

# Technogym Ride



**TECHNOGYM®**



# The first all-in-one bike

Just connect and start pedaling, no setup needed. With all your favorite apps right at your fingertips, you're ready to ride.



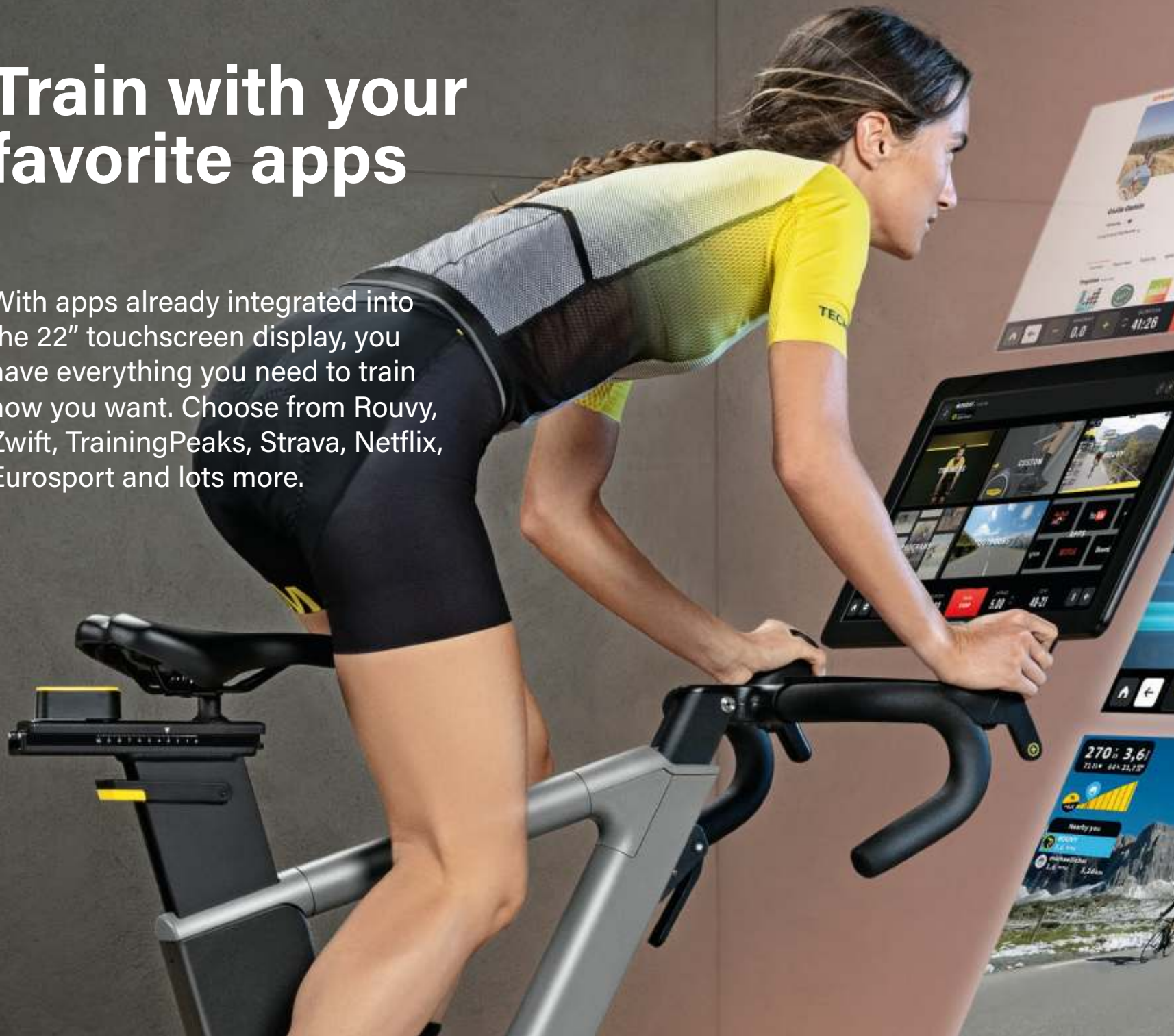






# Train with your favorite apps

With apps already integrated into the 22" touchscreen display, you have everything you need to train how you want. Choose from Rouvy, Zwift, TrainingPeaks, Strava, Netflix, Eurosport and lots more.









