

Skill



TECHNOGYM®

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Olympic champions train with Technogym®



8 Olympic Games

• Sydney 2000 • Athens 2004 • Turin 2006





The official supplier of fitness equipment to 8 Olympic and Paralympic Games, from Sydney 2000 to Tokyo 2020, 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.

• Beijing 2008 • London 2012 • Rio 2016 • PyeongChang 2018 • Tokyo 2020



Skill Line

Patent design



Skillbike®



Skillrun®



Skillrow®



Skillmill®

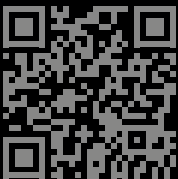
Skillrun®

The first ever treadmill with Multidrive Technology™ for effective power and cardio conditioning. The variety of on-board video-guided Routines and specific workouts for skill training enables elite athletes and demanding fitness enthusiasts to achieve outstanding performances every time.



red dot design award
winner 2018

Discover more



www.technogym.com/skillrun

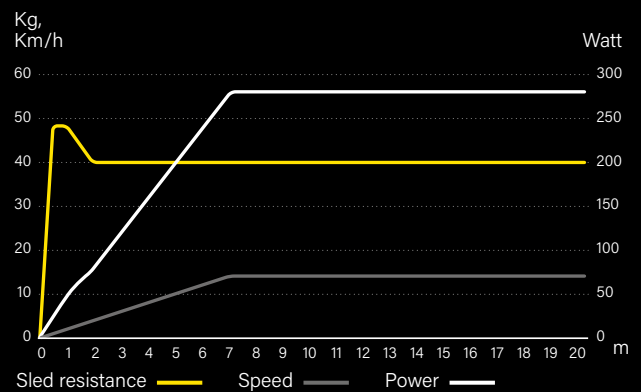


Engineered by champions

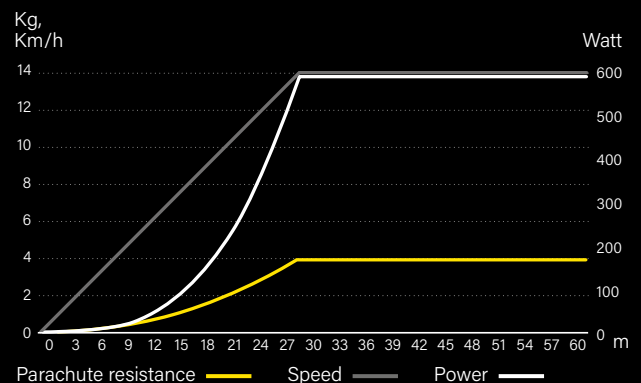
Designed to train the pillars of athletic conditioning and performance, Skillrun is a treadmill like no other. Developed side-by-side with academic and research institutes, professional trainers and athletes, it takes performance training to new heights.



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



When training in Sled mode, resistance is higher at the start to overcome the sled's static friction, and then it remains almost constant for the entire exercise duration.

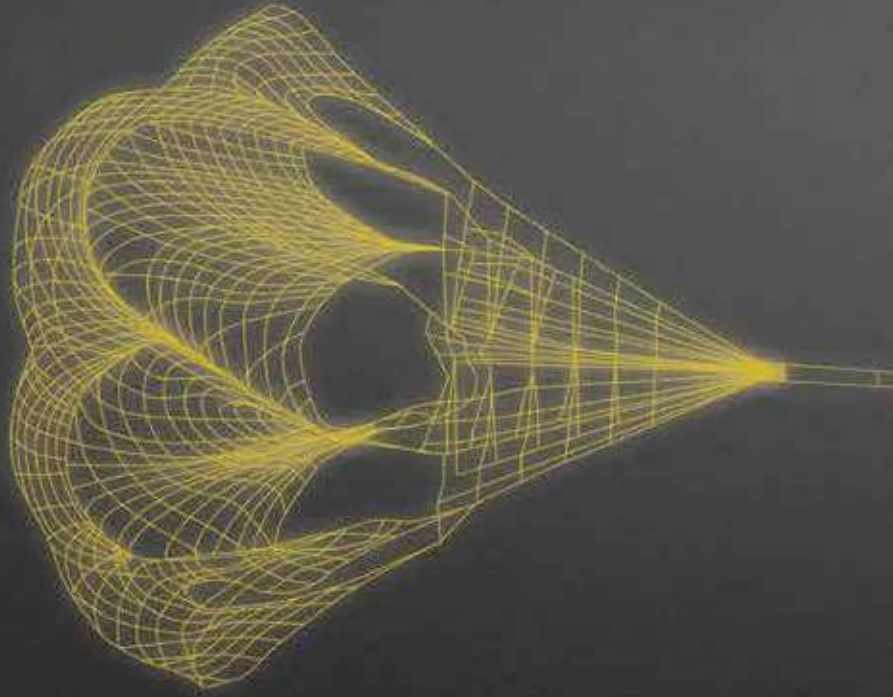


When training in Parachute mode, resistance is null at the start and quickly increases as you pick up speed, causing you to use your power to overcome the air resistance.



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™

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

Maximize your effectiveness



Advanced Biofeedback

Developed by the Technogym Research Center, **Biofeedback*** analyzes the performance of your left and right leg during running exercises and power drills. This allows you to optimize your technique and efficiency.

*TX 500 version features Biofeedback on key running parameters only.

