

PERSONAL LINE



The Wellness Company

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Timeless beauty

The new icon for your Wellness

PERSONAL LINE heralds the day of a new era in the way we approach physical exercise. Born out of the collaboration between Technogym and Antonio Citterio Design Studio.

Personal Line

Designed by Antonio Citterio

Masterpieces are made
of small details

PERSONAL LINE translates thirty
years of research and product
development into beautiful
design objects created with
exclusive materials and exquisite
craftsmanship.



RUN PERSONAL



RECLINE PERSONAL



CROSS PERSONAL



KINESIS PERSONAL



POWER PERSONAL

UNITY™ 3.0

More connected, more personal

Take your training to the next level, enjoy a fully personalized session with UNITY. The new Android 5.1 powerful console makes the training experience more simple and fun thanks to Wi-Fi® and Bluetooth® connectivity and new engaging workouts that will race you to the finish line. Let's start!



Live an extraordinary experience: train and be entertained with Unity 3.0



HD

Brilliant image quality

Thanks to the enhanced picture quality and the new powerful hardware featuring a processor that is more than twice as fast, you can watch what you want with increased quality during your workout.



NETFLIX

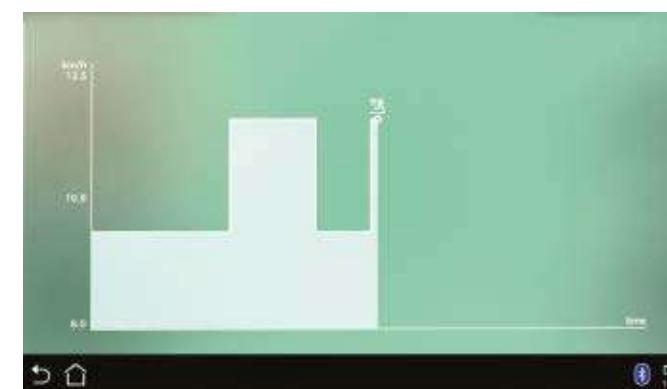
Unlimited entertainment

You can easily connect to Netflix and enjoy your training while you're watching your favorite tv series.



Training that's always more effective

The Speed Shift option allows you to create interval training profiles on-the-fly and switch from one speed level to another with one touch.



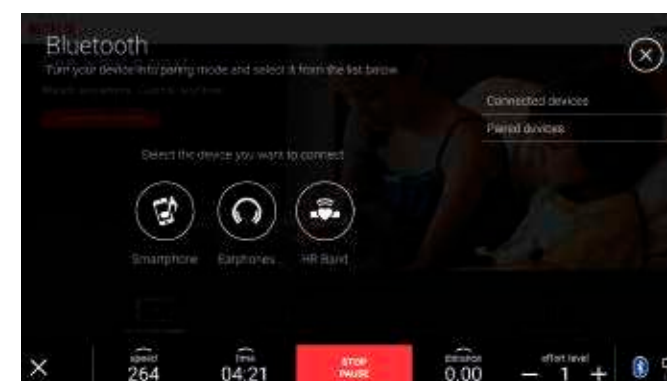
The experience of the marathon on the treadmill

Run your favourite Marathons at home. Choose your location and the treadmill will make your run more realistic by changing the incline to mirror your path. Pick up where you left off if you don't finish.



Your music, your training hands-free

The UNITY 3.0 console plays your favorite music from your Apple or Android device via Bluetooth®. To enjoy a hands-free training and entertainment, pair with your Bluetooth® wireless earphones.





Live the fun everytime with your personalized entertainment

UNITY™ enables you to set up a personal profile that automatically links to your favorite content and training programmes.



Your favourite contents always with you
With the User Content Sync when you log in, the equipment automatically signs in to all app.



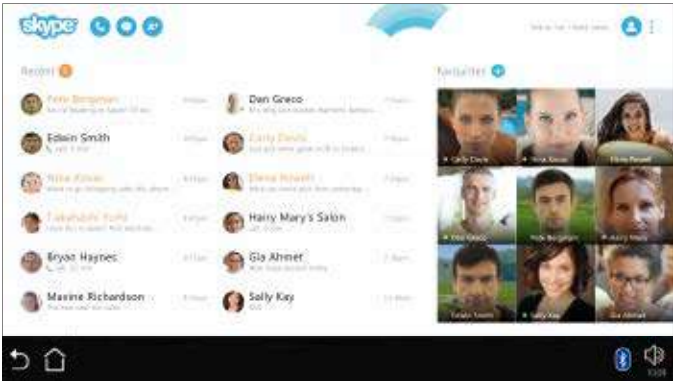
Train and discover new landscapes
Enjoy the feeling of being somewhere else! Select one of 16 different virtual locations (8 on bikes and 8 on treadmills and crosstrainers) and try an outdoor training simulator on your cardio console.



