

Skill



Index

2	Olympic champions train with Technogym®
4	Skill Line
8	Skillrun
30	Skillbike
48	Skillmill
60	Skillrow
74	Technical specifications
84	Info & purchasing



Olympic champions train with Technogym®



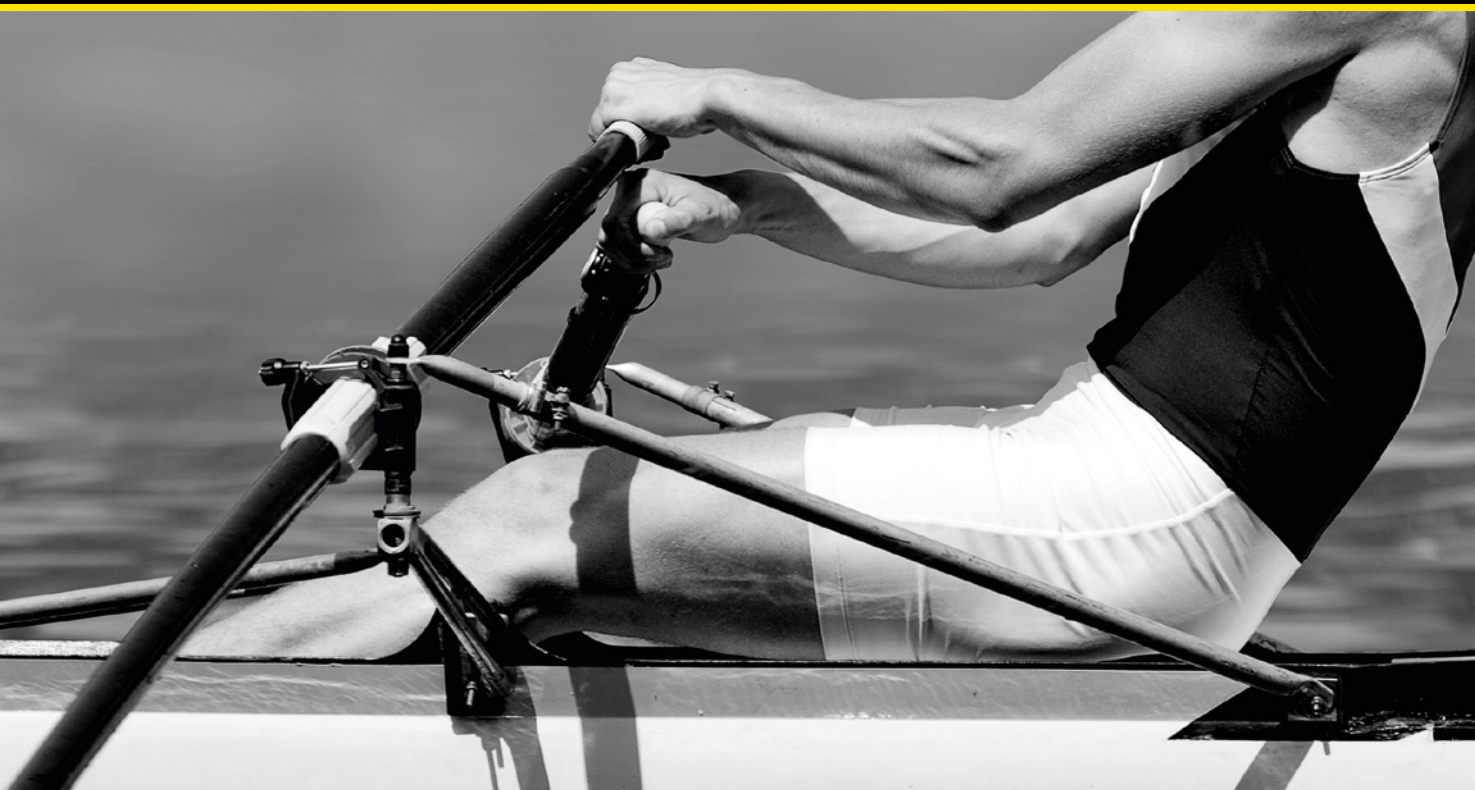
9 Olympic Games • Sydney 2000 • Athens 2004 • Turin 2006 • Beijing 2008





The official supplier of fitness equipment to 9 Olympic and Paralympic Games, from Sydney 2000 to Paris 2024, and partner to the world's best teams and athletes, Technogym® has established itself as the benchmark in the sports world. Technogym possesses firsthand knowledge of the training methods and systems required to create thousands of champions in over 100 different disciplines worldwide.

• London 2012 • Rio 2016 • PyeongChang 2018 • Tokyo 2020 • Paris 2024



Skill Line

Patented design



Skillbike®



Skillrun®



Skillrow®



Skillmill®

Skillrun®

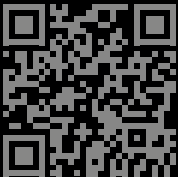
Supreme running performance

The only treadmill with Multidrive Technology™ for power and cardio workouts that ensure superior results faster. Achieve outstanding performances every time with on-demand classes and customized training programs.



reddot design award
winner 2018

Discover more



www.technogym.com/skillrun



Engineered by champions

Designed to train the pillars of athletic conditioning and performance, Skillrun is a treadmill like no other. Developed side-by-side with academic and research institutes, professional trainers and athletes, it takes performance training to new heights.

Examples of scientific contributions on Skillrun

Publications:



Evaluate the effect of running speed on aerobic and running powers, and the relationship between aerobic power and running powers measured using force plates, Skillrun® and other devices.



Compare and validate the power output during indoor sprints on a Skillrun® treadmill with the power output expressed in outdoor sprints pushing an instrumented sled.



sensors

Analyze muscle activation and kinematics of sled-pushing and resisted-parachute sprinting with three load conditions on an instrumentalized Skillrun® treadmill.

Proceedings:



Review current literature that have analyzed the effects of RST (Resisted Sled Training) on sprint performance in both the acceleration and the maximum-velocity phases in healthy athletes and establish which RST load characteristics produce the largest improvements in sprint performance.

Thesis:



TOR VERGATA
UNIVERSITÀ DEGLI STUDI DI ROMA

Analyze all the running metrics that have been presented on Skillrun®, verify correlation between a new developed Sled Maximal Power Test (SMPT) and Sprinting Performance, and develop specific training methodologies from the information that can be originated using this new equipment to enhance athletes' performance.

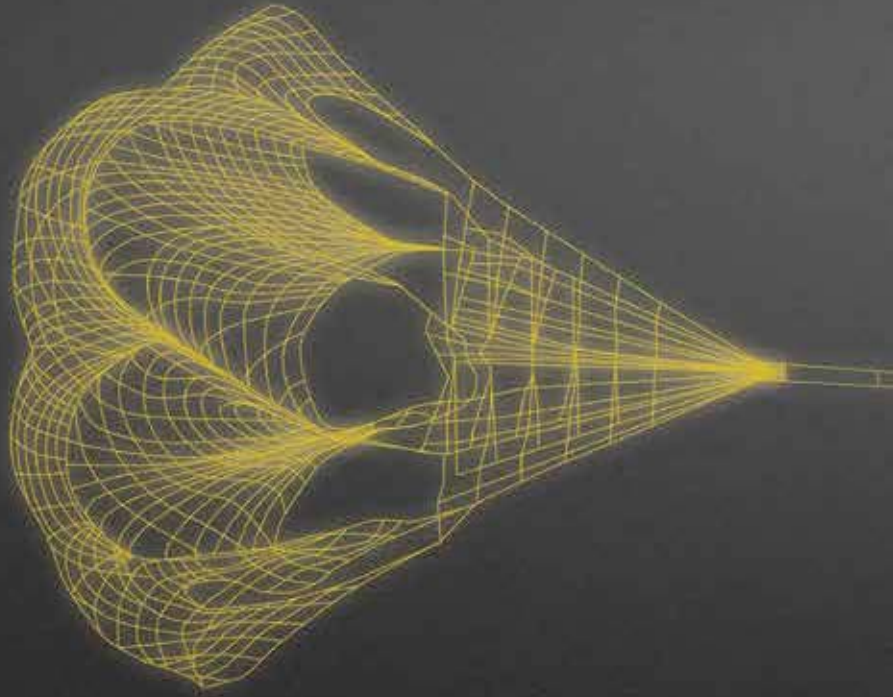


Triathlon champion Gomez Noya testing the Skillrun at the Technogym Lab '83.



Enhance your top speed

Parachute Training gives you the amazing feeling of running outdoors with a parachute. The resistance helps improve your resistive power and maximum velocity.



PARACHUTE TRAINING WITH

MULTIDRIVE
TECHNOLOGY™





Boost your explosive power

Sled Training heightens the experience of pushing a real sled on grass. It improves your sprinting and acceleration.





SLED TRAINING WITH

MULTIDRIVE
TECHNOLOGY™

Maximize your effectiveness



Optimize your technique and efficiency based on the Biofeedback parameters displayed on screen. Advanced Biofeedback available on Skillrun Live 19" 7000 version can also analyze the performance of your left and right leg during running exercises and power drills.