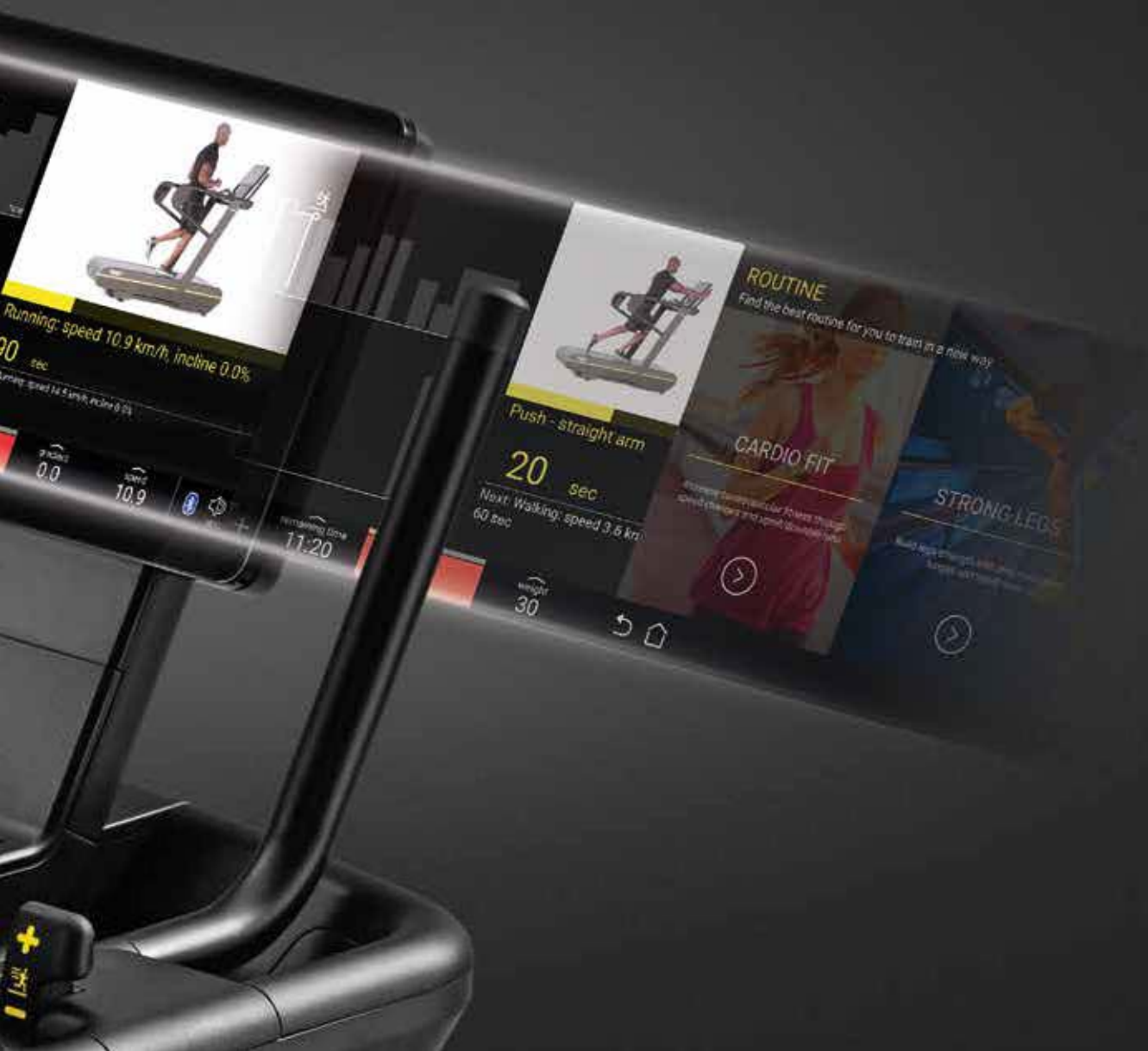




On-board video programs

Technogym Routines

Select your workout from the targeted Routines according to your level of experience. Born from in-depth scientific research, the Routines provide step-by-step video guidance to help you achieve superior cardio and power conditioning, powered by Multidrive Technology™.



Bootcamp training



Keep up the pace with the **Bootcamp** user interface. One touch is all it takes to quickly switch modes from running to power drills and to ramp up acceleration twice as fast as standard treadmills. So put your head down and get ready to work.



Enjoy unlimited training options

Unity™ console

Choose **Skillrun® Unity™ 5000** and **7000** for limitless training and entertainment options. You can browse the internet, connect with your friends on social media and watch your favorite Netflix or TV program. The unique variety of training modes supported by **Multidrive Technology™** makes it ideal for different applications such as classes, personal training and unsupervised gym floor use.



Bootcamp UI

The dedicated interface makes it easier and faster than ever to switch between running and power modes. Adjust speed and gradient on the fly and select your workload to keep the pace high and push at maximum power.



Performance Training

By analyzing the performance of your left and right leg, you can help improve your top speed and maximize acceleration.



Maximum Power Test

Assess your peak power with this scientifically-proven Sled test.



Stay focused on training

TX console

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



Biofeedback (patent pending)

Improve your performance with real-time feedback on key running metrics.



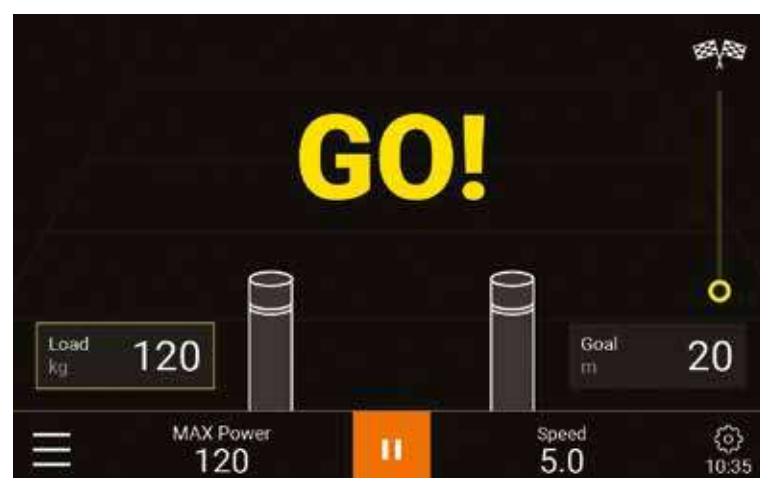
Performance Training

Boost your sprint and acceleration.



