

Technogym Run



TECHNOGYM

**Technogym Run,
the training experience
that paves the way
to a healthier future**

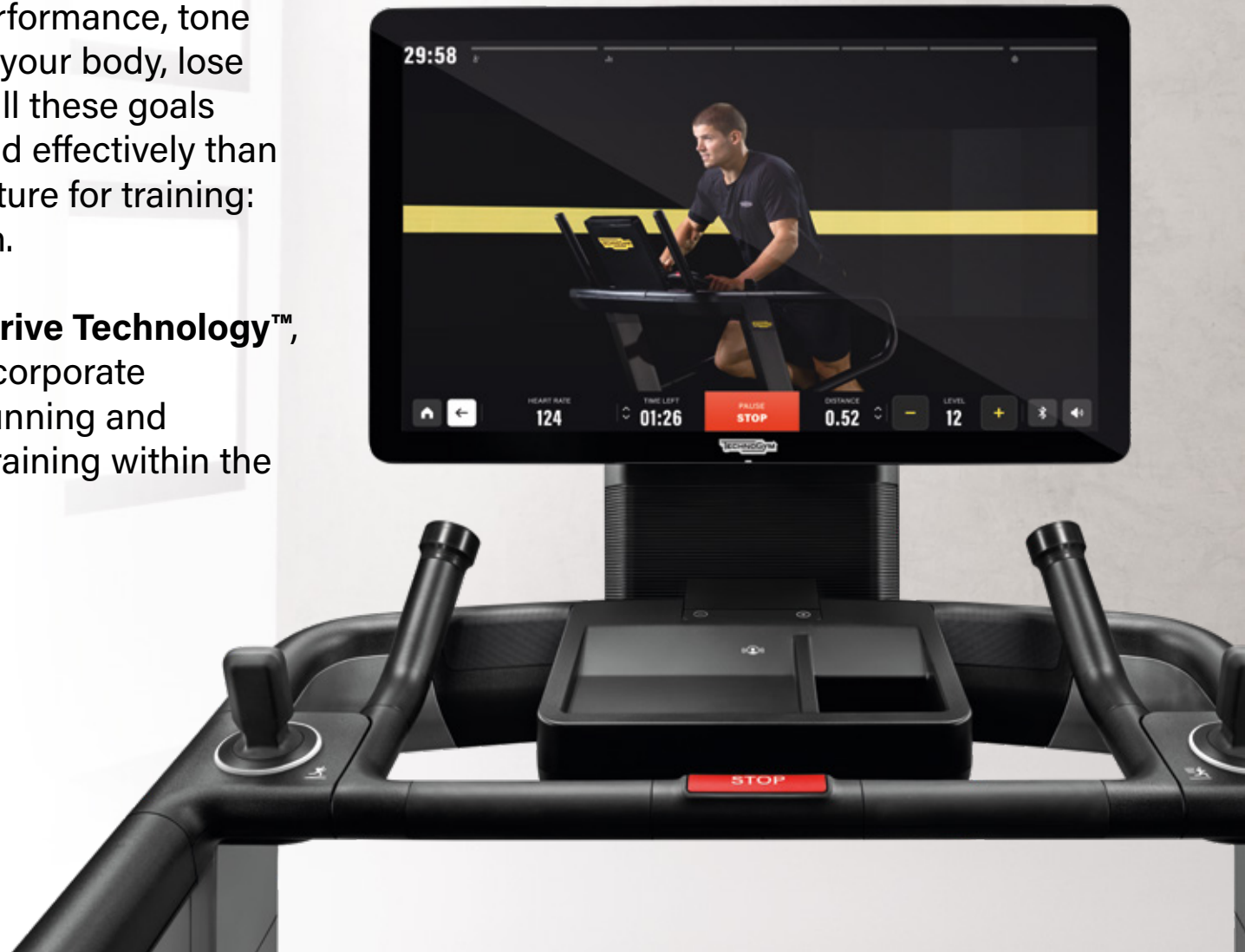




Cardio and power run the same path

Elevate your performance, tone and strengthen your body, lose weight. Reach all these goals more quickly and effectively than ever with the future for training: Technogym Run.