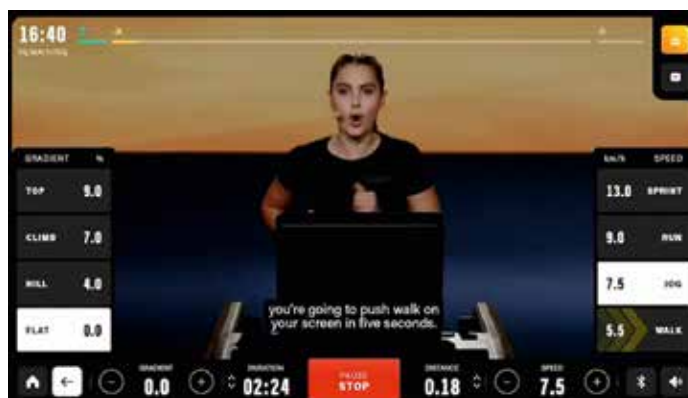


Personalize your training



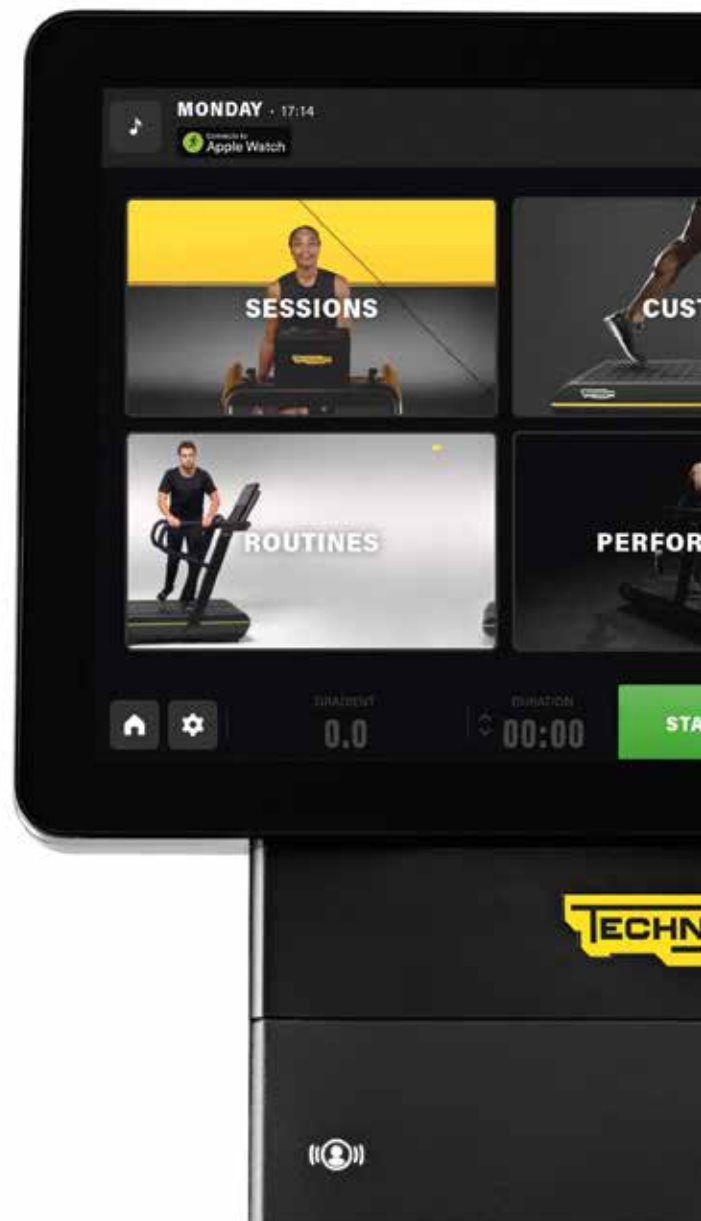
Reach peak performance

It doesn't matter what sport you play or if you just want to challenge yourself. Skill Sessions feature advanced science-driven training contents and recognized instructors to improve your performance.



A trainer by your side, on demand

Choose your favorite workout from the Technogym Sessions, and our trainer will guide and motivate you to achieve your results.



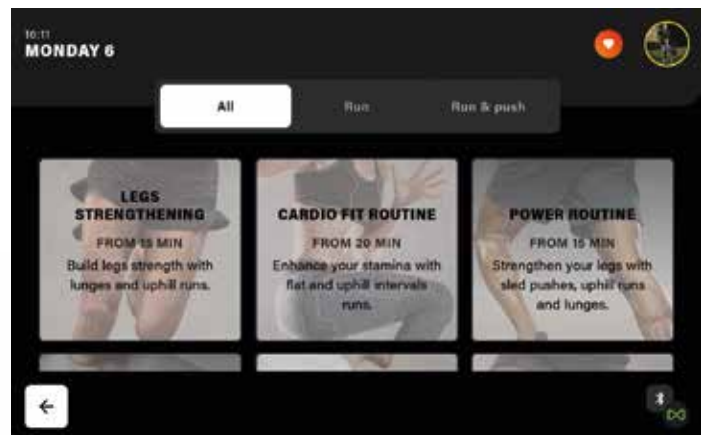
The Live 19" console of Skillrun 5000 and 7000 versions gives you exciting performance drills, trainer-led sessions, targeted routines, outdoor environments, and much more.



Discover more about Technogym Live

Guided HIIT workouts

Follow the video exercises of Technogym Routines while Skillrun automatically adjusts exercise intensity for a bespoke training session.



Train anywhere in the world

With Technogym Outdoors you can let your mind and legs roam free through natural and urban landscapes from around the globe.

Get the most of your workout session

Test yourself with powerful sled pushes, challenge your speed with parachute training, increase your strength against resistance or work on cardio and power in a bootcamp session that will leave you breathless.







Elevate your bootcamp experience

Run, push or sprint with parachute resistance. Switch training modes with just one tap. Just log in to take fast-paced classes and save the results of your hard work in your personal account. Stay on top of your game with Bootcamp UI no matter how you train.



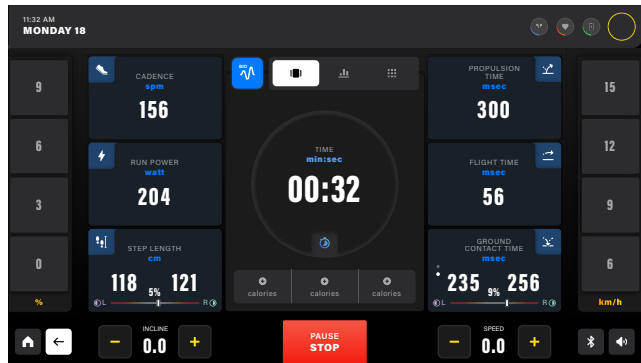
Stay focused on training

Choose **Skillrun® Live 10" 500** for a pure training experience. Enhance your performance with dedicated cardio and power drills that maximize your workout's effectiveness.



Improve your performance

Biofeedback (patent pending) provides real-time feedback on key running metrics.



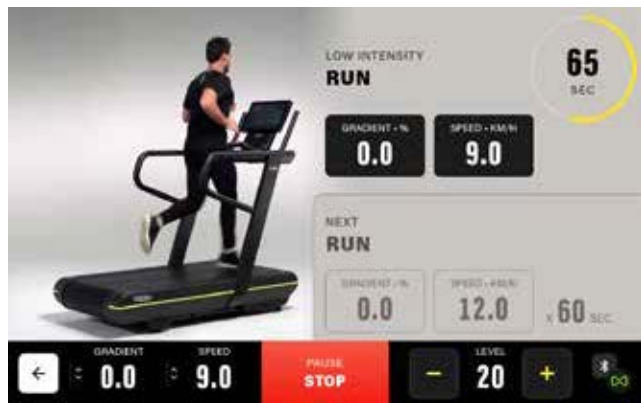
The best bootcamp

Switch seamlessly between running, pushing and sprinting with a parachute. Change your speed two times faster than on standard treadmills. Regardless of the training mode in use, stay on top of your game with Bootcamp UI.



Guided HIIT workouts

Follow the video exercises of Technogym Routines while Skillrun automatically adjusts exercise intensity for a bespoke training session.



Boost your power

Test yourself with powerful sled pushes, challenge your speed with parachute training, increase your strength against resistance or work on cardio and power in a bootcamp session that will leave you breathless.



Designed for performance running

Fast-paced running

Speeds reach up to **30 km/18.6 mph**

30% more training space

Streamlined design features
55 cm/22 in wide belt

Intense climbs and descents

Gradient ranges from
+25% to -3%





Instant speed and gradient control

One touch of the large **Swiftpad** screen tiles allows for fast and seamless speed and gradient changes

Multidrive Technology™

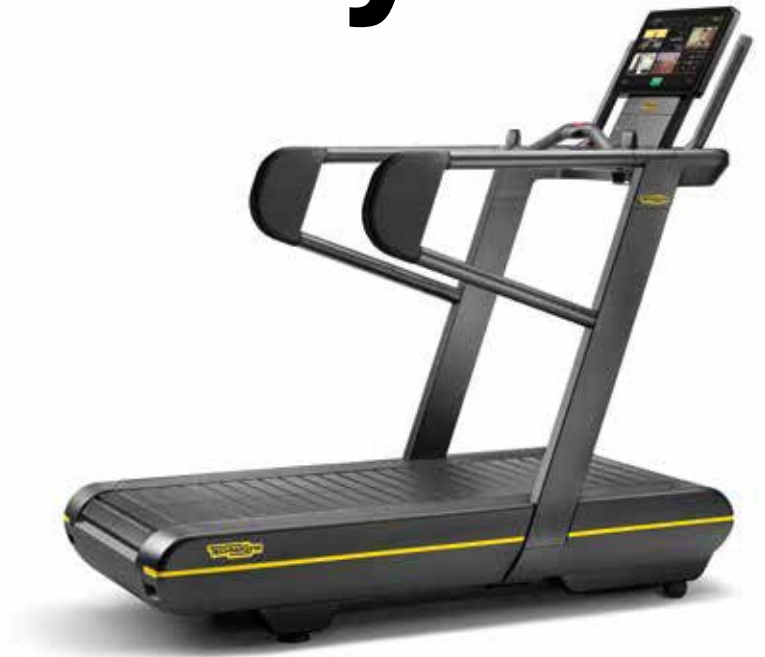
Different types of resistance allow you to train for cardio and power

On-the-fly settings

The **Fast Track Controls** help you make adjustments while safely maintaining proper training posture

Run your way

Skillrun® opens up new horizons, giving you the freedom to set your goal and go for it – your way.