# Perform better w

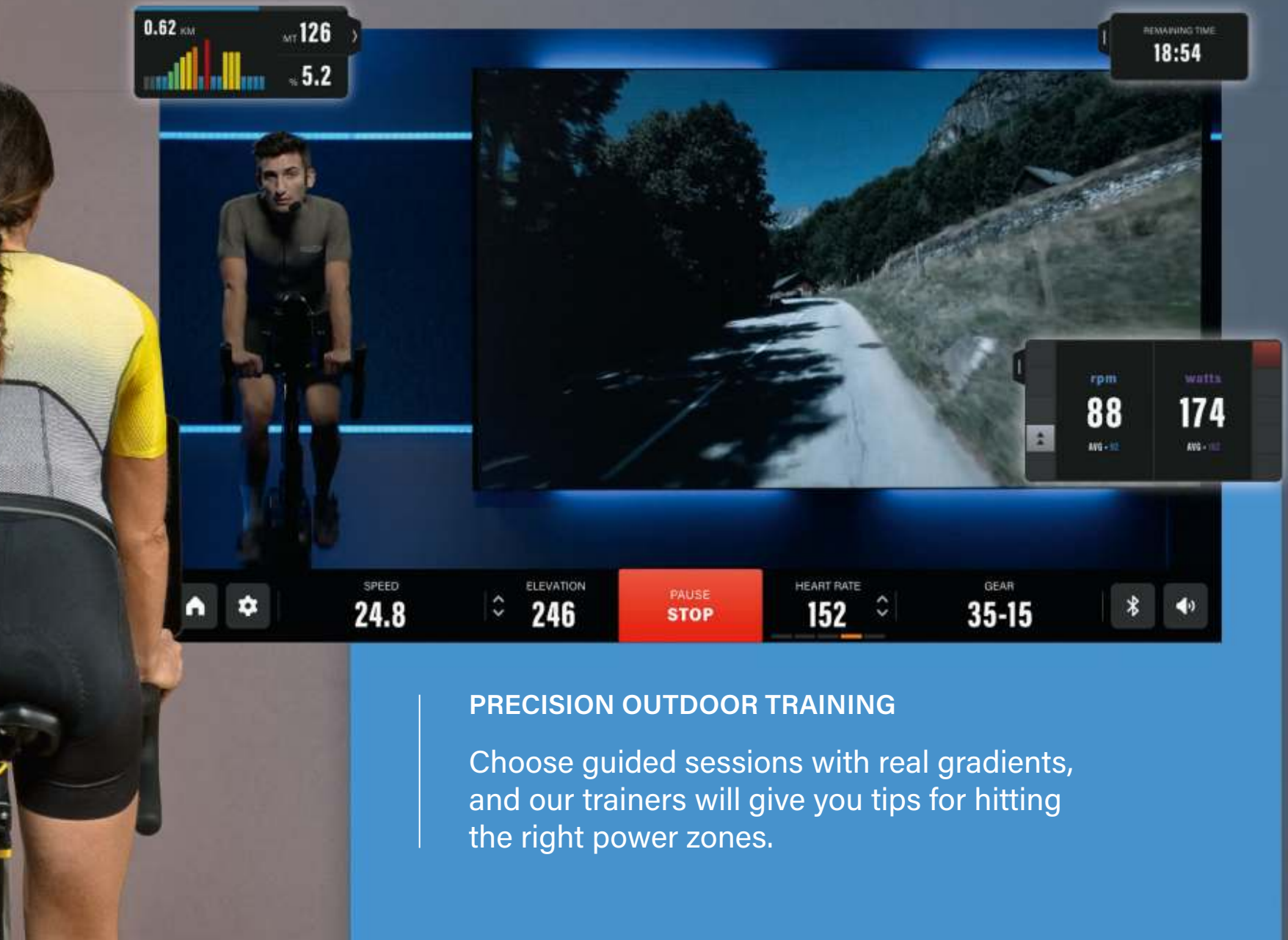


## MORE WATTS THAN EVER

Maximize your performance with our trainers and workouts specifically based on your FTP.