Bootcamp UI

Switch seamlessly from running to power mode. Change speed twice as fast as standard treadmills.



Run your way

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



Skillrun® Unity™ 7000

Performance options	
Maximum Power Test	✓
Cadence training	✓
Swiftpad	✓
Advanced Biofeedback	✓
Biofeedback	
Parachute Kit	✓
Routines	✓
Sled and Parachute Training	✓
Running against resistance	✓
Skillrun Pro app	✓
Bootcamp UI	✓
Entertainment options	
TV	✓
Apps (Netflix, Facebook, YouTube and many others)	✓
Internet browsing	✓



Skillrun® Unity™ 5000



Skillrun® TX 500

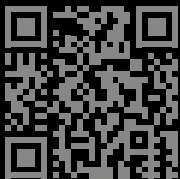
	✓	✓
	✓	✓
	✓	
	✓	✓
	Optional	Optional
	✓	✓
	✓	✓
	✓	
	✓	✓
	✓	
	✓	
	✓	

Skillbike®

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

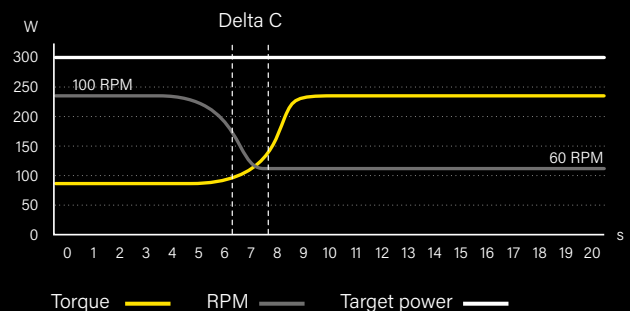


Designed with pro cyclists

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.

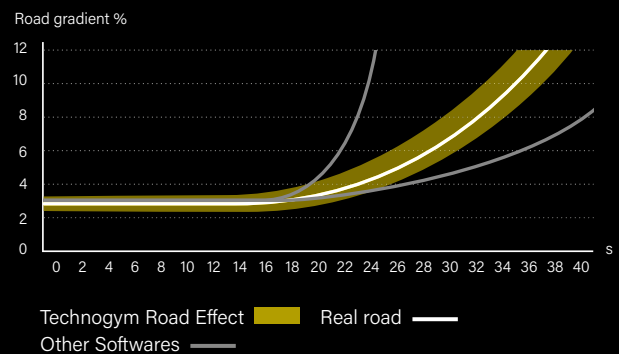
Italian rising star Letizia Paternoster, winner of multiple Junior and World Championships on track and road, training at the Technogym Lab '83 inside the Technogym Village.

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%

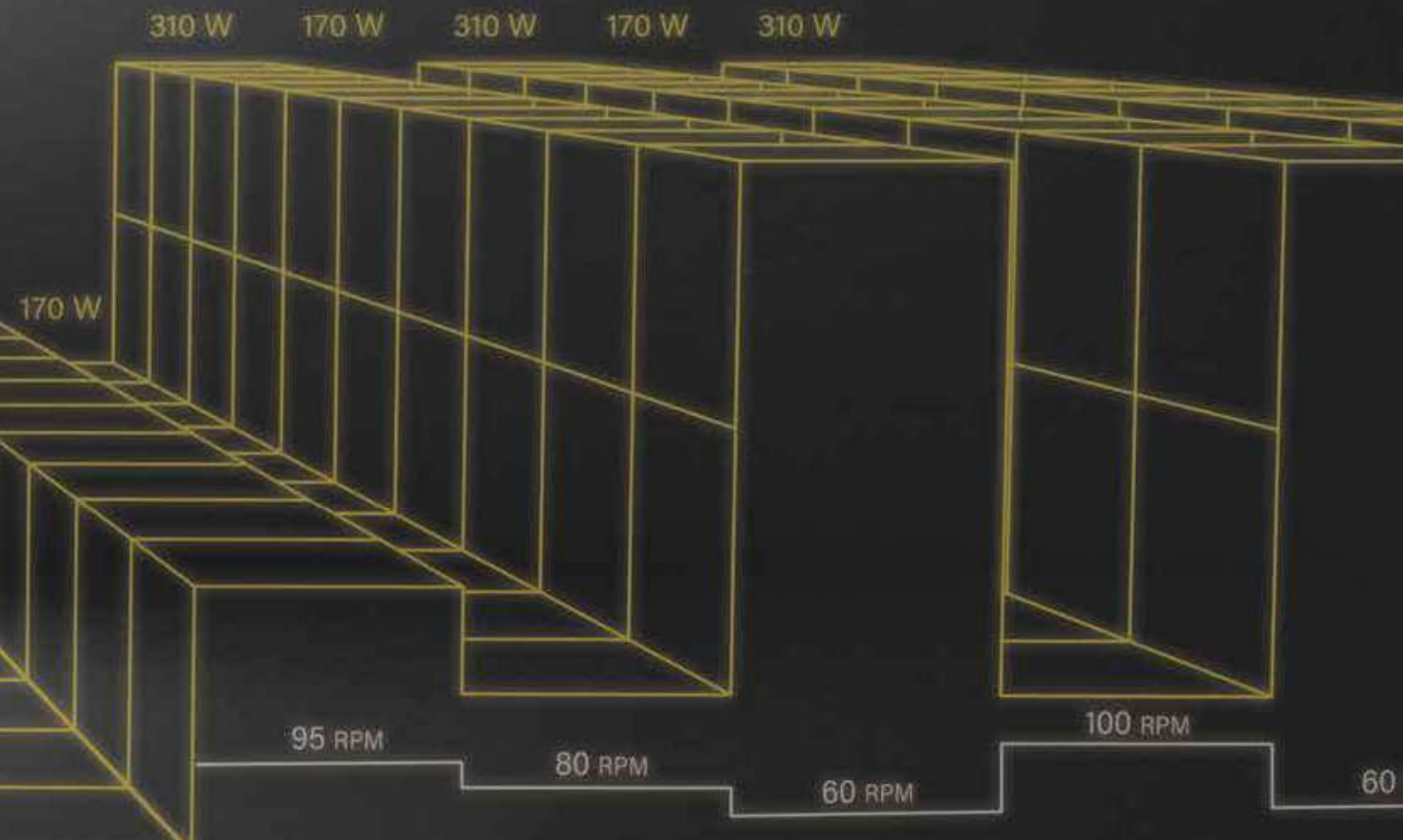
Train for outdoor performance



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** and postures — 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.