With the **Multidrive Technology™**, you can now incorporate automatically running and strength push training within the same session.





MULTIDRIVE TECHNOLOGY™
PATENTED

RUN

Build speed and endurance
with high-energy workouts
and a seamless stride.





PUSH

Meet your strength goals
with up to 55 kg of resistance.





LEAD THE WAY

Elevate the intensity of your workout with off-the-treadmill exercises right on the screen.



**ALTERNATE BENT
OVER TRICEPS
KICK BACK**

38

SEC



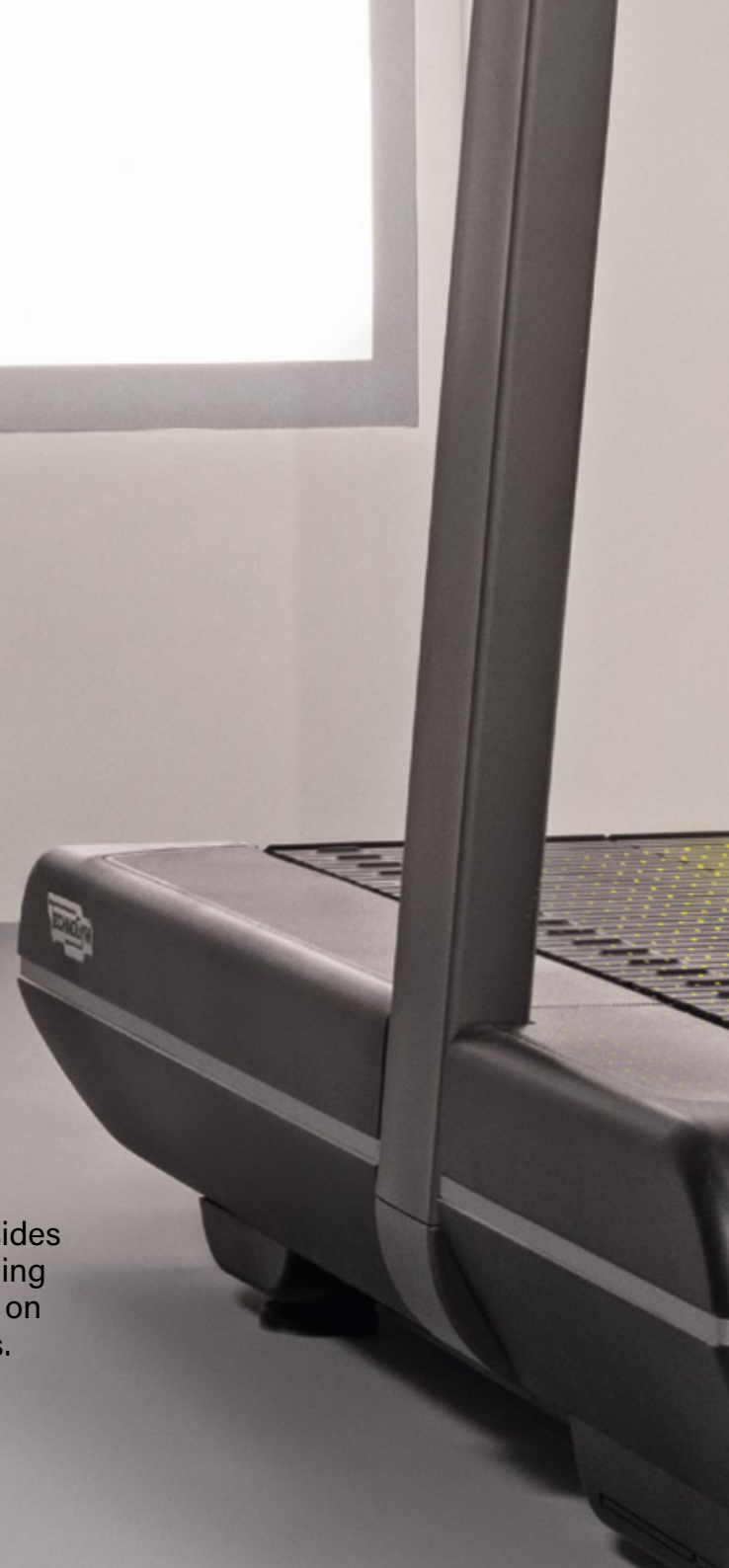
The ultimate running experience

Feel lighter and faster on a reactive surface that responds to your stride. The **Technogym Slat Belt** absorbs shock and ensures low-impact landings, recreating the feeling of the best running surfaces.