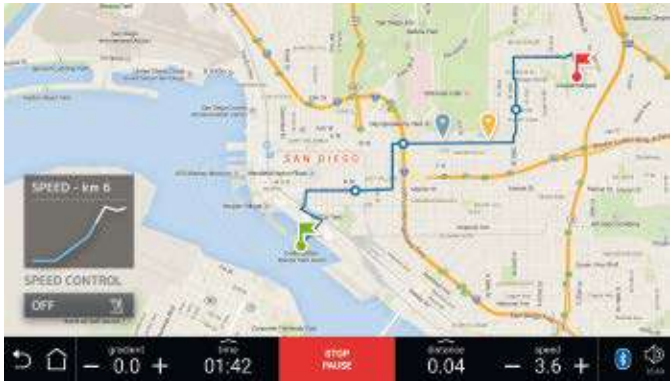
Watch the best TV programs
Our smart TV technology supports all standards including IPTV and PRO-Idiom, without the need for set top boxes so you can control viewing directly from the touch-screen console while training.



Enjoy your favourite apps
Go straight to your Instagram, Facebook, YouTube, Twitter and Skype accounts. You can also access your favorite apps, TV channel and websites.



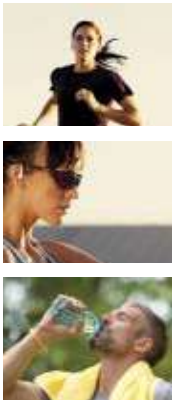
Live your outdoor training at home
Use your preferred training app to track your path and performance, feed the information to UNITY console from your mywellness.com account and recreate your outdoor experience every time you want to.



Other apps

Meet your objective and improve your training performance

Create a personalized training experience suited to your requirements choosing from a variety of workout options.



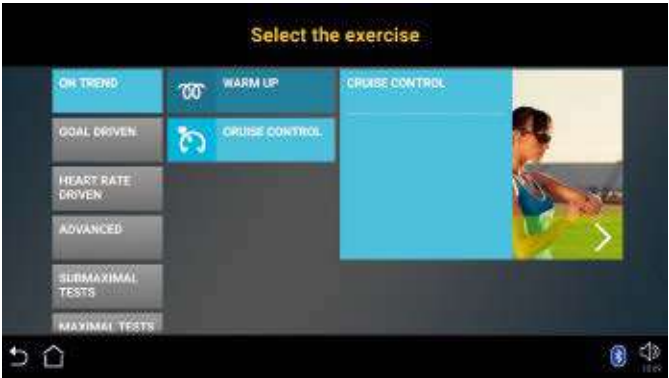
Set your goals

Discover the most popular workout for exercising against time, or number of calories burned, or the distance covered.



Select your exercises

You can choose your exercise from the complete list of available workouts: Goal Driven, Heart Rate Driven, Advanced and Test.



Create your workout

You can create a personalized training programme on your mywellness.com account based on your needs and available equipment. Follow the list of exercises and keep track of their status.



Track your performance

Is your training effective? You can monitor the results over a set period of time and check your progress against your set goal to make the necessary changes to your training programme.





Take control of your health, take all the data with you

The benefit of tracking all your data is that information is permanently stored, can be referenced over time and helps serve as a reminder for you to continue your healthy exercise habits.



Save your efforts

All data aggregated from equipment, apps and devices are automatically pushed to your account in the mywellness cloud and saved.



Check your performance wherever you are

You can access your data whenever you want from your personal devices or from the console to monitor your results over time.



Share your data

Let your family and friends know of your success, you can share all your data with them and share your latest body parameters with your doctor.



Run Personal

Designed by Antonio Citterio – Assistant Toan Nguyen





Run Personal

Run Personal combines cutting edge technology, innovative materials and flawless design to bring you not only professional cardio training, but also an engaging multimedia experience, so that you can have fun while you run.

RECOMMENDED FOR

- Improving the cardio-respiratory system.
- Weight loss and maintaining body weight.
- Strengthening and toning legs.
- Beginners and experienced users.

Full multimedia entertainment

The tablet-like UNITY™ digital console provides a host of exciting entertainment options: TV, radio, games,web, music and videos.

Integrated 19” touch-screen tempered glass display and loudspeakers.



Enhanced training performance

The silent motor empowers any type of training, from easy-paced walking to high intensity marathon training (4 HP).

Inclination up to 15% to simulate hill training.

Innovative design and materials

The soft touch plastics used for the central and side handles make them pleasurable and comfortable to touch and provide optimum grip.

The micro-polished sleek aluminium frame enhances your home environment design.

Comfort and safety

Constant heart rate monitoring with Hand Sensor and telemetric heart rate monitor. Central support bar, large running surface with shock absorbers and joysticks for adjusting speed and incline from correct posture.

Runner Detection Function automatically that stops the equipment when not in use. Emergency STOP button also incorporated.





Recline Personal

Designed by Antonio Citterio



Recline Personal

Recline Personal integrates performance and style, biomechanical excellence and innovative entertainment. The perfect balance between technology and design.

RECOMMENDED FOR

- Slimming and weight control.
- Maintaining and improving fitness levels.
- Toning legs without straining the back.
- Both advanced workouts and moderate cardio activity for de-conditioned users.



Maximum comfort

The ergonomic adjustable seat designed by Vitra ensures that correct posture is constantly maintained, without straining the back muscles. Thanks to the technological drive transmission system, pedalling is extremely smooth and silent.

Entertainment

The automotive style loudspeakers, which accompany workouts with a clean wrap around sound, are located under the seat and well out of sight.

Attention to details

Micropolished steel with a sleek mirror finish in the front section of the equipment enhances the style of the product making it easy to suit any interior environment.