Skillrun® Live 19'' 7000

Performance options	
Swiftpad	✓
Advanced Biofeedback	✓
Biofeedback	
Parachute Kit	✓
Technogym Maximum Power Test	✓
Cadence Training	✓
Technogym Routines	✓
Technogym Sessions	✓
Skill Sessions	✓
Technogym Outdoors	✓
Sled and Parachute Training	✓
Running Against Resistance	✓
Skillrun Pro App Compatibility (running class)	✓
Bootcamp UI: Swiftpad	✓
Bootcamp UI: Presets	✓
Bootcamp double login	✓
Integration with TrainingPeaks	✓
Entertainment options	
TV	✓
Apps (Netflix, Facebook, YouTube and many others)	✓
Internet browsing	✓



Skillrun® Live 19" 5000



Skillrun® Live 10" 500

	✓	✓
	✓	✓
	Optional	Optional
	✓	✓
	✓	✓
	✓	✓
	✓	
	✓	
	✓	
	✓	
	✓	✓
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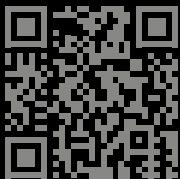
Skillbike®

Shift to real riding

Skillbike is the first ever indoor cycle that simulates the dynamics of hill climbing, enabling cycling professionals and enthusiasts to experience the emotion and challenge of outdoor riding in an indoor environment.



Discover more



www.technogym.com/skillbike

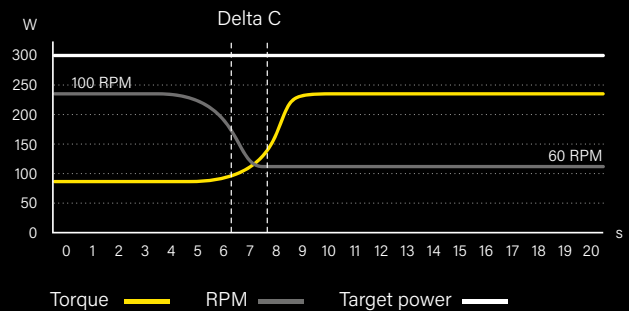


Designed with pro cyclists

Skillbike was engineered in collaboration with professional riders and trainers to create the most realistic indoor cycling experience. Consistently improve technique, power and endurance with cutting-edge technologies and training profiles.

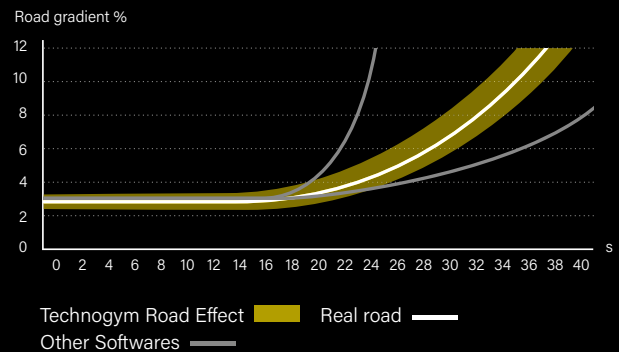
Italian rising star Letizia Paternoster, winner of multiple Junior and World Championships on track and road, training at the Technogym Lab '83 inside the Technogym Village.

CONSTANT POWER TRAINING



The ramp up to the interval's target power is very fast, avoiding any lag time in reaching the target watts.

HILL TRAINING



The Road Effect optimizes user weight, bike weight and road gradient to recreate the dynamics of hill climbing.



Shift to real riding

Live the best outdoor experience indoors

Improve your endurance with indoor hill workouts. Skillbike offers the widest gradient range on an indoor bike, and you can counter the resistance changes with the mechanical 8-speed Real Gear Shift. These features allow you to maintain the power and cadence needed for maximum efficiency.



HILL TRAINING WITH

MULTIDRIVE
TECHNOLOGY™





1%

2%

3%

5%

7%

9%

12.5%

15%

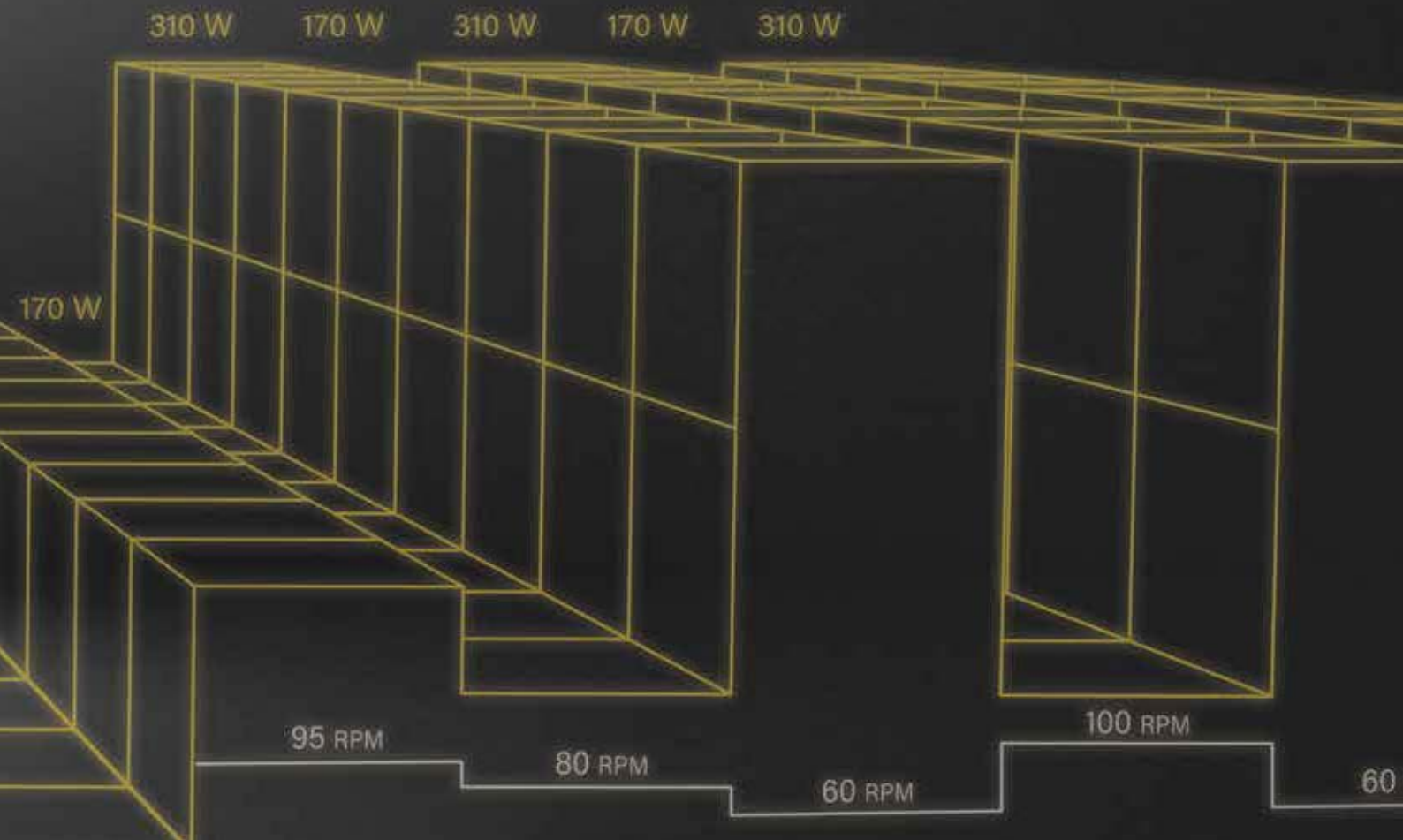
Train for outdoor performance



To improve your strength and endurance for outdoor pursuits, use the steady power output training option. This will help you stay within the power target for each interval of your workout.

CONSTANT POWER TRAINING WITH

MULTIDRIVE
TECHNOLOGY™



Designed for true riding

On-the-fly adjustments

Make changes to the saddle and handlebar from the seated position

Riding Design

The special frame and handlebar accommodate **three different riding positions** — road, time trial and MTB

Variable gradient

Make your climbing experience more realistic with gradient that ranges **from +15% to -3%**

Quiet and stable riding

The flywheel technology, support bar and leveling feet ensure minimal noise and maximum stability





Multidrive Technology™

Perform two types of training
— **hill and constant power** —
using the same equipment

Built-in console and phone holder

Receive training guidance
and real-time feedback and
use third-party apps

Road Effect System

Adjusts to your pedaling
style and performance data
to simulate the sensation of
riding outdoors

Real Gear Shift patent

Replicate the dynamics
of hill riding with gear and
gear ratio selections that
are displayed in real time
on the console

Improve your efficiency



The **Pedal Printing™** technology analyzes the torque symmetry between right and left legs in each pedal revolution and provides visual feedback on the circularity and symmetry of your stroke, helping you improve your stroke indoors to maximize your outdoor efficiency.