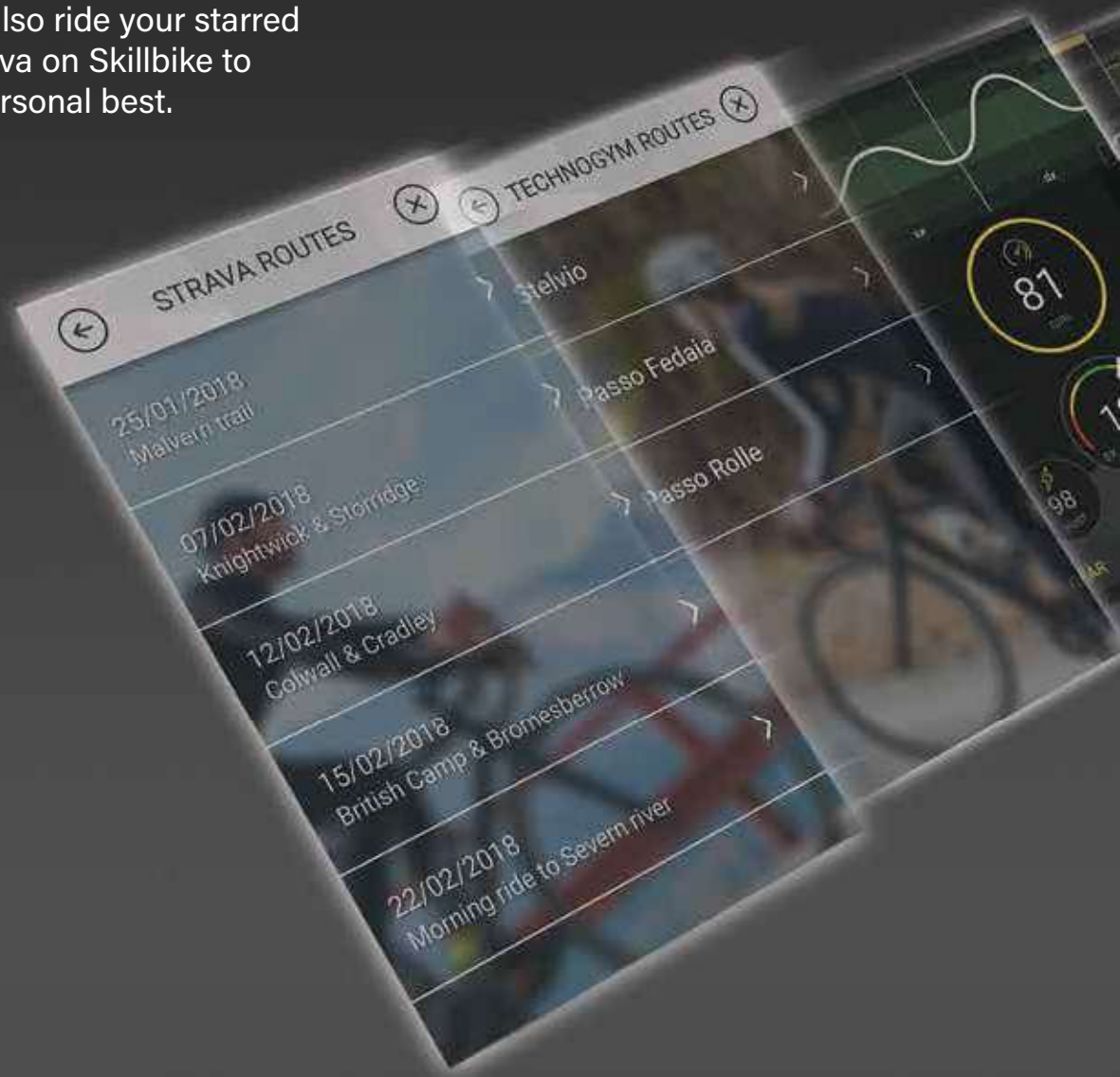
Strava



Zwift



Garmin





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.

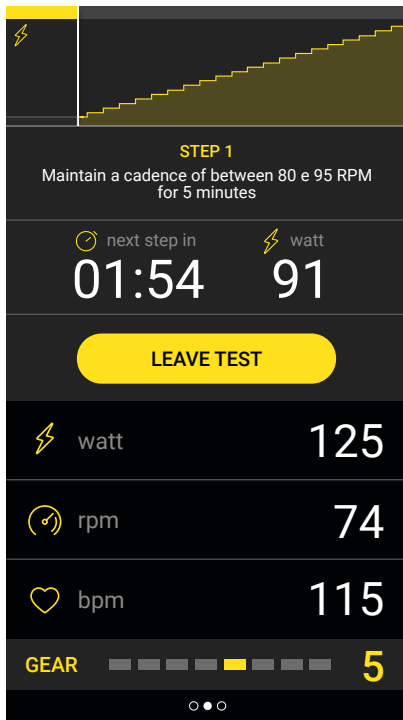


ANT+™



Garmin

Craft your ride



Embedded Guided Tests

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

The new 3-minute total assessment test measures:

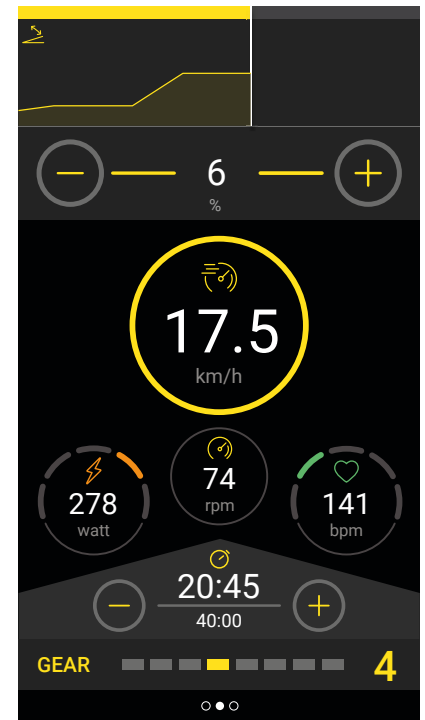
- VO2 max
- Estimated maximum minute power
- Maximum power
- Power-to-weight ratio
- Fatigue index
- Functional Threshold Power
- Average power left/right
- Max METs



Uphill Rides

(Rolling hills; Hill repeats; Sharp hills)

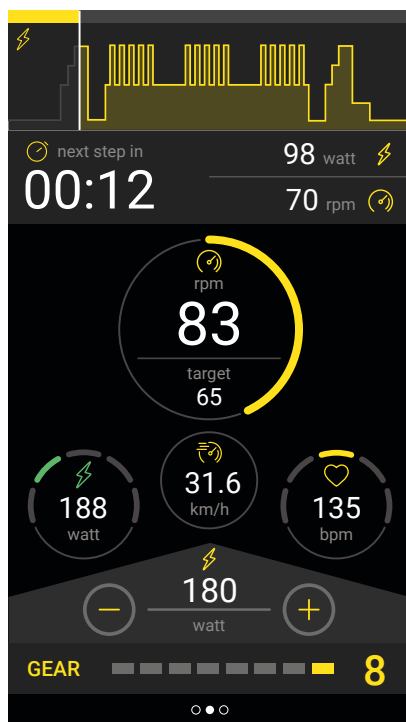
Select duration and gradient and use Real Gear Shift. Rides are customized based on your performance data and fitness level.



Goal Driven

(Time; Distance; Calories)

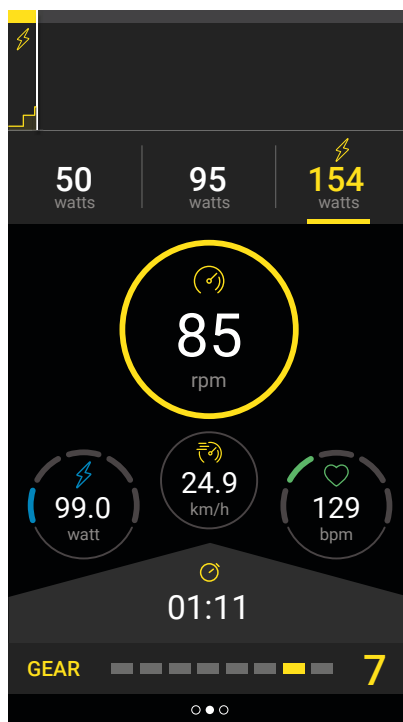
Simply choose the ride duration or distance or the amount of calories you want to burn.



Specifics

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

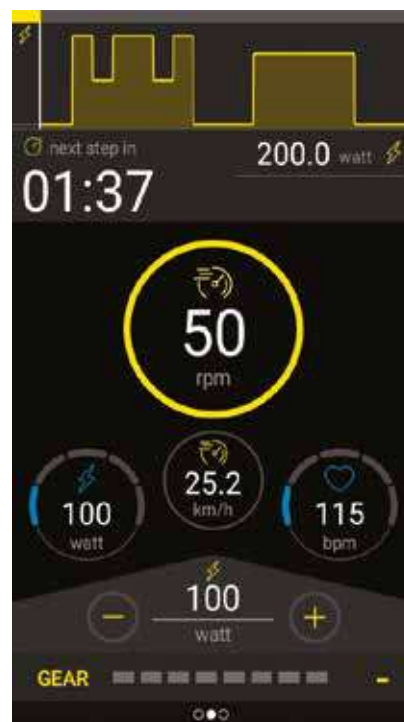
Improve performance with dedicated exercises that train the different skills required in cycling.



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®

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

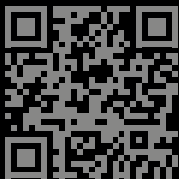


ADI
COMPASSO D'ORO
INTERNATIONAL
AWARD 2017



ADI
COMPASSO D'ORO
HONOURABLE
MENTION

Discover more



www.technogym.com/skillmill



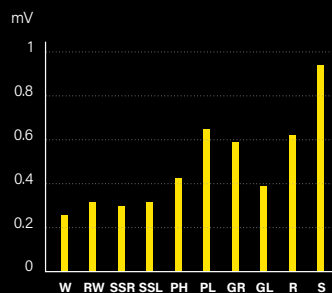
Developed for athletic performance

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.