Robust and elegant

The die cast aluminium frame and the craftsmanship which can be seen in its polished finish make Recline Personal a unique example of style and robust quality.





Cross Personal

Designed by Antonio Citterio



Cross Personal

Cross Personal is the first total body elliptical trainer with an integrated personal entertainment console. Thanks to its silent operation, you will fully appreciate the surrounding effect of the hi-fi speaker sound.

RECOMMENDED FOR

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

Precious materials

Micropolished steel with a sleek mirror finish in the rear section of the equipment enhances the style of the product making it easy to suit any interior environment.





 **SPEAKERS**



 **SPEAKERS**

Perfectly safe training

Thanks to the telemetric band or the Hand Sensors, which constantly monitor your heartbeat, you can perform each workout

in the best way, in line with your objectives and in total safety.

Entertainment and controls close at hand

The four integrated loudspeakers carry the sound around you to give you an unprecedented workout experience.

Ergonomic levers with Fast Track Control allow for exercise intensity adjustments without changing the correct exercise position.

Silent fluid movements

The technology behind the braking system is based on a special electromagnetic device which ensures Cross Personal operates in

a completely smooth fashion, making for a comfortable, stylish home environment.



Kinesis® Personal

Designed by Antonio Citterio – Assistant Toan Nguyen



Kinesis® Personal

Kinesis® Personal is the first piece of designer gym furniture for the home and environments dedicated to people's mental and physical wellbeing.

RECOMMENDED FOR

- Improving movements connected both with daily activities and specific sports.
- Improving strength, coordination, flexibility, posture control, breathing control.
- Exercising both single muscles and entire muscle chains, thus helping you to achieve not only more strength, but also better balance, flexibility and stability as key abilities.

Quiet, safe, unlimited movement

Thanks to the FullGravity patent, consisting of a pivoting pulley system, Kinesis® Personal provides an unlimited range of movements. The resistance applied is regulated by a sophisticated and patented innovation. A system of forces gradually and smoothly increases the resistance in total safety, thereby maintaining supreme fluency and silent movement during exercise. This system, which does not require the presence of a cumbersome weight stack, also contributes to reducing overall equipment dimensions.



Kinesis® Personal VISION

The VISION version is made of three steel panels applied to a rigid structural support which act as a mirror without distortion.

The sleek mirror finish allows you to instantly check posture while exercising.



reddot design award
winner 2007





Kinesis® Personal HERITAGE BLACK

The covering panel of the **BLACK** version is made of wood treated with a special paint to make it unalterable with the passage of time and to give the surface

an attractive leather look. The American oak wall bars are selected individually by craftsmen who assess their flawless quality.







Kinesis® Personal HERITAGE LEATHER

The surface of the **LEATHER** version panel is made of full grain leather,

carefully selected by craftsmen and applied by hand with contrasting stitching.





Multi-purpose

Thanks to the 3 pairs of handgrips you can perform over 750 different exercises, without having to make any adjustments. Specific muscles (chest, back, abs, glutes and quadriceps) are engaged using the standard individual movements, whereas the combined movements work several muscles in total synergy and at the same time (front and back kinetic chains, core and multi-chain).



Power Personal

Designed by Antonio Citterio



Power Personal

Created with sophisticated materials and excellent craftsmanship, Power Personal consists of two elements: Bench Personal and Rack Personal.

Designed by Antonio Citterio, the essence of **Bench Personal** is performance with simplicity. Modern manufacturing technology embraces elegance and craftsmanship, using machined aluminium to represent a new standard in the industry.

Rack Personal ensures maximum safety thanks to the innovative Smart Lock and Precision Glide systems allowing user-friendly barbell support locking and a smooth, fluid sliding movement of the safety bars. It also includes an ergonomic, chrome-plated steel bar for pull-ups with the Multi-grip.





STRENGTH

In line with the current high-performance workout and professional training trend, Technogym has created Power Personal, the specific solution that offers over 300 exercises for strength training, including:

- Exercises with dumbbells
- Exercises with barbells
- Body-weight exercises

And with the functional upgrade kit:

- Suspension training
- Exercises with resistance bands



Deadlift



Squat



Bench press



Pull-up



Reverse wood chop



Suspended push-up



BENCH PERSONAL

Attention to detail and leading technical solutions for the best bench ever.

Maximum versatility

Adjusting a bench has never been so easy. Bench Personal can be fixed in several different positions with just one hand thanks to its innovative set up.

Attention to detail

Stylish finishing, the soft touch upholstery on the bench features Body Print technology for maximum comfort during the workout.

Easy to move

Thanks to the integrated wheels, Bench Personal can be easily moved around with minimal effort.



Colour options:



Dark



Chrome



RACK PERSONAL

The ultimate solution for strength training.

Remarkable details.

The chrome-plated steel bar features multi-grips allowing different pull-up options.

Advanced security. At your fingertips.

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



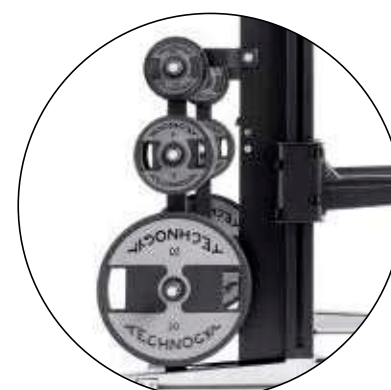
Easy. Light. Smooth.