Stay tuned to your passion

With Skillbike, you don't have to set foot outside to ride with your community. Kindle your motivation with the embedded library of Technogym Routes, which includes some of the best roads and trails from around the world. You can also ride your starred routes from Strava on Skillbike to improve your personal best.



Strava



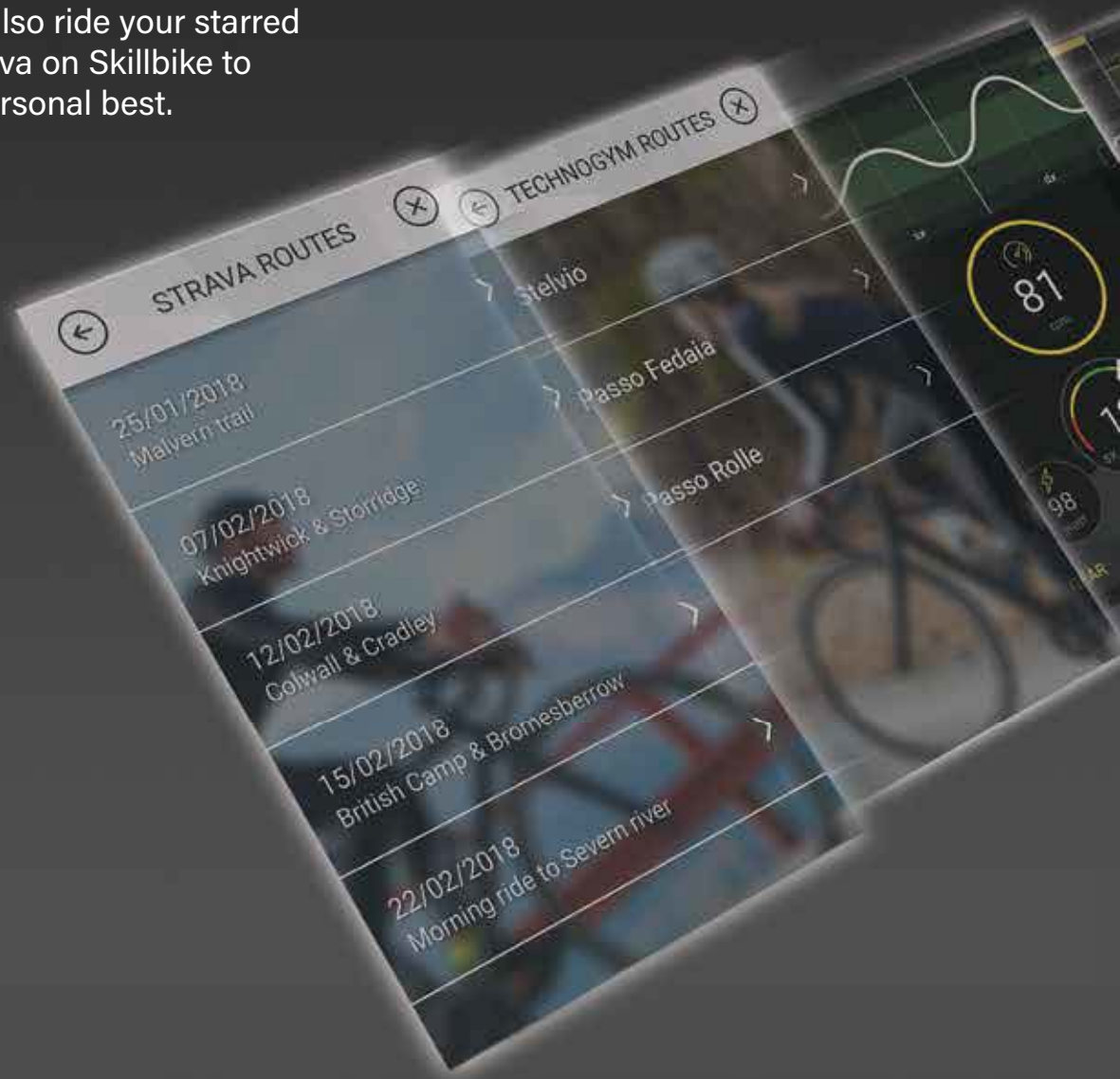
Zwift



Garmin



Rouvy





Explore real and virtual environments



Compete with cyclists from all over the world with Zwift and enjoy a more fun and complete riding experience thanks to Biofeedback and gear ratio information.



Zwift



Seamlessly track your performance on Skillbike® with your Garmin device and share it on connected applications via ANT+ technology.

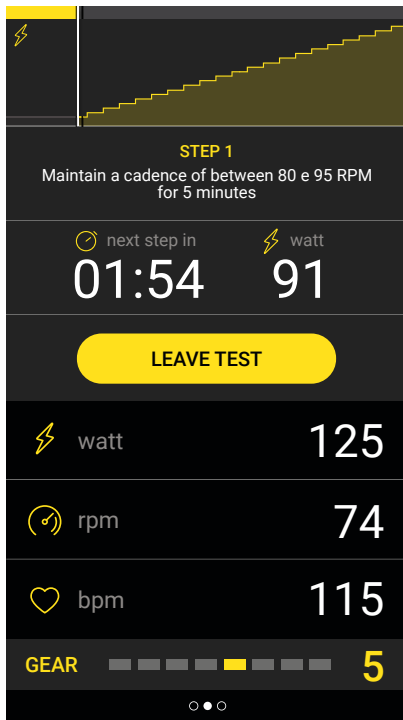


ANT+™



Garmin

Craft your ride



Embedded Guided Tests

(New 3-minute total assessment;
Maximal; FTP Technogym; Fitness)

The new 3-minute total assessment test measures:

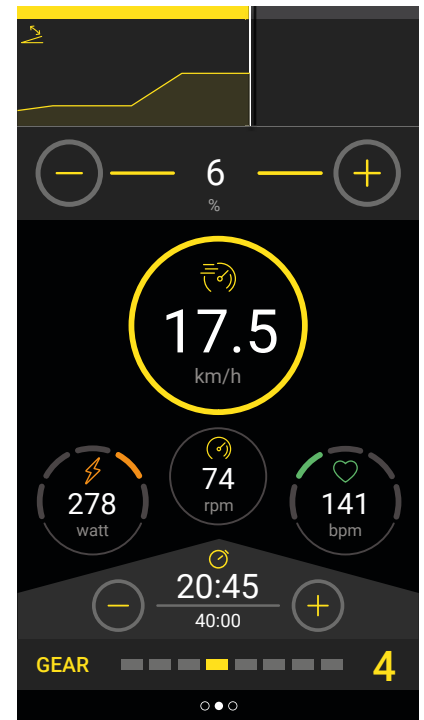
- VO2 max
- Estimated maximum minute power
- Maximum power
- Power-to-weight ratio
- Fatigue index
- Functional Threshold Power
- Average power left/right
- Max METs



Uphill Rides

(Rolling hills; Hill repeats; Sharp hills)

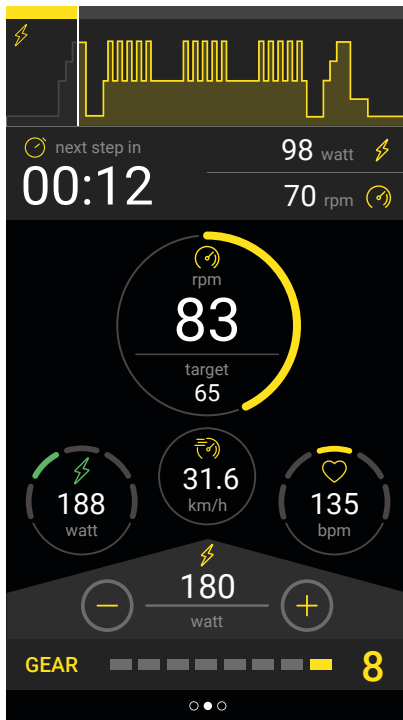
Select duration and gradient and use Real Gear Shift. Rides are customized based on your performance data and fitness level.



Goal Driven

(Time; Distance; Calories)

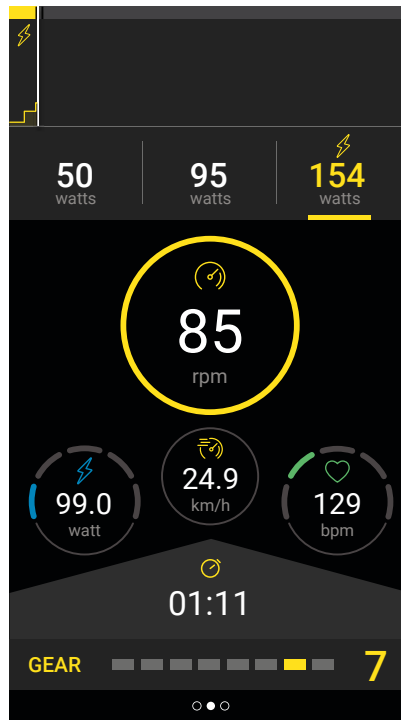
Simply choose the ride duration or distance or the amount of calories you want to burn.