Confident after every step

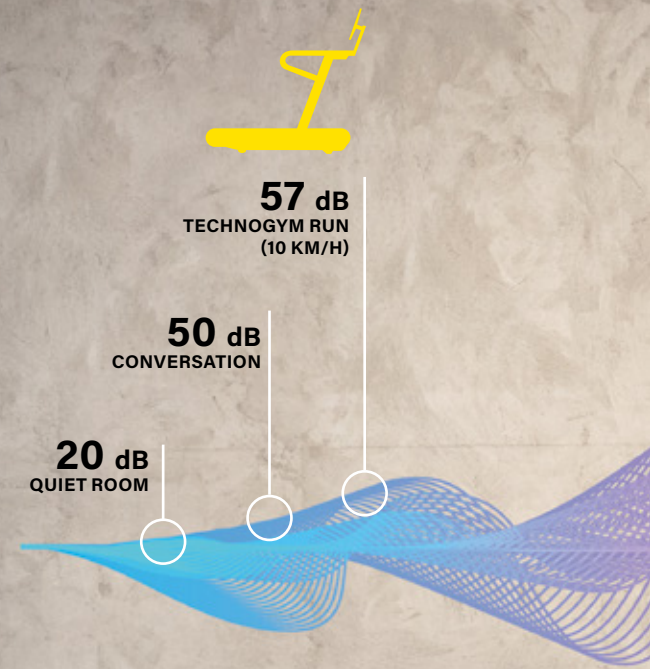
The raised edges on the sides keep you in the right running position so you can focus on the screen and your goals.





The quietest ever

Be amazed by the silence of Technogym Run. The high-quality materials and sound-absorbing technology reduce noise output to a minimum.



80 dB
LOUD HOME
AUDIO SYSTEM



Get stronger, faster

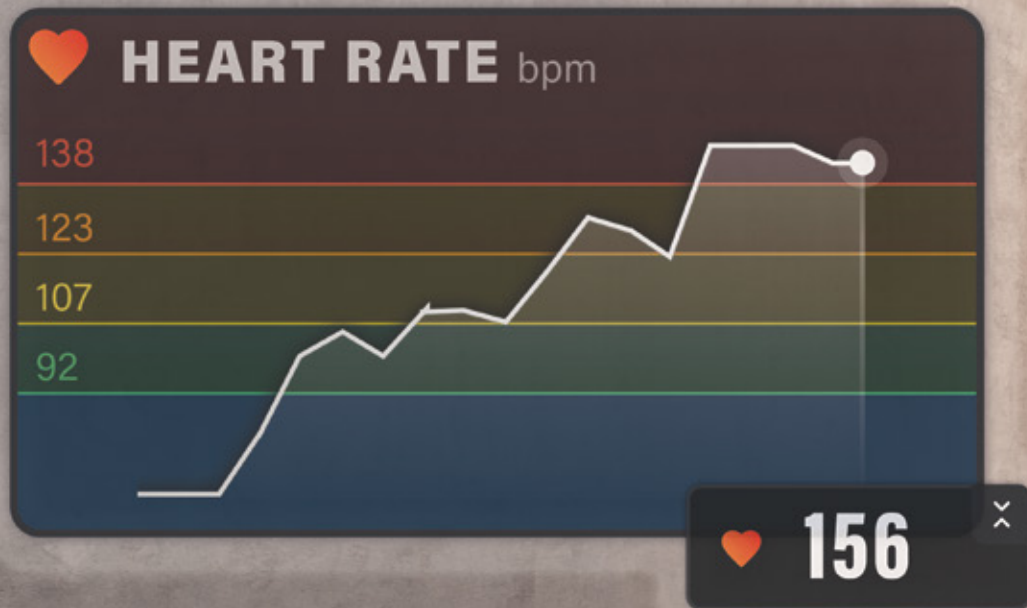
For the first time ever on a treadmill, work on all body areas involved in running – legs, abs and glutes. Using push mode, you can adjust the resistance to replicate a sled with a load of up to 55 kg, improving your muscle tone, efficiency and stability.