Thanks to its floating spring system, Precision Glide ensures ease of use and an unexpectedly smooth feeling during adjustments.



All in one place.

Integrated storage for barbell, dumbbells and discs. Reinventing each essential element as part of a singular, simple design.





RACK PERSONAL WITH THE FUNCTIONAL KIT

Rack Personal is available in 2 colour options and can be enhanced with the Functional Upgrade Kit*. This extends training possibilities to include suspension training and resistance band exercises.

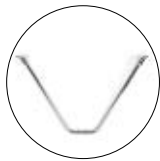
* The top bar will be replaced.

FUNCTIONAL UPGRADE KIT

1.Omnia-Pivot:
allows you to attach Dual Lift to perform suspension training exercises.

2.Additional Hook:
integrated in the J-hook, it is used to connect the resistance bands.

Wall Fixing:
a superbly finished chrome bar fixes the Rack to the wall ensuring maximum stability while exercising.



Colour options:



Chrome



Dark

Unica



Unica

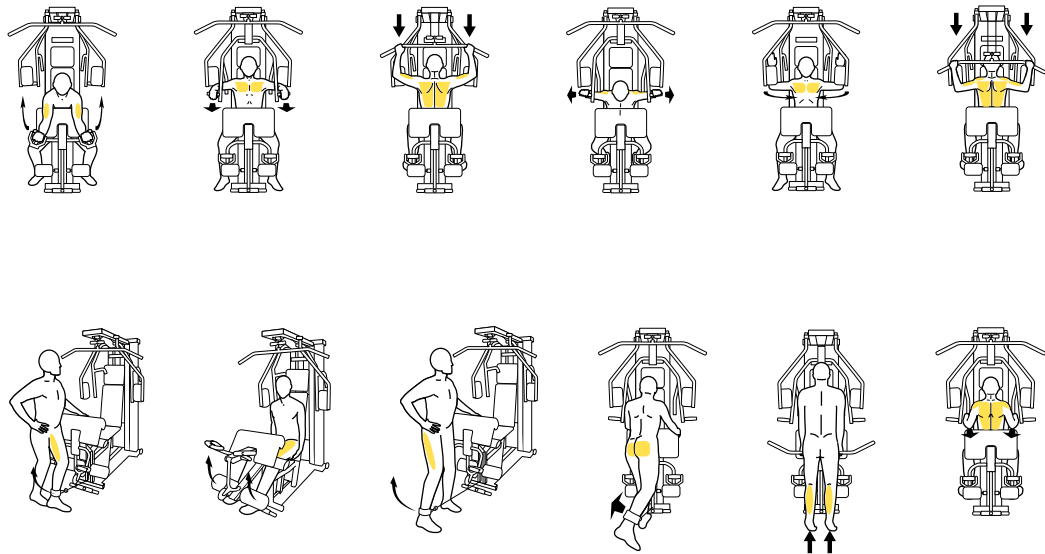
Designed and built with the same materials as professional gym equipment, with a refined and elegant design, Unica is the most comprehensive physical fitness and muscle-strengthening equipment that exists, allowing more than 25 different exercises to be done in just one and a half square metres.

RECOMMENDED FOR

- General fitness training.
- Targeted muscle strengthening.
- Athletic conditioning for sports.

Comfort and functionality

Adjustable seat, large anatomical backrest, ergonomic padding and non-slip handgrips. Thanks to the exclusive linkage system, without substituting any part, you can perform more than 25 different exercises by simply selecting the desired weight.



**User-friendly set up**

Simply select the desired weight, then Unica does not require any further settings.

Unique design

A real classic in terms of Technogym design, it complements any interior.

Biomechanics and safety

Biomechanics and the easy start system allow correct, safe use of the equipment even for less experienced users.





Wellness Tools



Wellness Ball™ Active Sitting

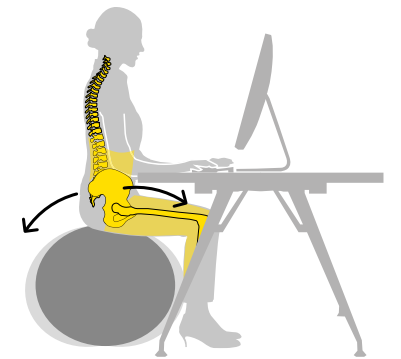
Wellness Ball™ - Active Sitting* improves your lifestyle. All the time you spend sitting, at home or at work and in your leisure time, can be turned into an opportunity to exercise and be more active.

*Wellness Ball™ - Active Sitting is an exercise equipment that can be used as an alternative seat but cannot replace traditional chairs.



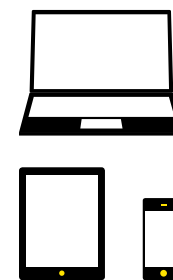
Train while sitting comfortably

By making involuntary micro-movements or by using the ball for targeted exercises, you can improve flexibility, stability, balance, coordination and posture, and tone up your back muscles as well as the core muscles. Its patented design ensures a comfortable, stable and correct sitting position for back pain prevention.