Specifics

(Agility; Progression to threshold;
Specific strength; User defined;
Technogym Routes)

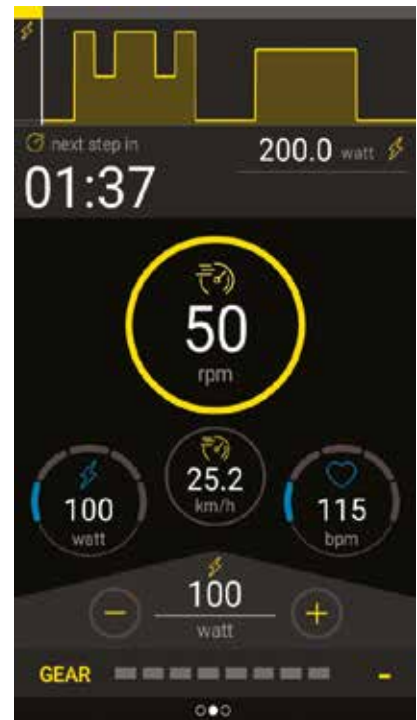
Improve performance with dedicated exercises that train the different skills required in cycling.



Power Shift

(Choose up to three different constant power targets)

Create on-the-fly interval training profiles, then switch from one power level to the next with a simple touch of the Power Shift.



Build Your Own Workout

(Based on power and time parameters)

Design a personalized ride profile to match your specific training requirements.

Skillmill®

Multi-skill training

You are the engine. Your stride sets the pace and drives you toward more challenging goals. A single piece of equipment that improves your Power, Speed, Stamina and Agility, so you can achieve more from your training.



red dot design award
winner 2016



ADI
COMPASSO D'ORO
INTERNATIONAL
AWARD 2018

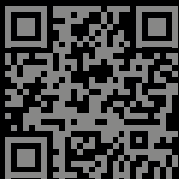


ADI
COMPASSO D'ORO
INTERNATIONAL
AWARD 2017



ADI
COMPASSO D'ORO
HONOURABLE
MENTION

Discover more



www.technogym.com/skillmill



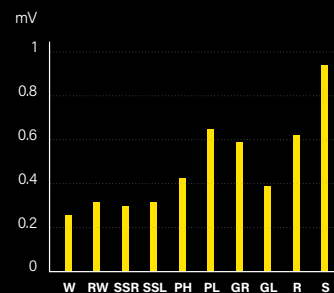
Developed for athletic performance

Skillmill is the first non-motorized piece of all around training equipment. Designed in collaboration with academic and research institutes, athletes and trainers, it focuses on the building blocks of athletic performance: Power, Speed, Stamina and Agility.



Three-time World Cup alpine ski champion Peter Fill training at the Wellness Center inside the Technogym Village.

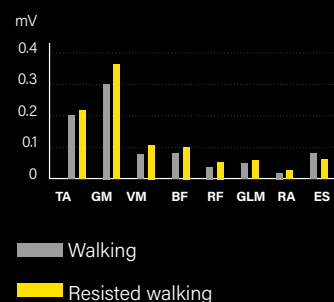
WALKING AND RESISTED WALKING PEAK ACTIVATION



Power walking with resistance on Skillmill raises energy expenditure significantly compared with walking at the same speed on a traditional treadmill or a non-motorized treadmill without resistance.

W: walking at 6 km/h (3.7 mph)
RW: resisted walking at 6 km/h (3.7 mph)
SSR: side shuffling, leading with right leg
SSL: side shuffling, leading with left leg
PH: pushing against the front handle, using a high grip
PL: pushing against the front handle, using a low grip
GR: galloping, leading with right leg with a harness
GL: galloping, leading with left leg with a harness
R: running at 12 km/h (7.5 mph)
S: maximal sprint

GLUTEUS MAXIMUS ACTIVATION



Electromyography studies reveal a significantly higher activation of the posterior chain muscles, in particular the glutes and hamstrings, compared to traditional treadmills.

TA: Tib. Ant.
GM: Gastr. Med.
VM: Vastus Med.
BF: Biceps Fem.

RF: Rectus Fem.
GLM: Gluteus Max.
RA: Rectus Abd.
ES: Erector Spinae



The HIIT treadmill

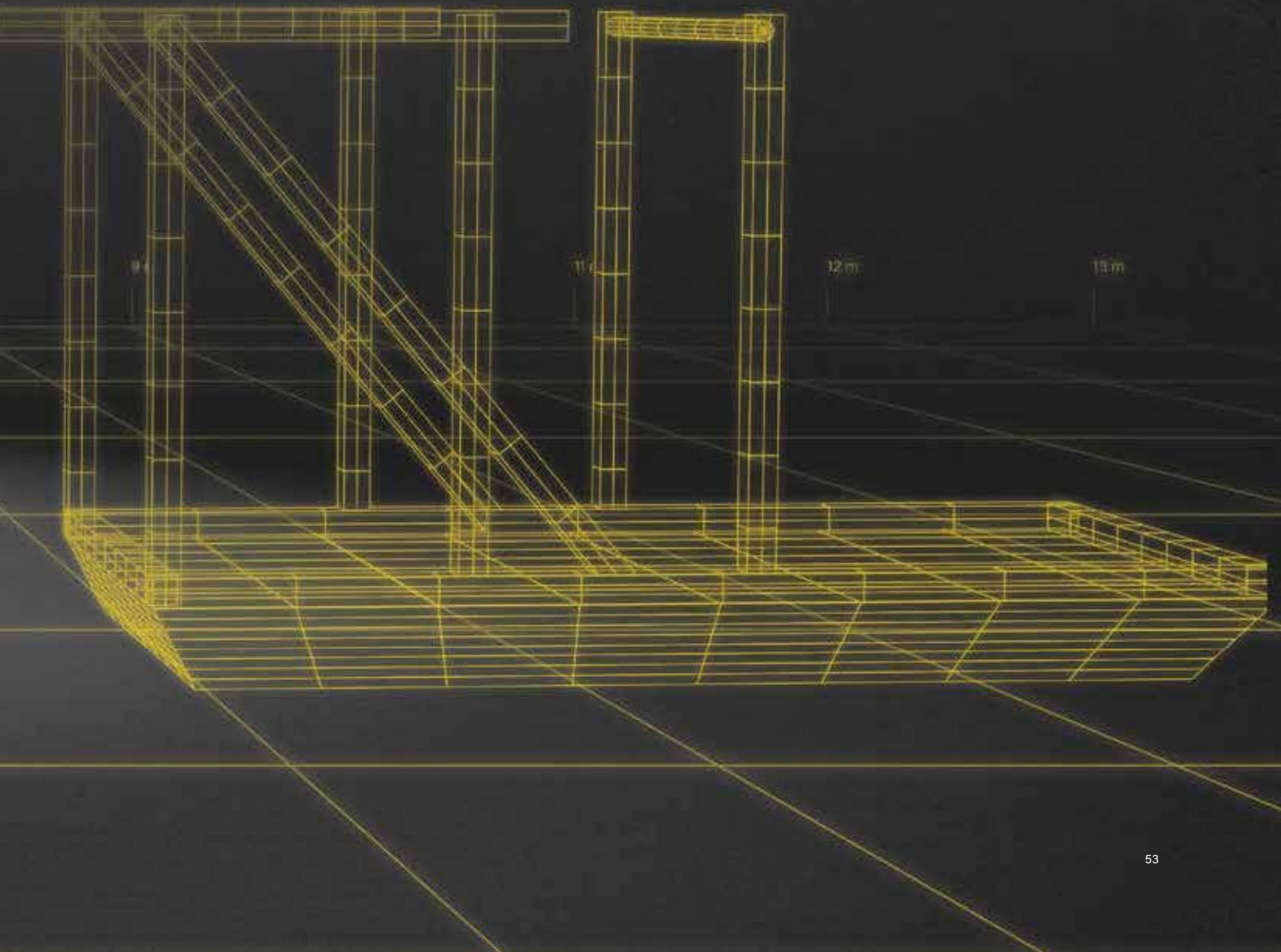


Increase your speed, metabolic rate and glute and hamstring muscle activation, by alternating between resistance-free running and sled pushing against resistance.



MULTI-SKILL TRAINING WITH

**MULTIDRIVE
TECHNOLOGY™**



Designed for workout variety

Multidrive Technology™

Users can select different levels of **reactive resistance, from zero to max**

Non-motorized belt

Skillmill goes as fast as you do. Speed up by moving to the front and slow down by moving to the back

Optional Accessory Kit

The straps, handles, and waist belt securely attach to the equipment's frame and allow for a wider variety of pushing and pulling exercises





Dual handlebar

The different positions enable **high and low pushes** with proper posture, maximizing muscle activation and workout variety

Performance monitoring

The **intuitive on-board console** (available on Skillmill Connect and Console versions) displays vital training data

Integrated phone holder

Securely positions your phone for viewing exercise videos during training

Multi-skill training



Power



Speed

Skillmill® enables you to perform fundamental movements and exercises to reinforce all the skills that determine your physical fitness level and athletic performance: Power, Speed, Stamina and Agility.



Pushing and pulling exercises with optional Accessory Kit.



Stamina



Agility

Workouts and data always at hand

The on-board console shows all the data you need to monitor your performance at a glance, regardless of body position. It displays wattage, resistance level, speed, and distance and can also show heart rate through Bluetooth-connected devices. By downloading the app, or scanning the QR code, you will be able to access a wide library of programs for Power, Speed, Stamina and Agility from your mobile device.