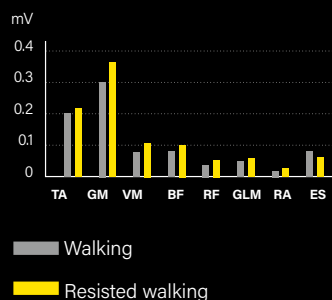
WALKING AND RESISTED WALKING PEAK ACTIVATION



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 H.I.I.T. treadmill

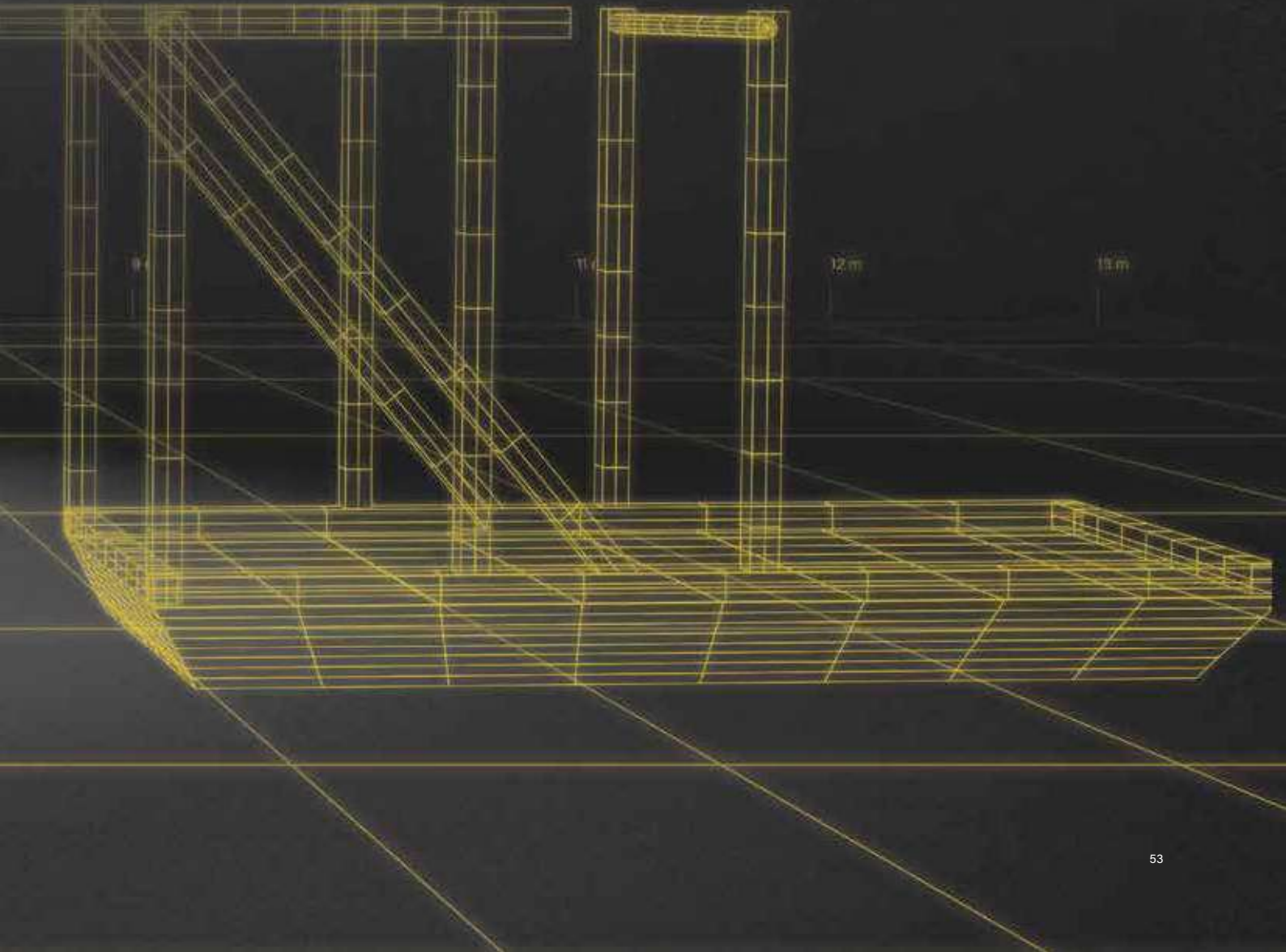


Increase your speed, metabolic rate and glute and hamstring muscle activation, by alternating between resistance-free running and sled pushing against resistance.



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).

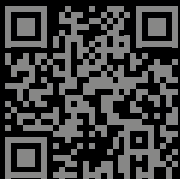


Skillrow®

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

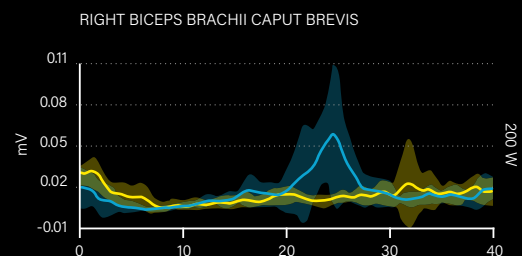
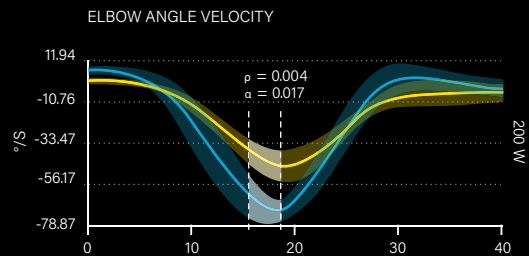
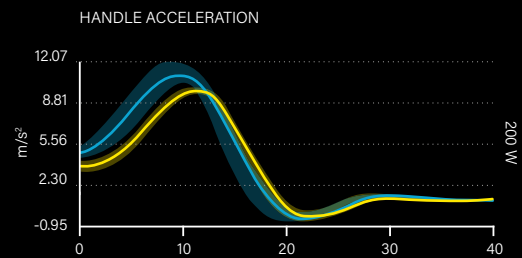