A trainer always with you

The QR Code enables you to access a library with the most appropriate exercise videos.

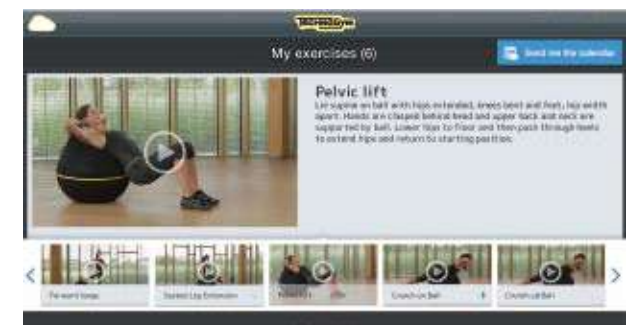


Mobile content via smartphone, tablet or PC

Receive personalised training programmes developed by our specialists.

View videos of each exercise, wherever you are.

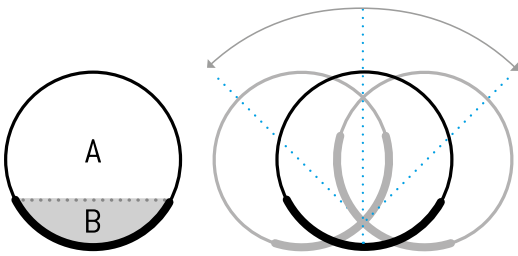
Receive a reminder of training sessions directly on your device or PC.



Safety and stability

The lower part of the Ball is high-density material for greater stability and to prevent it rolling around, ensuring a tidier environment. A specifically

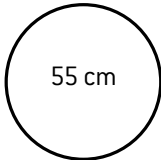
developed material has been used on the underside to prevent slipping (patent pending). The Ball is burst-resistant certified.



Perfect dimension

Wellness Ball™ - Active Sitting diameter measures 55cm, which is a suitable size also for use at desk (based upon an average desk height of

70cm). Maximum user weight: 160kg (353 lbs).



Design and quality finish

Wellness Ball™ - Active Sitting is an interior design item, hand-stitched in Italy and ideally suited to modern,

fashion-forward environments (patent pending). The cover can be removed thanks to a high-quality zip fastener

made to nautical standards to stand up to wear and tear (patent pending). It is made of multilayered fabric,

with a support lining and breathable honeycomb material, typically used in running shoes.

Positioning and transporting via the handle

The handle allows for easy ball positioning, helping you find a correct sitting position.



Personalisation

Each ball can be inflated to a personalised setting, according to uses, level of comfort

and your height. Use the special label to personalise your ball with your name.



Environmentally friendly

The Ball is made from top quality PVC and vinyl, both

suitable for recycling. Furthermore, it is phthalate-free, latex-

free and complies with strict European safety regulations governing

cadmium and lead content.



Wellness Ball™ Training

Suitable for users of all kinds - from the less experienced to the most demanding ones - Wellness Ball™ makes training all your muscle groups fun, helping you develop flexibility, balance, coordination and correct posture, and perform bodyweight strength exercises.
Its double-layer surface, the result of a patented technology, ensures that the Ball's elastic properties remain unchanged even in the case of frequent use.

Safe materials

Appropriately selected materials guarantee stability, adherence and a soft surface finish. Wellness Ball™ Training is burst-resistant

certified for extra safety and its special mixture ensures slow, controlled deflation in case of contact with sharp items.

Personalised dimensions

Wellness Ball™ Training is available in two different models and colours: grey, 55 cm

diameter for people up to 175 cm tall; black, 65 cm diameter for people taller than 175 cm.

Environmentally friendly

The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and compliant with

strict European safety regulations regarding cadmium and lead content.



Wellness Bag™

The Wellness Bag™ is a kit of accessories, including handles, elastic cords and ankle straps, designed for people of all ages who wish to stay in shape at home and on the move. Ideal for improving strength and flexibility.

Safe exercising

Exercises performed using the elastic cords are simple and the resistance/load is optimised

according to your physical characteristics and your fitness level.

Maximum portability and versatility

Easy to carry around when travelling. Insert the Wellness Bag™ inside the Wellness

Pad and you instantly have a mobile gym which weighs just 2.5 Kg.



Wellness Weights

Wellness Weights are dumbbells to be used at home and on the go. The modern design and the special materials make them the perfect answer for people looking to keep in shape and tone up with small weights and a touch of style.

Unique design

Technological innovation comes in the form of unconventional materials and a modern, advanced design concept.

Wellness everywhere

The bag is designed to pack the weights correctly and to carry them around safely.



Wellness Rack

The elegant, functional Weights Kit for complete strength training programmes involving all muscle groups. The high-quality polycarbonate weight stand combines quality and durability with modern, stylish design.

User-friendly design

Thanks to the innovative system for fastening the disks to the handlebar, the dumbbells are easy to assemble and use just like professional ones.

Innovative, modern design

The original weight stand is a stylish interior accessory in its own right.



Wellness Pad

An excellent stretching mat, ideal for daily use to improve flexibility and perform basic strength-building floor exercises. Stretching reduces muscular tension, enables greater freedom of movement, helps prevent injuries and improves posture and sports performance.