Ready-made workouts

Scan the QR code to access virtual training programs.



Mywellness



Customized workouts

Log into your Mywellness account to access both ready-made and personalized workouts developed by your trainer.



Workout tracking

Log in via Bluetooth®, QR code or NFC to track your performance, save workout data and monitor progress over time (only available on Skillmill Connect).



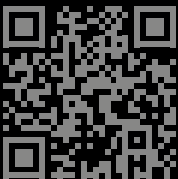
Skillrow®

Cardio and power in one stroke

We created a product for total body training that expands the boundaries of traditional rowing. Equipped with state-of-the-art technology, Skillrow is the only rower that improves skills and cardiovascular fitness as well as total body power.



Discover more

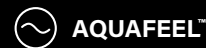


www.technogym.com/skillrow

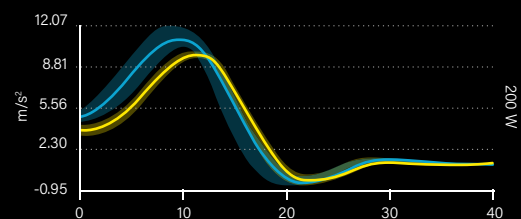


Engineered with rowing gold medalists

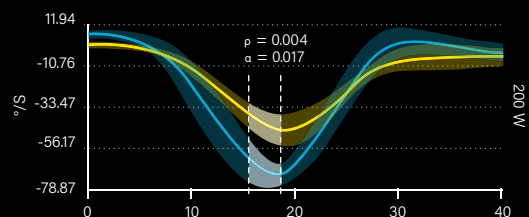
Skillrow takes rowing to new levels of effectiveness, by recreating the dynamics and sensation of rowing in water.



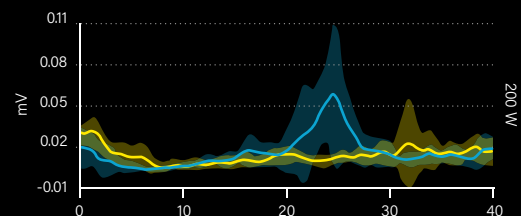
HANDLE ACCELERATION



ELBOW ANGLE VELOCITY



RIGHT BICEPS BRACHII CAPUT BREVIS



■ Skillrow® ■ Competitor

Olympic gold medalist Scott Durant training on Skillrow.

Skillrow's handle velocity throughout the active phase of the stroke is closer to the oar velocity in boat rowing than traditional ergometers thanks to Aquafeel™ technology.



Cardio and power in one stroke



The Multidrive Technology enables you to select the rowing mode for a cardiovascular workout or the power mode for a resistance workout where you perform power-specific exercises and simulate rowing with additional load.



POWER ROWING WITH

MULTIDRIVE
TECHNOLOGY™



Designed for ease of use

Multidrive Technology™

Train your aerobic capacity and improve total body power

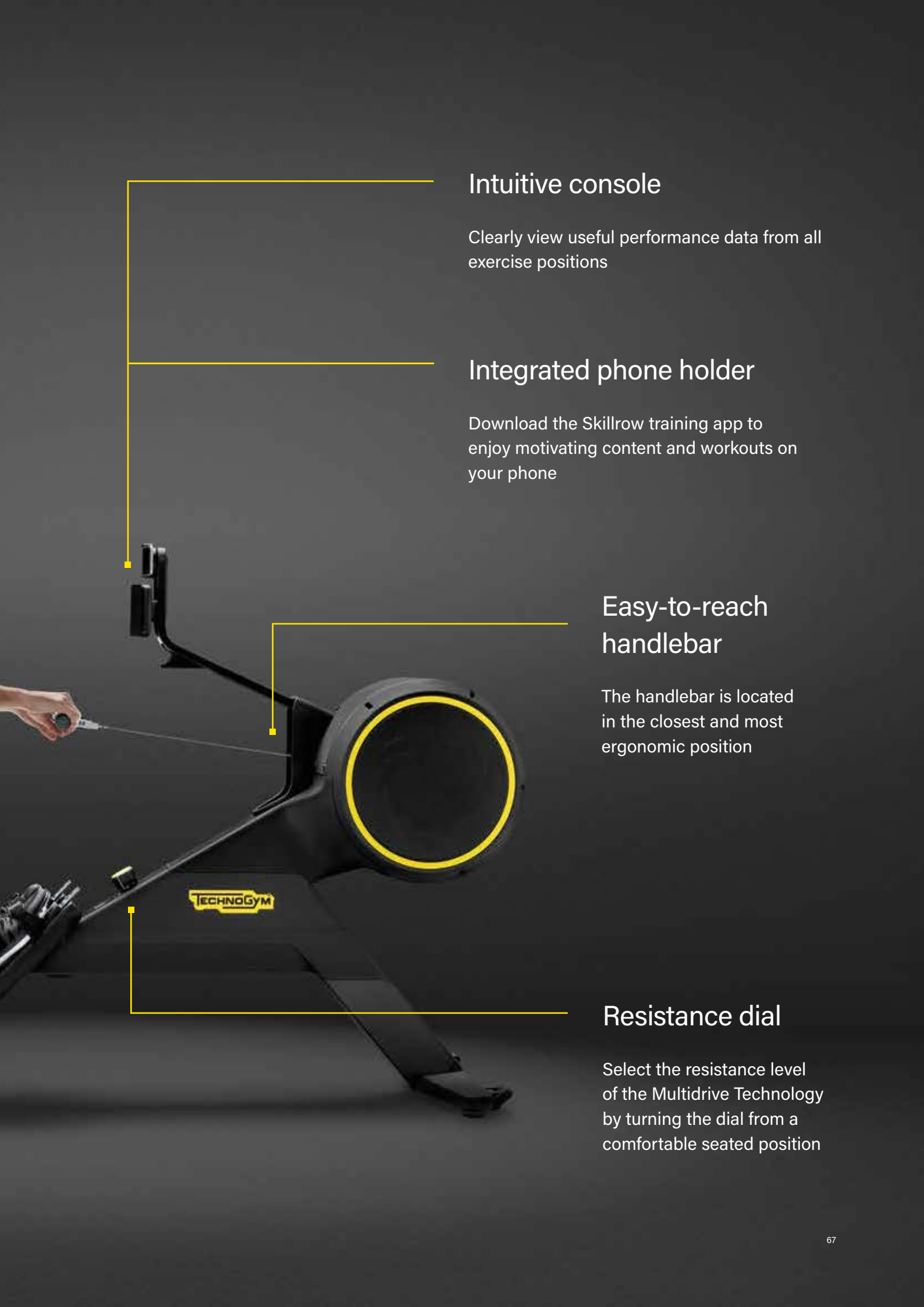
Easy to move

Skillrow® can be disassembled in two parts when necessary, for a safe storage

Ergonomic seat

Perform long workouts in total comfort





Intuitive console

Clearly view useful performance data from all exercise positions

Integrated phone holder

Download the Skillrow training app to enjoy motivating content and workouts on your phone

Easy-to-reach handlebar

The handlebar is located in the closest and most ergonomic position

Resistance dial

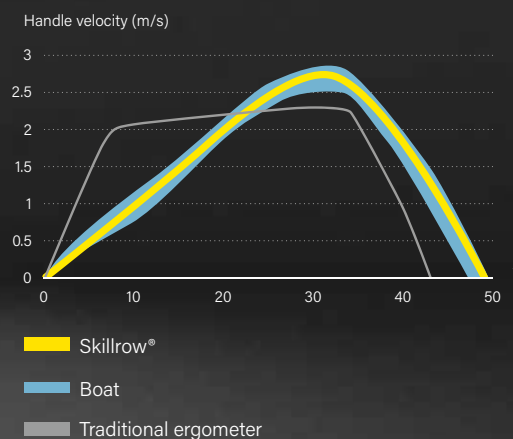
Select the resistance level of the Multidrive Technology by turning the dial from a comfortable seated position



Experience the unique feel of rowing on water



Follow the natural curve of a stroke in the water with Aquafeel™. The resistance gradually increases in a fluid and safe movement to avoid a backlash effect on the lower back.



Rowing gets connected



Connect your mobile phone and dive straight into the action. Pick a challenge, train with the best and get real-time feedback on your performance metrics. Everything you need to train like a champion is in your Skillrow® app.



Choose your workout



Skillrow



Log in with Bluetooth®
"Remember Me" function





Race to the pace

Set a pace boat target or compete against your friend's personal best in a different challenge every week.



TNT™ programs

The workouts are designed to produce explosive muscle contractions and improve strength and balance.



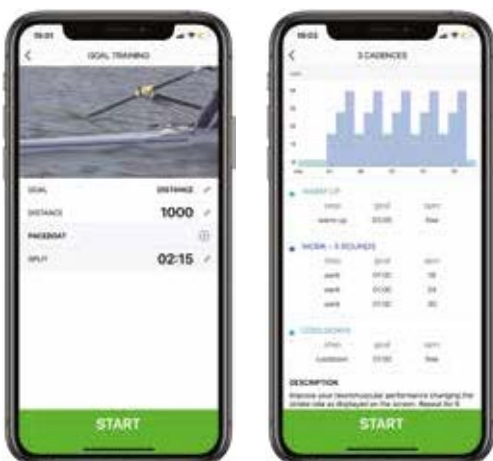
Biofeedback

Receive real time feedback on your performance metrics. Improve your stroke force and length and row forward.