www.technogym.com/skillrow



Engineered with rowing gold medalists

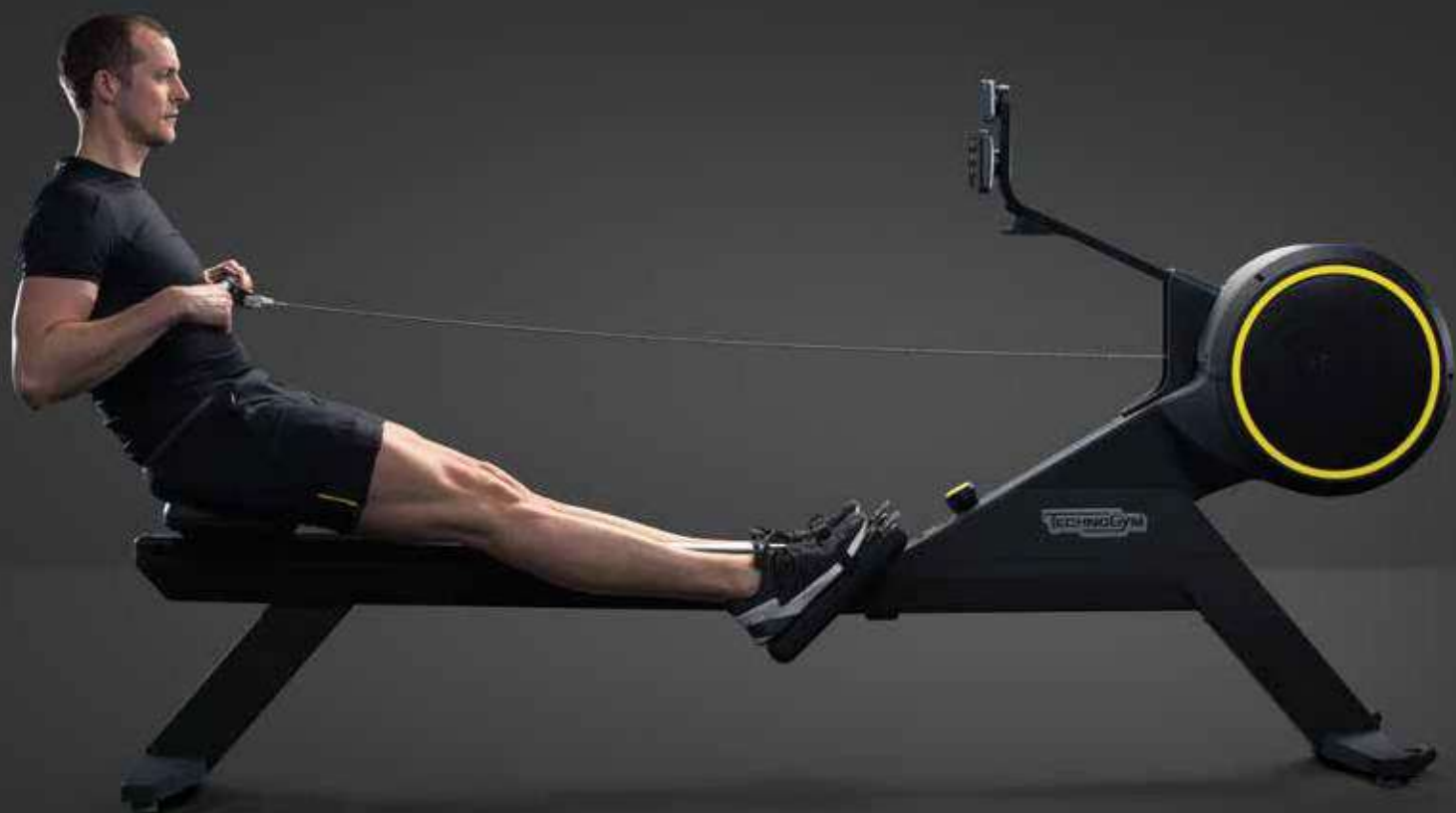
Skillrow takes rowing to new levels of effectiveness, by recreating the dynamics and sensation of rowing in water.



■ 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 quickly and safely disassembled into two parts for easy 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

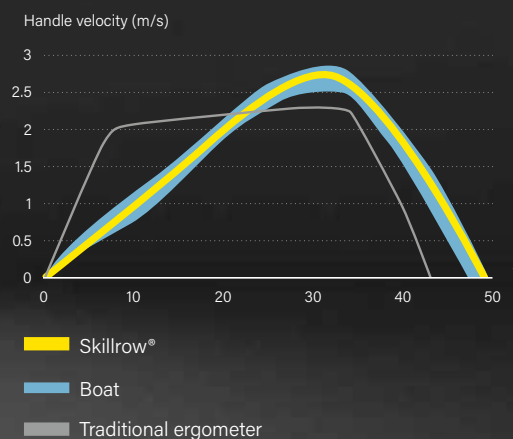
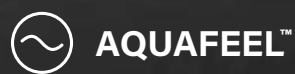
Select the resistance level of the Multidrive Technology by turning the dial from a comfortable seated position



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.



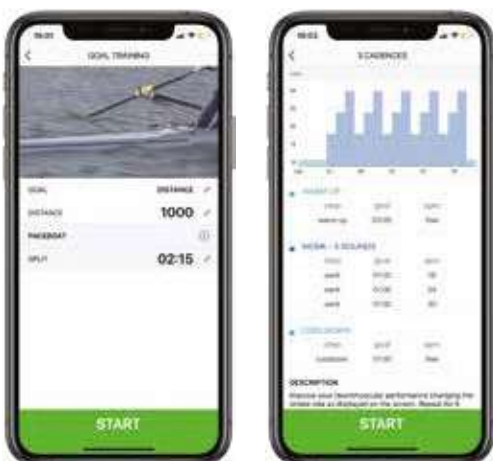
Biofeedback

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	Unity 7000	Unity 5000	TX 500
End-user comfort and convenience			
Console type	Unity 3.0 Android open platform with 19" HD LCD and Flat Full Glass Dual-Touch screen	Unity 3.0 Android open platform with 19" HD LCD and Flat Full Glass Dual-Touch screen	TX Android platform with 10" HD LCD screen
Water bottle holder and accessory tray	Yes	Yes	Yes
Optimal View	Yes, scientifically-certified display	Yes, scientifically-certified display	Yes, scientifically-certified display
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
Motor PFC	Yes	Yes	Yes
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]
Heart rate monitoring			
Heart rate monitoring	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*
Workout 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
Real-time Races	Up to 99 participants	Up to 99 participants	No
Marathon courses	Yes	Yes	No
Performance Training	Sled, Parachute, Run Against Resistance (constant resistance)	Sled, Parachute, Run Against Resistance (constant resistance)	Sled, Parachute
Goal-oriented Routines	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills
Submaximal tests	4 - Fitness Test, Single Stage, Multistage, Smart Test	4 - Fitness Test, Single Stage, Multistage, Smart Test	No
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
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