Practical to use and carry around

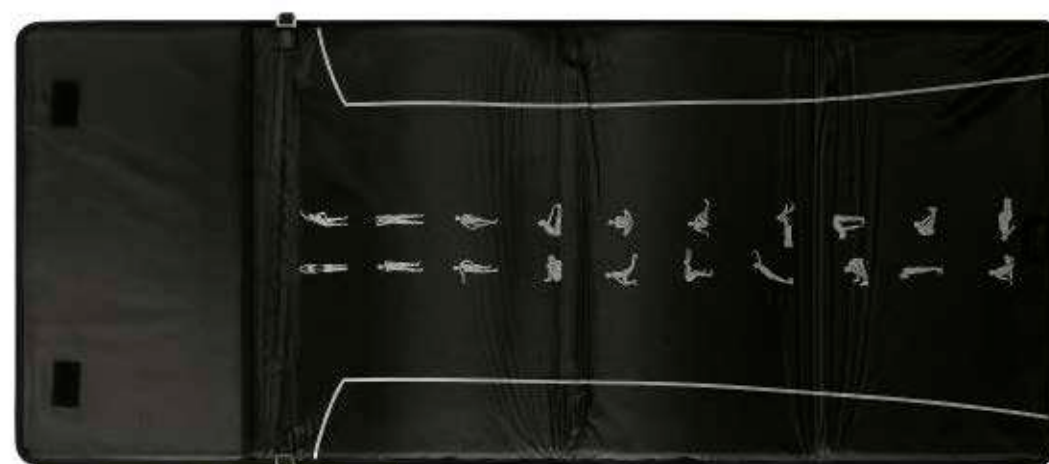
The basic stretching exercises are printed inside the mat and illustrated in the user manual. The two pockets and shoulder strap

make it a versatile and handy solution even for people on the move. Conceived and created to incorporate the Wellness Bag™ perfectly.

Stylish design

With its elegant shape and colour, this mat fits perfectly with the Wellness Tools™ line.

Designed specifically to be carried around and used in combination with the Wellness Bag™.



The Personal Experience

/ 098

Training Programs

Engaging training programs directly on your smartphone.

/ 099

Personal Training

Professional training solutions online or on site to guide you in your quest for Wellness.

/ 100

Wellness Design™

Guidance to create and furnish your Wellness environment with style from specialist Technogym consultants.



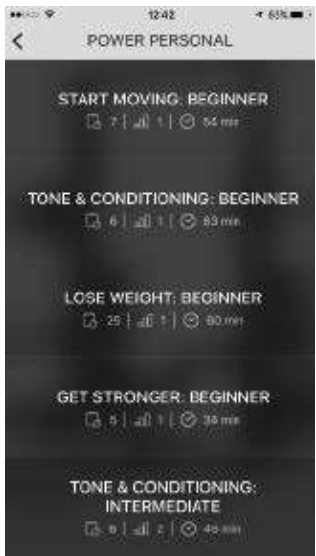
Training Programs

MAKE THE MOST OF YOUR EQUIPMENT

By using the Technogym app you can enjoy the benefits of your equipment by following our training programs directly on your smartphone.



01. Select your equipment



02. Choose the programme



03. Start your training



DOWNLOAD THE TECHNOGYM APP



Personal Training

The Personal Trainer is a professional figure (certified by Technogym) that will help you design a personalised training programme based on your needs, and that will follow you in the progress and achievement of your wellness targets in the privacy of your home or at a place of your choice.

SERVICE CHARACTERISTICS

Technogym Personal Trainers will provide you with expert advice and guidance, create the training programmes best suited to you and follow you in your progress, motivating you to reach your targets. You can book the service choosing the days and times that suit you best, between 7am and 10pm. We can be at your side wherever you are, at home, at work, or on holiday thanks to a widespread network of professionals.

PT EXPERIENCE



“Kim is just great. She explains everything and shows you exactly how to move and how to use the equipment. I know I’m training right, even on my own”



“There’s one thing a Personal Trainer gives you that a machine can’t. Motivation. Francesco is full of motivation. And since meeting Francesco, me too!”



“Xavier makes a workout fun and effective, but what I really appreciate is all the amazing advice he gives me about how to stay balanced and improve my lifestyle”

Wellness Design™

Plan your Wellness

To help you achieve a state of total wellbeing, we can plan your Wellness space according to the principles of Wellness Design™, which take into account both the physical and mental aspects of the individual. Technogym can offer you an interior design service to help you create your very own Wellness space in order to integrate the equipment into your environment and let you live your Wellness experience in the best possible fashion.

Our Wellness Design™ service will allow you to create a virtual image of your home gym before you go ahead with it. During the design phase we pay special attention to the following aspects:

TECHNOGYM PRODUCTS

We will assist you in choosing the right equipment for you and for the space at your disposal.

SPACE

We will set up the equipment making it fully accessible and enabling you to train easily, and in a way which fits perfectly with your environment.

MATERIALS

We will advise you on which materials to choose for your Wellness area (flooring, walls etc.).

LIGHTS AND COLOURS

We will help you select the ideal lighting and colours to fit with the surrounding environment, so that you can enjoy the pleasures of a relaxing Wellness experience.

FURNITURE

We will guide you in the choice of furnishings and complementary items that are best suited to your Wellness area.