Virtual trainer

Learn how to row like a champion from elite coaches such as Alexia Clark, Kenny Santucci, Scott Durant and Omri Rachmut.



Ready-made programs

Choose from goal-oriented (time, distance, calories and repetitions), interval training and TNT™ programs developed by exercise professionals.



Results summary

Monitor performance and progress through a detailed post-training summary of results.

Technical specifications

Skillrun®

Version	Live 19" 7000	Live 19" 5000	Live 10" 500
End-user comfort and convenience			
Console type	Live 19"	Live 19"	Live 10"
Water bottle holder and accessory tray	Yes	Yes	Yes
Optimal View	Yes, scientifically certified console	Yes, scientifically certified console	Yes, scientifically certified console
Speed Swiftpad (Easy Access)	Yes (Homepage, Skillrun Class UI)	Yes (Homepage, Skillrun Class UI)	Yes (Skillrun Class UI)
Gradient Swiftpad (Easy Access)	Yes (Homepage, Skillrun Class UI)	Yes (Homepage, Skillrun Class UI)	Yes (Skillrun Bootcamp UI)
Fast Track Controls	Yes	Yes	Yes
Runner Detection System	Yes	Yes	Yes
Ergonomic dashboard	Yes	Yes	Yes
User-defined language selection	Yes	Yes	Yes
Languages available	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, Chinese simplified, Welsh	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, Chinese simplified, Welsh	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, Chinese simplified, Welsh
Technical specifications and performance			
Running surface type	Slat Belt technology	Slat Belt technology	Slat Belt technology
Running surface size	173 x 55 cm (68 x 22 in)	173 x 55 cm (68 x 22 in)	173 x 55 cm (68 x 22 in)
Max user weight	220 kg / 485 lbs	220 kg / 485 lbs	220 kg / 485 lbs
Footrest width	14 cm (5.5 in)	14 cm (5.5 in)	14 cm (5.5 in)
Speed range (at any main supply)	0.2-30 km/h (0.1-18.6 mph)	0.2-30 km/h (0.1-18.6 mph)	0.2-30 km/h (0.1-18.6 mph)
Gradient range	-3% / +25%	-3% / +25%	-3% / +25%
Multidrive Technology™ (Patent pending)	Run + Resistance	Run + Resistance	Run + Resistance
Ergonomic Sled Handlebars	Yes	Yes	Yes
Maximum Sled load	160 kg / 350 lbs	160 kg / 350 lbs	160 kg / 350 lbs
Parachute Training Kit	Included	Optional	Optional
Parachute sizes	From XS to 2XL	From XS to 2XL	From XS to 2XL
Maximum resistance	1700 watts @ 10.0 km/h (6.25 mph) [Max. Resistance increases with speed]	1700 watts @ 10.0 km/h (6.25 mph) [Max. Resistance increases with speed]	1700 watts @ 10.0 km/h (6.25 mph) [Max. Resistance increases with speed]
Motor PFC	Yes	Yes	Yes
Heart rate monitoring			
Heart rate monitoring	Compatible with ANT+ and Bluetooth® low energy technology transmitters*	Compatible with ANT+ and Bluetooth® low energy technology transmitters*	Compatible with ANT+ and Bluetooth® low energy technology transmitters*
Training options			
Quick Start	Yes	Yes	Yes
Goal-oriented workouts	3 - Time, Calories, Distance	3 - Time, Calories, Distance	3 - Time, Calories, Distance
Heart rate-driven workouts	3 - CPR-CHR, Training Zone, Weight Loss	3 - CPR-CHR, Training Zone, Weight Loss	3 - CPR-CHR, Training Zone, Weight Loss
Preset profile workouts	6	6	6
Create your own workout	Yes	Yes	Yes
On-trend workouts	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training
Performance Training	Sled, Parachute, Run Against Resistance (constant resistance)	Sled, Parachute, Run Against Resistance (constant resistance)	Sled, Parachute
Technogym Routines (goal-oriented)	7 - Legs Strengthening / Stamina Routine / Agility Routine / Lose Weight Routine / Cardio Fit Routine / Power Routine / Speed & Agility Routine	7 - Legs Strengthening / Stamina Routine / Agility Routine / Lose Weight Routine / Cardio Fit Routine / Power Routine / Speed & Agility Routine	7 - Legs Strengthening / Stamina Routine / Agility Routine / Lose Weight Routine / Cardio Fit Routine / Power Routine / Speed & Agility Routine
Technogym Sessions	Free sample - 3 full Sessions if the product is either offline or online	Free sample - 3 full Sessions if the product is either offline or online	No
Skill Sessions	Yes	Yes	No
Technogym Outdoors	Yes - Free sample - 3 x 15-minute routes if the product is offline; 9 x 30-minute routes if the product is online	Yes - Free sample - 3 x 15-minute routes if the product is offline; 9 x 30-minute routes if the product is online	No
Cadence Training	Yes	Yes	Yes
Submaximal tests	4 - Fitness Test, Single Stage, Multistage, Smart Test	4 - Fitness Test, Single Stage, Multistage, Smart Test	4 - Fitness Test, Single Stage, Multistage, Smart Test



Version	Live 19" 7000	Live 19" 5000	Live 10" 500
Maximal tests	9 - Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox, Technogym Maximal Power Test	9 - Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox, Technogym Maximal Power Test	1 - Technogym Maximal Power Test
Technogym Maximal Power Test	Yes	Yes	Yes
Military tests (US Army)	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO	No
Format specific UI			
Skillrun Class	Yes	Yes	No
Skillrun Bootcamp	Yes - Swiftpad & Presets modalities	Yes - Swiftpad & Presets modalities	Yes - Swiftpad & Presets modalities
Biofeedback (patent pending)			
Cadence	Yes	Yes	Yes
Step Length	Yes, for each limb (left/right)	Yes	Yes
Running Power	Yes	Yes	Yes
Ground Contact Time	Yes, for each limb (left/right)	Yes	Yes
Flight Time	Yes	Yes	Yes
Propulsion Time	Yes	Yes	Yes
Pushing Power (for Sled and Parachute)	Yes, for each limb (left/right)	Yes	Yes
Personal assistant			
Technogym Coach	Yes	Yes	Yes
Structural specifications			
Dimensions L x W x H	1880 x 870 x 1680 mm (74 x 34 x 66 in)**	1880 x 870 x 1680 mm (74 x 34 x 66 in)**	1870 x 870 x 1600 mm (74 x 34 x 63 in)**
Running surface height	32 cm (12.6 in)	32 cm (12.6 in)	32 cm (12.6 in)
Treadmill weight	236 kg (520 lbs)	228 kg (503 lbs)	224 kg (494 lbs)
Electrical specifications			
Power requirement	100-240 Vac \pm 10% 50-60 Hz, Dedicated socket (16 A for Europe; 20 A for US)	100-240 Vac \pm 10% 50-60 Hz, Dedicated socket (16 A for Europe; 20 A for US)	100-240 Vac \pm 10% 50-60 Hz, Dedicated socket (16 A for Europe; 20 A for US)
Power engine (peak)	10.0 HP (Brushless motor)	10.0 HP (Brushless motor)	10.0 HP (Brushless motor)
Utilities			
Maintenance	Slat belt maintenance NOT required for 160,000 km (100,000 miles)	Slat belt maintenance NOT required for 160,000 km (100,000 miles)	Slat belt maintenance NOT required for 160,000 km (100,000 miles)
Other functionalities			
Quick and easy access	Yes	Yes	Yes
Engine belt automatic tensioning	Yes	Yes	Yes
Anterior wheels for easy transport	Yes	Yes	Yes
Frontal and rear belt protection shroud	Yes	Yes	Yes
Rear handles***	Yes	Yes	Yes
USB port	Yes	Yes	Yes
Customizable settings	Yes	Yes	Yes
Remote software update	Yes, with Asset Management	Yes, with Asset Management	Yes, with Asset Management
Certifications			
UL Mark	Yes	Yes	Yes
CE Mark	Yes	Yes	Yes
EAC Mark	Yes	Yes	Yes

*Transmitters not included

** Length x Width x Height from workout position

*** To be used only for small position adjustments



Technical specifications and performance	
Multidrive Technology™ (Patent pending)	Uphill training + Power
Gradient replication	Yes, -3/+15%
Real Gear (Patent)	Yes, 1-8
Gears ratio and metric development	1 - 8 gear ratio (36/28); (36/23); (36/19); (36/17); (52/21); (52/17); (52/15); (52/13). metric development 2,85 gear I; 3,48 gear II; 4,04 gear III; 4,6 gear IV; 5,41 gear V; 6,61 gear VI; 7,67 gear VII; 8,73 gear VIII
Road Effect	Yes
Angular velocity measurement	Angular velocity measurement 10 to 32 times per crank revolution
Biofeedback (Patent pending)	Yes
Power accuracy	+/-1%
Q factor	170 mm (6.7 in)
Cranks length	172.5 mm (6.9 in)
Ergonomic time trial position	Yes
Elbow support - triathlon position	Optional
Pedals	Dual-sided SPD® in coated silver aluminium
Ability to fit own pedals	Yes
Handlebar	Ergonomic multi-position, in PVC
Handlebar adjustment	Horizontal and vertical
Saddle	Velo unisex padded sport saddle, with extra strong steel frame
Saddle adjustment	Horizontal and vertical
Saddle and handlebar safety system	Yes
Drive system	7 ribs Poly-V® Belt with Kevlar® cords
Resistance system	Magnetic: 4 permanent magnets in neodymium
Flywheel position	Posterior
Flywheel material	External disc: steel and anodized aluminium
Flywheel weight	4.4 kg (9.7 lbs)
Frame material	Steel with sandblasting and ED process paint with two layers of powder coating + aluminium
Min – max user height	155 – 205 cm (5' 1" - 6' 7")
Max user weight	160 kg (353 lbs)
End-user comfort and convenience	
Water bottle holder	Single and frame integrated
Transport wheels	2
Leveling feet	4
Noise level	70 decibel at 130 rpm
Ergonomic dashboard	Yes
User-defined language selection	Yes
Languages available	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, Chinese simplified, Welsh
Heart rate monitoring	
Heart rate monitoring	Compatible with ANT+ and Bluetooth® low energy technology transmitters
Structural specifications	
Assembled weight	55 kg (121 lbs)
Assembled dimensions (L x W x H)	1545 x 638 x 1301 mm (61 x 25 x 51 in)
Power requirement	Input: 100-240 Vac, 50-60 Hz, 60 Watt. Output: 24 Vdc