Elevate your running techniques

Running power, cadence, step length and that's not all. Technogym Run's built-in sensors analyze all the most advanced metrics in detail so you can maximize your running efficiency.






CADENCE
spm
156


RUN POWER
watt
210


STEP LENGTH
cm
78

Break the routine with bootcamp

Workout with trainer-boosted Bootcamp Routines that alternate running, pushing and floor exercises, and automatically adapt to your level for the most effective high-intensity session ever. Right at home.





Step into a world of entertainment

Explore and enjoy Technogym Live's endless range of content: from on-demand workouts and runs in spectacular destinations to the most popular entertainment apps, like Netflix, YouTube and so much more.

Feel the thrill of the most immersive training with a specially designed widescreen display offering a home theater experience with the best image quality and a powerful built-in high performance audio system.



Netflix



YouTube



Disney+

High-contrast 27" Full HD touchscreen LED display with high resistance glass.

30W high performance front-facing audio system with subwoofer for basses clarity, and DSP equalization.



INCLINE
3.0



TIME
00:29

PAUSE
STOP

DISTANCE
0.18



SPEED
8.0



TECHNOGYM



Choose your journey

High-energy running classes, advanced running routines and trainer-booster bootcamps: sweat how you want to with Technogym Live's infinite range of fitness experiences.

Expand your boundaries even further thanks to compatibility with the most popular training platforms, such as Apple, Garmin, Strava, TrainingPeaks, Zwift and more.