WIRING

We will give you clear instructions regarding the electrical requirements necessary for your Technogym equipment.

Get inspired.



Equipment Specifications

Personal Line

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Wellness Tools™

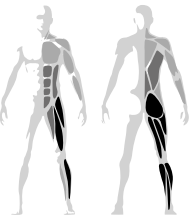
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Personal Line

RUN



Specifications and performances	
Dimensions (LxWxH)*	201 x 80 x 147 cm (79" x 31" x 58")
Equipment weight	170 kg (374 lbs)
Max. user weight	160 kg (352 lbs)
Running surface height above ground	20 cm (8")
Speed	0.4 - 18 km/h (0.2 - 11.2 mph)
Incline (%)	0 - 15%
Running surface (Length x Width)	145 x 51 cm (57" x 20")
Power requirement	180 - 265 VAC
Motor power (peak)	4.0 HP
Max. power consumption	2200 VA
Training and comfort features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Speed shift; Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness Test, Smart Test, Single Stage, Multi Stage
Maximal Tests	Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Runner Detection System	Yes
Calorie Coach	Yes
Durability and supplementary features	
Long Life Deck	Yes
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (19")



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

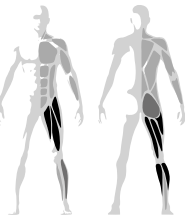
* Length x Width x Height while working on the equipment



RECLINE



Specifications and performances	
Dimensions (LxWxH)*	139 x 64 x 138 cm (55" x 25" x 54")
Equipment weight	70 kg (154 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	19 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Hills; Hi-low blocks; Burn Out; Cross Training)
Submaximal Tests	Fitness Test, Smart Test
Language available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensors, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY (15.6")



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

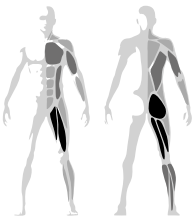


Personal Line

CROSS



Specifications and performances	
Dimensions [LxWxH]*	194 x 69 x 176 cm {76" x 28" x 69"}
Equipment weight	145 kg {320 lbs}
Max user weight	160 kg {352 lbs}
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	100 - 240 VAC
Max power consumption	160 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	18 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Hills; Hi-low blocks; Cross Training)
Submaximal Tests	Fitness test
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	UNITY {15.6"}



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment



KINESIS®



Kinesis Personal - Vision Kinesis Personal - Heritage Black Kinesis Personal - Heritage Leather

Specifications and training features	
Dimensions (Length x Width x Height)	45 x 170 x 210 cm {18" x 67" x 83"} closed 115 x 170 x 210 cm {45" x 67" x 83"} during operation
Length when closed	45 cm {18"}
Length during operation	115 cm {45"}
Minimum frontage required for use	2 m {79"}
Equipment weight	240 kg {528 lbs} Heritage - 280 kg {616 lbs} Vision
Power requirement	110 - 220 VAC
Versions available	Vision, Heritage Black, Heritage Leather
Standard functions and accessories	Wellness Ball™, 2 x Revolving attachments 2 x Ankle straps, Exercise and Wellness Lifestyle™ DVD, User manual, Exercise manual



KINESIS® PERSONAL - VISION
Micro-polished steel panels



KINESIS® PERSONAL - HERITAGE BLACK
Wooden cover panel



KINESIS® PERSONAL - HERITAGE LEATHER
Leather panel

Personal Line

RACK



Rack

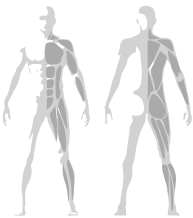
Rack with Functional Upgrade Kit

Specifications	
Code	MD150
Maximum user weight	150kg (330 lbs)
Maximum load useable	150kg (330 lbs)
Width	1412 mm (56")
Length	1313 mm (52")
Height	2216 mm (87")
Net weight	185 kg (408 lbs)
Color Options	Chrome or Dark

ACCESSORIES FOR THE FUNCTIONAL UPGRADE KIT*

DESCRIPTION	CODE	QTY	ELASTIC BAND KIT (A0000869)	SUSPENSION TRAINING KIT (A0000870)	FUNCTIONAL TRAINING BAG (A0000871)
Anklet Strap	A0000725	1	•		•
Short Handle	A0000723	2	•	•	•
Sleeved Elastic Tubing Set	A0000663	1	•		•
Dual Lift	A0000684	1		•	•
Waist Belt	A0000724	1	•		•
Lift Band	A0000666	1		•	•

*Code for Functional Upgrade Kit: A0000874 - For more details see page 69; Wall Fixing is required.



ALL PRIMARY AND SECONDARY MUSCLES ARE INVOLVED.

PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

BENCH



Bench

Specifications	
Code	MD100
Maximum user weight	150kg (330 lbs)
Maximum load useable	150kg (330 lbs)
Width	584 mm (23")
Length	1316 mm (52")
Height	443 mm (17")
Net weight	47 kg (104 lbs)
Color Options	Chrome or Dark

CHOOSE THE BEST CONFIGURATION FOR YOU

ESSENTIAL



Adjustable Bench



Discs Kit and Dumbbells



Personal Mat

SUPERIOR



Rack



Adjustable Bench



Discs Kit, Dumbbells, Barbell

EXCELLENCE



Rack with Functional Upgrade Kit



Adjustable Bench



Personal Mat



Flooring



Functional Training Bag



Discs Kit, Dumbbells, Barbell

Personal Line

ACCESSORIES

A comprehensive set of accessories complete Power Personal. Free weights and functional tools expand your training program.



