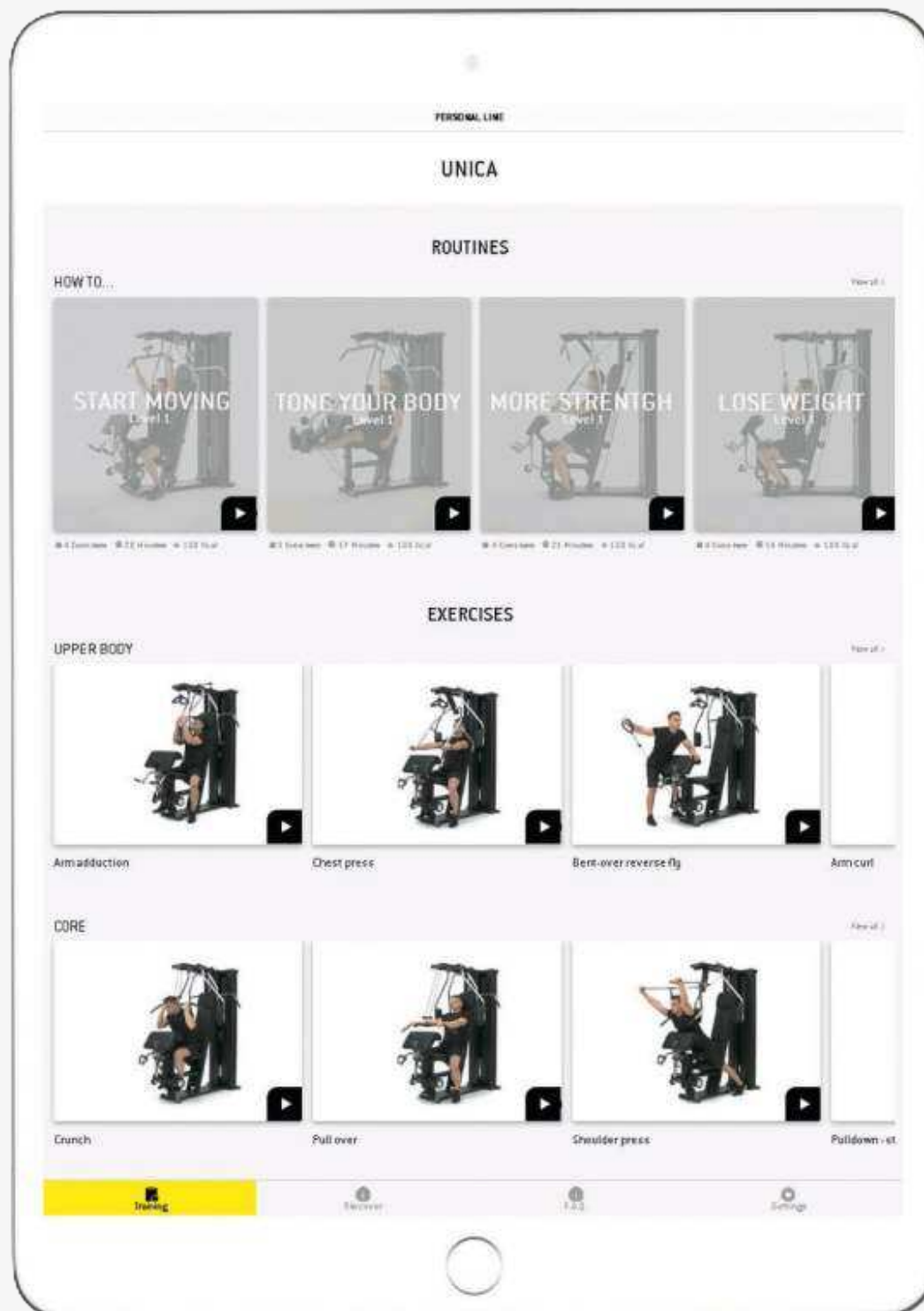
A Technogym icon and collectible classic for indoor strength training in just 1.5 sq mt.