Fitness



Garmin



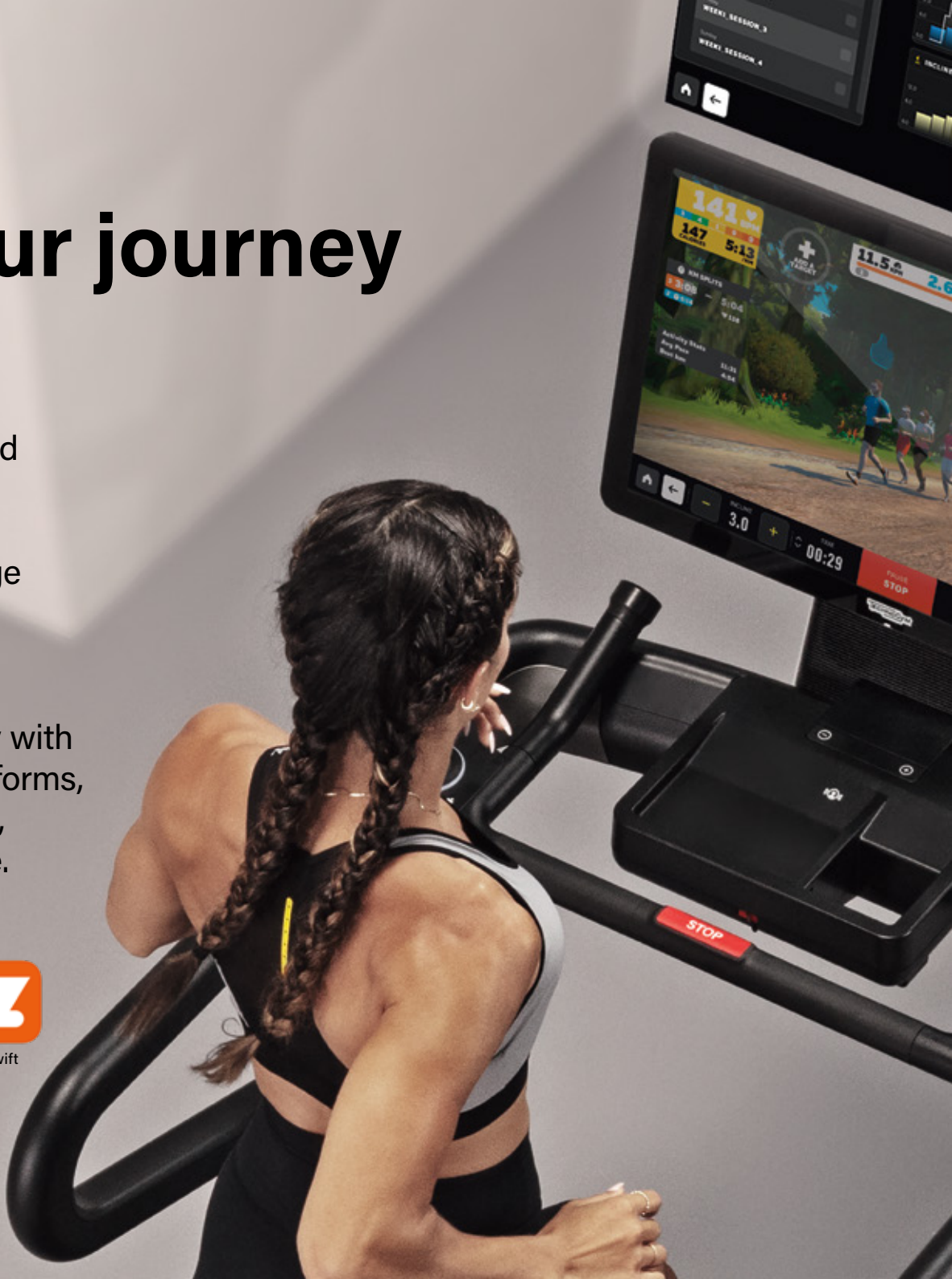
Strava



TrainingPeaks



Zwift





Shaping the next champions

From running to team sports, step up your game in any discipline with Skill Session workouts led by renowned athletes and tailored to your level.





Run the world

Experience immersive indoor running with virtual sessions that adapt to your speed and adjust the incline to simulate the elevation changes of your chosen route.







Technical Specifications

Dimensions

Dimensions (LxWxH)	197 x 83.5 x 175 cm 78 x 33 x 69 in
Step-up height	30 cm 12 in
Minimum ceiling height	User height + 58 cm 23 in
Footrests width	15 cm 6 in
Running surface (LxW)	173 x 51 cm 68" x 20"
Running surface technology	Slat belt with n° 60 elements
Initial speed	1.5 km/h 0.9 mph
Speed range	0.2 - 25 km/h 0.1 - 15.5 mph
Incline range	0% / + 15%
Max sled load	55 kg 121 lbs
Max user weight	160 kg 353 lbs
Max user height	205 cm 6 ft 9 in
Min user height	145 cm 4 ft 9 in
Noise level at 10 km/h (6.2 mph) speed (on average - 85kg / 187 lbs user weight)	57 dB
Product weight	207 kg 456 lbs
Power supply	100-120V 15A 50/60Hz (Model DGK01U0) 200-240V 7A 50/60Hz (Model DGK02U0)
Peak motor power	5800 W
Maximum input power	1800 W

Console

Touchscreen display size	27 in
Display RAM	4 GB
Integrated audio system power	30 W

Connectivity

Network connectivity	Wi-Fi + LAN (opt.)
Ext. device connectivity	HDMI in
Bluetooth Low Energy connectivity	Yes
ANT+ connectivity	Yes
Apple GymKit compatibility	Yes



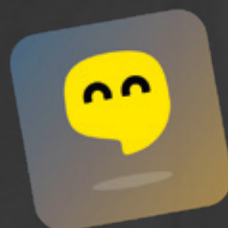
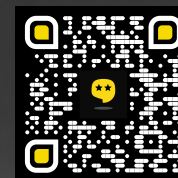




Join the movement

Get superior results faster with the Technogym App. Anytime, anywhere. Let the Technogym Coach guide you with a personalized training program based on your goals and the equipment available or choose from 1000+ on-demand content. Connect the Technogym App with the Technogym Run to follow your program directly on the high-quality 27" screen with one click.

Download the Technogym App and start training.



| 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.

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(Freephone - UK only)

+971 4 3375337

(United Arab Emirates only)

800 8040952

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(Toll free - Australia only)

+39 0547 650111

(Other countries)

WEBSITE TECHNOGYM.COM

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