Version	Unity 7000	Unity 5000	TX 500
Biofeedback (patent pending)			
Cadence	Yes	Yes	Yes
Step Length	Yes	Yes	Yes
Running Power	Yes	Yes	Yes
Ground Contact Time	Yes	Yes	Yes
Flight Time	Yes	Yes	Yes
Propulsion Time	Yes	Yes	Yes
Pushing Power	Yes (for Sled and Parachute)	Yes (for Sled and Parachute)	Yes (for Sled and Parachute)
Advanced Running Biofeedback	Yes	Optional	No
Advanced Power Biofeedback	Yes	Optional	No
Format specific UI			
Skillrun Class	Yes	Yes	No
Skillrun Bootcamp	Yes	Yes	Yes
Structural specifications			
Dimensions L x W x H	1850 x 870 x 1680 mm (73 x 34 x 66 in)**	1850 x 870 x 1680 mm (73 x 34 x 66 in)**	1850 x 870 x 1680 mm (73 x 34 x 66 in)**
Running surface height	32 cm (12.6 in)	32 cm (12.6 in)	32 cm (12.6 in)
Treadmill weight	223 kg (492 lbs)	223 kg (492 lbs)	223 kg (492 lbs)
Electrical specifications			
Power requirement	200-240 Vac $\pm 10\%$ 50-60 Hz (version "E"), dedicated 16 A socket 100-240 Vac $\pm 10\%$ 50-60 Hz (version "A"), dedicated 20 A socket	200-240 Vac $\pm 10\%$ 50-60 Hz (version "E"), dedicated 16 A socket 100-240 Vac $\pm 10\%$ 50-60 Hz (version "A"), dedicated 20 A socket	200-240 Vac $\pm 10\%$ 50-60 Hz (version "E"), dedicated 16 A socket 100-240 Vac $\pm 10\%$ 50-60 Hz (version "A"), dedicated 20 A socket
Power engine (peak)	10.0 HP (AC Brushless motor)	10.0 HP (AC Brushless motor)	10.0 HP (AC 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
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



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



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	



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 feet caps with spikes (provided for carpet floor)

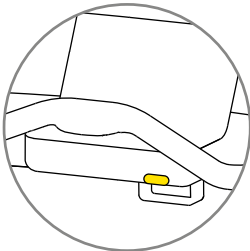
A0000783

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

A0000820
ST0000994AA

Anterior metal plates with spikes
+ rear feet 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 an adhesive LED strip light that attaches to the slat belt for improved visibility.

A0001167



SKILLBIKE ELBOW SUPPORTS

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

A0001038



SKILLBIKE ANT+ RECEIVER

This receiver expands Skillbike connectivity options to enable compatibility with ANT+ devices.

A0000900



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	Unity	TX
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
Goal-oriented Routines	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
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
User customization		
My Training Program	Yes	Yes
My Training Results	Yes	No
My Challenges	Yes	No
Favorite TV channels	Yes	No
Favorite web bookmarks	Yes	No
User Content Sync	Yes	No
Outdoors Virtual Training	Yes	No



Version	Unity	TX
Entertainment options/multimedia		
TV	Analog Television: PAL (BG,DK,I,M,N,BG Australia), SECAM (L,L1,DK, NTSC (NTSC M)). Digital Television: DVB-T HD, DVB-C HD, ATSC+QAM B mpeg2, ISDB-T (with smart card reader for Japanese market)	No
IPTV	SD; HD (MPEG-2; MPEG-4 pt 10AVC/H. 264 Standard Definition & HD - up to 720p and 1080i; Protocols: UDP multicast & unicast)	No
Radio	Yes	No
Free web browsing	Yes, customizable (Technogym App Store)	No
Games for braintraining	Yes	No
Audio-Mic Plug	Yes, Mini-jack 3,5 mm, all audio standards. MIC: CTIA/AHL standard	Yes, Mini-jack 3,5 mm, all audio standards. MIC: CTIA/AHL standard
USB Media: Audio	MP3, M4A, WAV	MP3, M4A, WAV
USB Media: Video	AVI (Video codec: XVID, MPEG4, H264 Audio codec: MP3, AC3); MKV (Video codec: MPEG4, H264 Audio codec: MP3, AAC, AC3); MP4 (Video codec: MPEG4, H264 Audio codec: MP3, AC3) Up to 720p	AVI (Video codec: XVID, MPEG4, H264 Audio codec: MP3, AC3); MKV (Video codec: MPEG4, H264 Audio codec: MP3, AAC, AC3); MP4 (Video codec: MPEG4, H264 Audio codec: MP3, AC3) Up to 720p
USB Media: Picture and documents reader	JPEG,PNG,PDF	JPEG,PNG,PDF
Smartphone, Tablet recharge	Yes*	Yes*
iPad, iPod, iPhone	Yes, via Bluetooth® connection	Yes, via Bluetooth® connection
Outdoors Virtual Training	Yes	NO
Network connectivity		
LAN	Yes	Yes
Wi-Fi®	Yes. Wi-Fi® IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP	Yes. Wi-Fi® IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP
USB	Yes	Yes
Bluetooth® low energy technology	Yes	Yes
Supported professional apps		
Communicator - Messages	Yes	No
Communicator - Club Area	Yes	No
Asset Management	Yes	Yes
Prescribe	Yes	Yes
Self	Yes	No
Challenge	Yes	No

*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 (optional)
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

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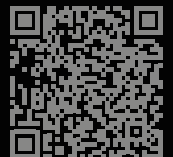
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