Skillmill®



Version	Skillmill Console	Skillmill Connect
End-user comfort and convenience	Cordless	Power cable
Product code	DJK04DN and DJK014DN (US and Canada)	DJK03DTAN00EANR DJK13DTAN00EANR (US and Canada)
Resistance technology	Multidrive Technology™ (Patent pending)	
Resistance control	Magnetic resistance in 11 levels (0: Resistance Off; 1-3: Low; 4-6: Mid; 7-9: High; 10: Max)	
Surface type	EPDM injection molded slats	
Surface trajectory control	On-slat bearings	
Surface dimensions (LxW)	1680 x 480 mm (66 x 19 in)	
Handlebar	Dual Handlebar design	
Water bottle holder	Yes	
Phone holder	Holds phones up to 77.8 mm width (3.06 in)	
Easy-to-move handles	Integrated at the back of the machine	
Transport wheels	Yes, 2	
Leveling feet	Yes, 1	
Dimensions (LxWxH)	1910 x 890 x 1540 mm (75 x 35 x 61 in)	
Equipment weight	180 kg (397 lbs)	
Shipment weight	200 kg (441 lbs)	
Min – max user height	150 - 210 cm (4' 11" - 6' 11")	
Max user weight	180 kg (397 lbs)	
Maximum speed	No limit	

Skillrow®



Technical specifications and performance	
Resistance technology	Multidrive Technology™ (Patent pending)
Resistance levels	Air resisted rowing mode - 10 levels, additional power mode - 3 levels
Phone holder	Holds phones up to 77.8 mm width (3.06 in)
Transport wheels	Yes, 2
Leveling feet	Yes, 1
Dimensions (LxWxH)	2435 x 629 x 1280 mm (96 x 25 x 50 in)
Equipment weight	61 kg (134 lbs)
Shipment weight	76 kg (167 lbs)
Min - max user height	150 - 210 cm (4' 11" - 6' 11")
Max user weight	160 kg (352 lbs)

Optional accessories



SKILLRUN PARACHUTE TRAINING KIT Patent pending

The kit consists of a steel frame with an ergonomic adjustable belt. Users place it around the waist to perform parachute resistance training in optimized conditions.

A0000916



SKILLRUN EQUIPMENT ANCHORING KIT

Anterior metal plates with spikes
+ rear foot caps with spikes (provided for carpet floor)

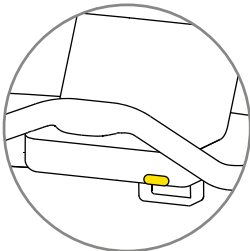
A0000783

Anterior metal plates with no sliding tape – no spikes
+ rear foot caps with dual-sided adhesive – no spikes (provided for parquet or slick floor)

A0000820
ST0000994AA

Anterior metal plates with spikes
+ rear foot caps with dual-sided adhesive tape (no spikes) to be used instead of the ones with spikes provided in the kit

A0000783
ST0000994AA



SKILLRUN ADVANCED BIOFEEDBACK KIT Patent pending

The kit contains a sensor that detects left and right leg running metrics and power data.

A0000939



SKILLRUN STUDIO KIT

The kit provides reflective adhesive strips that attach to the side surface of the platform and a LED light to be placed under the console for improved visibility.

A0001167



SKILLBIKE ELBOW SUPPORTS

The supports allow riders seeking peak performance to find their most aerodynamic position.

A0001038



SKILLMILL ACCESSORY KIT

The kit allows for a variety of pulling and pushing exercises. It consists of a frame that attaches to the back of the Skillmill, two adjustable pulling straps with spring dampers and two short handles.

A0000882

ITEMS THAT CAN BE PURCHASED SEPARATELY:

Skillmill pulling accessory frame

A0000881

Adjustable pulling strap (set of 2)

A0000879

Short strap (set of 2)

A0000880

Waist belt

A0000724

Short handle

A0000723



SKILLROW EXTERNAL POWER SUPPLY

The external power supply enables to keep the screen active for 10' while users switch to another workout station during bootcamp classes or circuit training.

Power supply

0WR01188AA

Cable

0WCC0057AA



NUMBERING KIT

The kit contains 1-50 adhesive numbers that can be applied to Skillrun, Skillbike and Skillrow.

A0000904

Consoles

Skillrun®

Version	Live 19"	Live 10"
Screen and controls		
Screen size	19" LCD - Wide 16:9	10" LCD
Android OS	Yes	Yes
Capacitive touch screen	Yes	Yes
Gesture interaction	Yes	No
Training contents		
Embedded workout programs	47	16
Languages	24	24
Technogym Routines (goal-oriented)	Yes	Yes
Bootcamp UI	Yes	Yes
Sled Training	Yes	Yes
Parachute Training	Yes	Yes
Run Against Resistance Training	Yes	No
Cadence Training	Yes	Yes
3rd party software		
Compatibility with Apple GymKit	Yes	Yes
Integration with TrainingPeaks	Yes	Yes
Mywellness® User ID		
Bluetooth® low energy technology	Yes	Yes
Technogym Key	Yes	Yes
Mywellness Band	Yes	Yes
QR code	Yes	Yes
RFID (NFC)	Yes	Yes
Login with username and password (typing option)	Yes	Yes
Apple Watch	Yes	Yes



Version	Live 19"	Live 10"
Entertainment options/multimedia		
TV	Yes - DVB-T/T2; ISDB-T; ATSC/QAM; DTMB*	No
Radio	Yes	Yes
Free web browsing	Yes	Yes
Games	Yes	Yes
Audio-Mic Plug	Yes, Mini-jack 3,5 mm, all audio standards. MIC: CTIA/AHL standard	No
Smartphone, Tablet recharge	Yes**	Yes**
Network connectivity		
LAN	Yes	No
Wi-Fi®	Yes	Yes
USB port	Yes	Yes
Bluetooth® low energy technology	Yes	Yes

*Requires Upgrade Kit code A0001108

**Through USB; connection cable not provided



Console	
Console type	7" LCD display with backlight
Touchscreen	Yes
Ability to update firmware from remote	Yes
Mywellness® User ID	User login through Bluetooth® low energy technology, Technogym Key , Mywellness® Band, RFID (NFC), QR Code
Exercise and testing options	
Built-in testing	Yes, Maximum Test, FTP Technogym, Fitness Test
Embedded exercise options	15
Replication of Strava™ segments	Yes
Class-specific UI	
Skillbike Performance classes UI	Yes
Skillbike Race classes UI	Yes
Biofeedback	
Pedaling circularity	Yes
Pedaling symmetry	Yes
Power reading	Yes, +/-1% accuracy
Third party devices and apps compatibility	
Zwift	Yes
Garmin	Yes
Network connectivity	
Wi-Fi®	Yes
NFC	Yes
ANT+	Yes
Bluetooth® low energy technology	Yes



Version	Skillmill Console	Skillmill Connect
Console		
Console type	7" FSTN display	7" LCD display with backlight
Power supply	Rechargeable Battery	LPS 5V Wall Supply
Keyboard	Capacitive touch keyboard	Capacitive touch keyboard with backlight
Network connectivity	-	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Insulation protection	IP55	IP55
Power readout	Watt	Watt
Connectivity		
Mywellness® User ID	-	User login through Bluetooth® low energy technology, Technogym Key , Mywellness® Band, RFID (NFC), QR Code
Telemetric heart rate device compatibility	Bluetooth® low energy technology	Bluetooth® low energy technology
Mywellness® workout tracking	-	Yes



Console	
Console type	7" LCD display with backlight
Power supply	Self-powered with power accumulator
Keyboard	Capacitive touch keyboard with backlight
Network connectivity	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Insulation protection	IP55
Power readout	Watt
Rest Time	40' standard or 10' with the powered version. For the 10' rest time please order the external power supply with the following codes: Power supply: 0WR01188AA + cable: 0WCC0057AA
Connectivity	
Mywellness® User ID	User login through Bluetooth® low energy technology, Technogym Key , Mywellness® Band, RFID (NFC), QR Code.
Telemetric heart rate device compatibility	Bluetooth® low energy technology, ANT+
Mywellness® workout tracking	Yes, through Teambeats™ and Skillrow® professional apps, and through Mywellness® and Skillrow® apps for users

FOR INFORMATION AND PURCHASING

Technogym products and services are only sold directly.

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