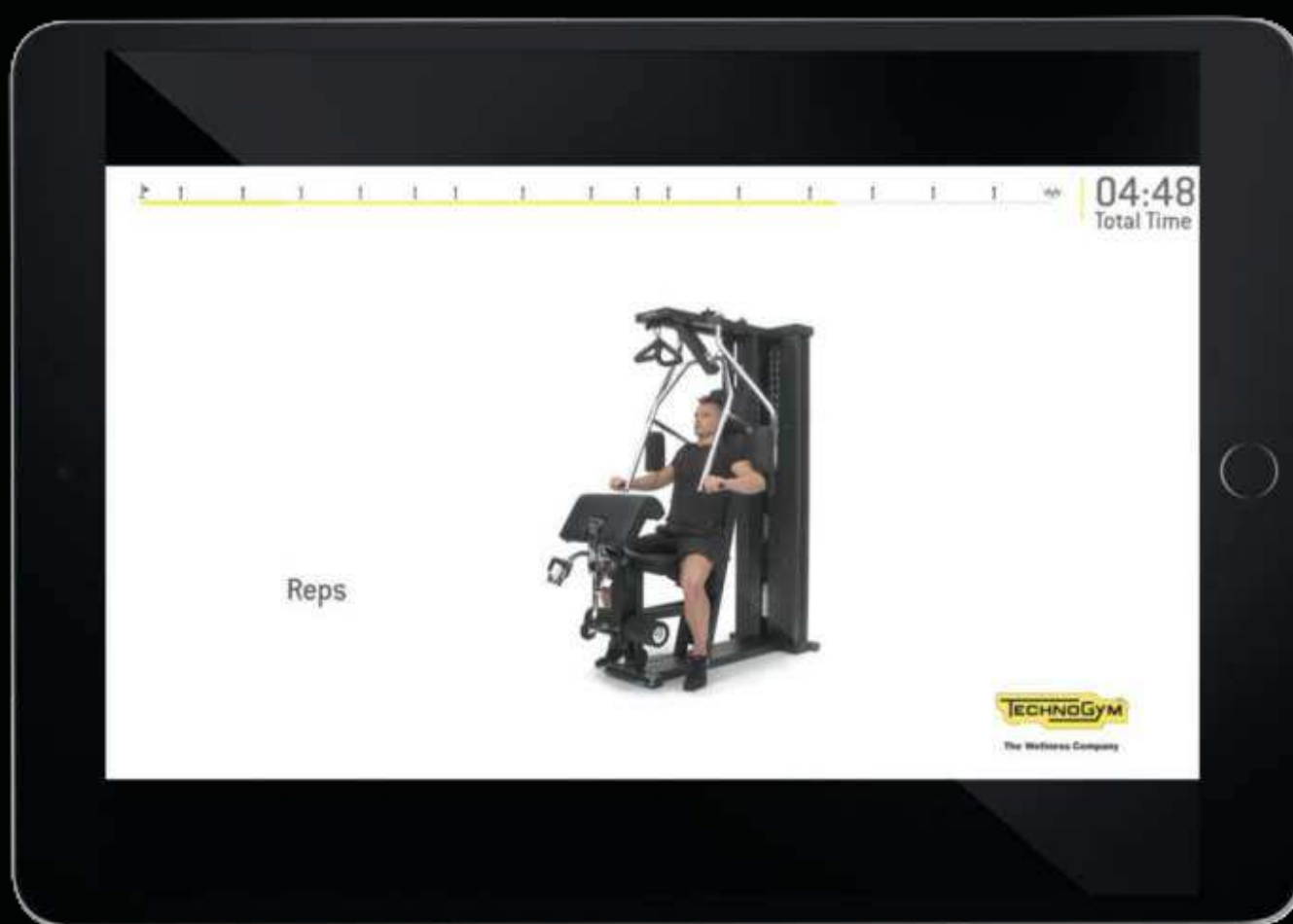




Unica Virtual Trainer



How to use Unica to perform each exercise at your best and establish your Wellness routine.



Scan the QR code
to download app







Keep in shape and strengthen your muscles

The adjustable seat, wide fitted backrest, ergonomic padding and non-slip handles provide comfort and performance.

You can perform over 25 different exercises in only 1.5 sq mt, by simply selecting the desired weight.

The biomechanics and easy-start system ensure safe and correct use at all levels.

Recommended for:

- General fitness training
- Targeted muscle strengthening
- Athletic conditioning for sports
- Working out safely in limited spaces



Technogym® Interior Design

Design the Wellness space for complete well-being. From lighting to materials, our solutions create the perfect synergy between the training experience and home environment.