# with our trainers

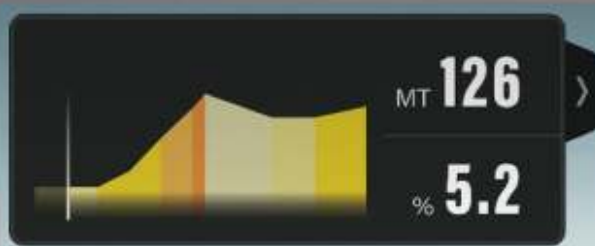


## PRECISION OUTDOOR TRAINING

Choose guided sessions with real gradients, and our trainers will give you tips for hitting the right power zones.



# Virtual routes,



Challenge yourself with our  
Outdoors: pedal away on dozens  
of real routes using all the gears  
of Technogym Ride.

Home navigation icons: Home, Back, Minus, Plus, and a toggle switch.

GRADIENT 5.2

DURATION 10:26



# real gradients



SPEED

18.2



GEAR

35-15





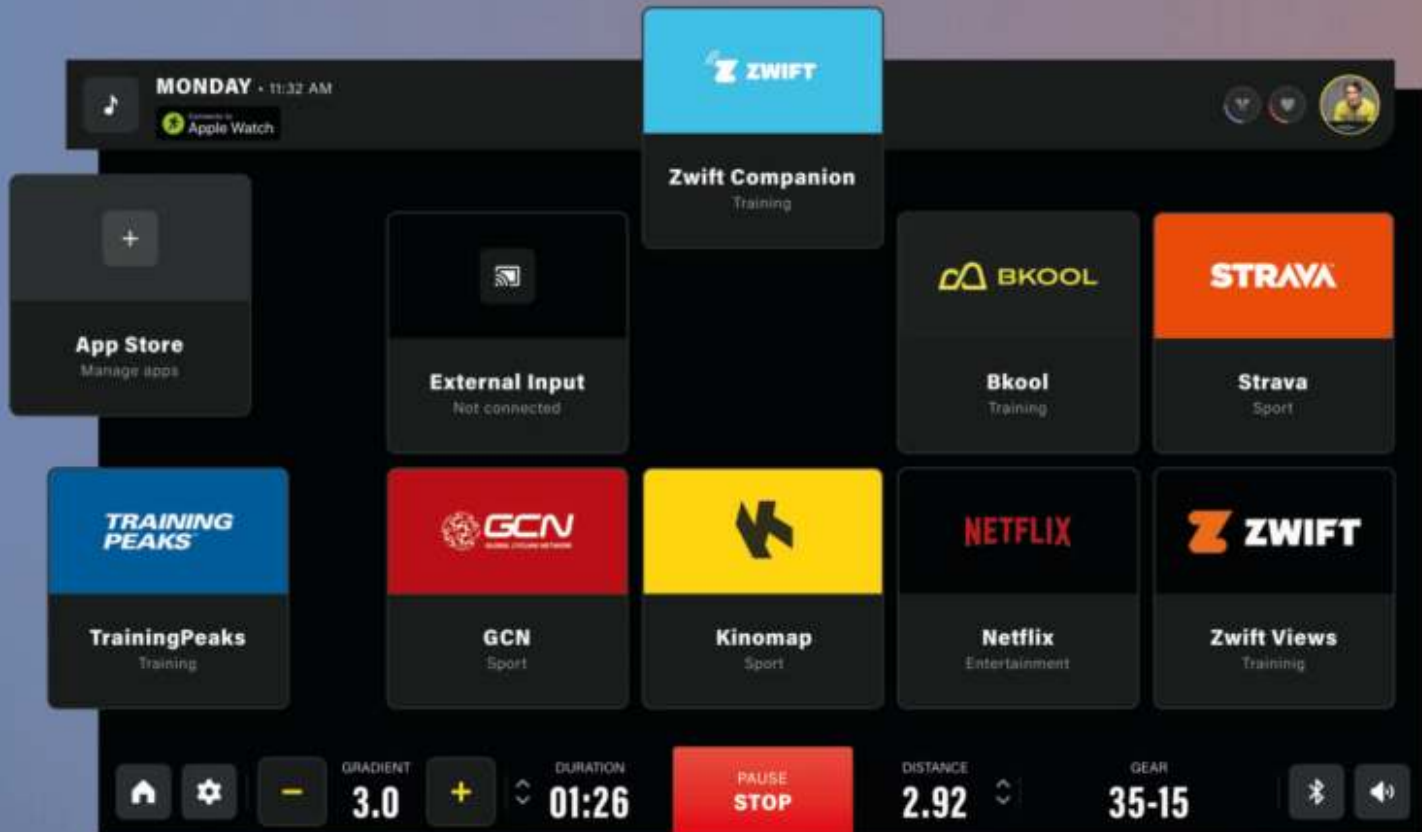
# Your program, your passion

Download the Technogym App and get your Technogym Neuromuscular Training-TNT™ programs. Improve your performance with profile-based workouts and review your results right on the console.





Enjoy content from Eurosport, GCN, Netflix and YouTube.





# Amazingly realistic riding feel

## ULTRA-FAST REACTION TIME

From 0 to 1000 Watts in 0.5 seconds for your best ride ever.





A woman with brown hair, wearing a yellow and black cycling jersey, is riding a black Technogym bike. The bike features a large, black, rectangular touchscreen display mounted on the handlebars. The background is a dark, textured wall.

### ○ **TILTING 22" TOUCHSCREEN**

A highly immersive and interactive training experience with Full HD resolution and capacitive touch technology.

### ○ **SMART SWITCH**

Take control of your training. Built-in switch buttons let you easily change gears when cycling uphill and accurately manage power and FTP percentage **(PATENT PENDING)**.

### ○ **BIKE FITTING**

With geometry inspired by road bikes and a V frame, Technogym Ride can fit sizes 50 to 58+.

### ○ **ADJUSTABLE CRANKSET**

The crankset's length can be adjusted to 3 positions: 170-172.5-175 mm.

### ○ **PEDAL PRINTING™**

Keep the cadence, symmetry and circularity of your pedaling under control.



# Integrated or compatible apps



Rouvry



Zwift



Kinomap



BKool



RGT



FulGaz



TrainingPeaks



Strava



Garmin



Netflix



Eurosport



GCN









# Download Technogym App and start training

At home, the gym, a hotel or outdoors, wherever you train Technogym App rounds off your workout with bodyweight exercises or the equipment available to you: free weights, treadmills and more.



Download Technogym App





# Specifications

|  |   |
|--|---|
| Length                                   | 1545 mm / 61 in   |
| Width                                    | 642 mm / 25 in  |
| Height                                   | 1420 mm / 56 in   |
| Weight                                   | 65 kg / 143 lbs   |
| Adjustable leveling feet                 | 4   |
| Resistance system                        | Electromagnetic brake   |
| Transport wheels                         | 2   |
| Heart rate monitor                       | Bluetooth® Low Energy, ANT+   |
| Connectivity                             | Wi-Fi®, Bluetooth® Low Energy, ANT+   |
| Compatible with Apple GymKit             | Yes   |
| Q factor                                 | 170 mm / 6.7 in   |
| Min. user height                         | 155 cm / 5.1 ft   |
| Max. user height                         | 205 cm / 6.7 ft   |
| Max. user weight                         | 160 kg / 353 lbs  |
| Frame                                    | Steel with sandblasting and ED process paint with two layers of powder coating + aluminum   |
| Flywheel weight                          | 5.4 kg / 11.9 lbs   |
| Drive system                             | Two-stage transmission: timing belt + Poly-V belt   |
| Dual-sided SPD® pedals                   | in coated aluminum  |
| Water bottle holder / Accessories holder | Yes   |
| Power requirement                        | Input: 100-240 VAC, 50-50 Hz, 90 Watt. Output: 12 VDC   |
| Display                                  | 22" capacitive touchscreen  |
| Available languages                      | 24 (UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai, Simplified Chinese, Welsh) |
| Gradient                                 | -3/+15%   |
| Maximum power                            | 1500 W  |
| FTP%                                     | 0-300%  |







Technogym  
"Official Supplier"



# A 30-year partnership with cycling champions

Passion for cycling is rooted in Technogym's DNA. For over 30 years we have been working with cycling champions to develop innovative experiences for athletes.

Technogym is a "Cycling Partner" of:



Rouvy

Martina Fidanza, 2021  
World Champion  
- Women's Scratch,  
trains with  
Technogym Ride.



Technogym  
"Official Supplier"





Letizia Paternoster,  
2021 World Champion  
- Women's Elimination  
Race, trains with  
Technogym Ride.



## | 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**  
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### WEBSITE TECHNOGYM.COM

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