Technical specifications

Run



Specifications and performances	
Dimensions (LxWxH)*	201 x 80 x 147 cm (79" x 31" x 58")
Console size	21.5"
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 (LxW)	145 x 51 cm (57" x 20")
Power requirement	200-240 Vac \pm 10% 50/60 Hz (cod. D947E / D9472) 100-120 Vac \pm 10% 50/60 Hz (cod. D9471)
Max. power consumption	1500 Watt
Training and comfort features	
Training programs	22 - Technogym Sessions, Technogym Routines, Quick Start, Goals (Time, Distance, Calories), CPR-CHR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Speed Shift, Technogym Outdoors, On Trend (Hills; Hi-Low Blocks; Burnout; Cross Training)
Heart rate monitoring	Hand Sensors, Scosche Rhythm24

Bike



Specifications and performances	
Dimensions (LxWxH)*	117 x 56.4 x 140 cm (46" x 22" x 55")
Console size	15.6"
Equipment weight	63 kg (139 lbs)
Max. user weight	160 kg (352 lbs)
Max. user height	205 cm (6' 7")
Min. user height	155 cm (5' 1")
Difficulty levels	1 - 25
Power requirement	100-240 Vac \pm 10% 50-60 Hz
Training and comfort features	
Training programs	21 - Technogym Sessions, Technogym Routines, Quick Start, Goals (Time, Distance, Calories), CPR-CHR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Technogym Outdoors, On Trend (Hills; Hi-Low Blocks; Burnout; Cross Training)
Heart rate monitoring	Hand Sensors, Scosche Rhythm24

Cross



Specifications and performances	
Dimensions (LxWxH)*	194 x 69 x 176 cm (76" x 28" x 69")
Console size	15.6"
Equipment weight	145 kg (320 lbs)
Max. user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Power requirement	100-240 Vac \pm 10% 50-60 Hz
Training and comfort features	
Training programs	21 - Technogym Sessions, Technogym Routines, Quick Start, Goals (Time, Distance, Calories), CPR-CHR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Technogym Outdoors, On Trend (Hills; Hi-Low Blocks; Burnout; Cross Training)
Heart rate monitoring	Hand Sensors, Scosche Rhythm24



Recline



Specifications and performances	
Dimensions (LxWxH)*	139 x 64 x 138 cm (55" x 25" x 54")
Console size	15.6"
Equipment weight	70 kg (154 lbs)
Max. user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Power requirement	100-240 Vac \pm 10% 50-60 Hz
Training and comfort features	
Training programs	21 - Technogym Sessions, Technogym Routines, Quick Start, Goals (Time, Distance, Calories), CPR-CHR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Technogym Outdoors, On Trend (Hills; Hi-Low Blocks; Burnout; Cross Training)
Heart rate monitoring	Hand Sensors, Scosche Rhythm24



* Length x Width x Height while working on the equipment

Unica



Specifications and performances	
Dimensions (LxWxH)*	184 x 120 x 207 cm (72" x 47" x 81")
Equipment weight	290 kg (639 lbs)
Weight stack	5 - 90 Kg (5 Kg weight stack increment) (10 - 180 lbs, 10 lbs weight stack increment)
Available colors:	
<div><div></div>NA. Black</div> <div>Frame</div>	<div><div></div>NA. Black</div> <div>Upholstery</div>
<div><div></div>AB. Silver</div> <div>Frame</div>	<div><div></div>M. Bordeaux</div> <div>Upholstery</div>

Power



Rack		Bench	
Specifications		Specifications	
Code	MD150	Code	MD100
Maximum user weight	150 kg (330 lbs)	Maximum user weight	150kg (330 lbs)
Maximum load useable	150 kg (330 lbs)	Maximum load useable	150kg (330 lbs)
Width	1412 mm (56")	Width	584 mm (23")
Length	1313 mm (52")	Length	1316 mm (52")
Height	2216 mm (87")	Height	443 mm (17")
Net weight	185 kg (408 lbs)	Net weight	47 kg (104 lbs)



* Length x Width x Height while working on the equipment

Kinesis®



Specifications and performances	
Dimensions (LxWxH)*	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 Dark Brown, Heritage Leather Gold Brown



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.

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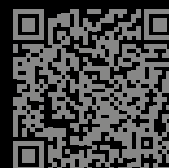


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