The Functional Training Bag. A full set of functional training accessories neatly stored in a handcrafted bag.



Free Weights Kit for Bench. Set of free weights: 55 Kg (5 Kg x 8; 2,5 Kg x 4; 1,25 Kg x 4) for dumbbells (2,5 Kg each).



Free Weights Kit for Rack. Set of free weights: 115 Kg (20 Kg x 2; 10 Kg x 2; 5 Kg x 8; 2,5 Kg x 4; 1,25 Kg x 4) for dumbbells (2,5 Kg each) and barbell (10 Kg).



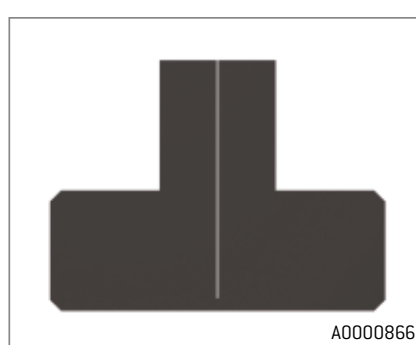
Dual Lift. Professional solution for suspension training.



Sleeved Elastic Tubing. A set of 3 pairs with different resistance levels.



Personal Mat. A padded memory foam mat in 3 sections (65 x 65 cm each) providing protection for flooring and superb comfort for yoga, stretching and bodyweight exercises.



Flooring. Rubber flooring (3060 x 2290 mm) designed to protect your permanent flooring.



Short Handle. Classic handgrip.



Waist Belt. For locomotion exercises, attached to the sleeved elastics.

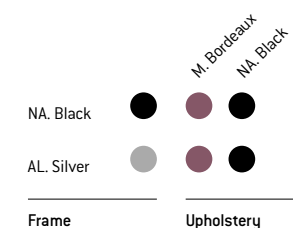


Ankle Strap. Allowing isolated lower body work.



Lift Band. Foot, leg or trunk attachment easily used with elastics and Dual Lift.

Unica



Specifications and training features	
Dimensions [Length x Width x Height]	184 x 120 x 207 cm [72" x 47" x 81"] - 184 x 160 x 207cm [72" x 63" x 81"] during operation
Equipment weight	240 Kg [528 lbs]
Weight stack	5 - 90 kg [5 Kg weight stack increment] - [10 - 180 lbs, 10 lbs weight stack increment]
Power requirement	110 - 220 VAC [Trainer version]
Standard functions and accessories	Stretching mat, Ankle strap, Pulley handle and Standard handle, User manual, DVD and maintenance kit, Integrated wheels

Personal Line

UNITY™

Screen & controls		UNITY™ PERSONAL
Screen size - Run Personal		19" LCD - Wide 16:9
Screen size - Other equipment		15.6" LCD - Wide 16:9
Android OS		Yes
Capacitive touch screen		Yes
Gesture interaction		Yes
Training content		
Embedded Workout Programmes*		18
Languages		18
User connectivity options / mywellness cloud access		
Technogym key and mywellness key reader		Yes
QR code		Yes
NFC (RFID) reader		Yes
Login with username and password (typing option)		Yes
User personal account		
My Training Programme		Yes
My Weather		Yes
My Challenges		Yes
Favourite TV channels		Yes
Favourite WEB bookmarks		Yes
Family account		Yes
User Content Sync		Yes
Entertainment options / Multimedia		
TV		ANALOGUE TV: PAL (BG, DK, I, BH, M, N), SECAM (L, L1, DK, H, BG), NTSC (NTSC M, NTSC4.43 M) DIGITAL TV: DVB-T2, DVB-T, DVB-C, ATSC+QAM B, ISDB-Tb (with smart card reader for Japanese market)
IPTV		MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition & HD; PROTOCOLS: UDP/RTP multicast & unicast
Radio		Yes (FM and digital terrestrial: DVB-T, DVB-C, ATSC, ISDB-T, QAM)
HDMI IN		Yes (up to 720p)
Pro: Idiom compatibility (dedicated accessory code)		IPTV and Coax
Free web browsing		Yes
Games for braintraining		Yes, customisable (Technogym App Store - B2B only)
Integrated webcam		Yes



Entertainment options / multimedia		UNITY™ PERSONAL
Audio/Mic plug		Yes. Mini-jack 3,5 mm, all audio standards Mic: CTIA/AHL standard
USB Media: Audio		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
USB Media: Picture and documents readers		JPEG, PNG, PDF, GIF
My Music (automatic Bluetooth® connection to Apple and Android devices; no pairing needed)		Yes
iPod / iPhone /iPad - support and recharge		With user personal cable through USB connector
Android devices - support and recharge		With user personal cable through USB connector
Outdoors (Virtual locations)		Yes
Real-time races between treadmills (B2B only)		Yes
Treadmills arena (B2B Only)		Yes
Famous virtual marathon courses (treadmills)		Yes
Connectivity		
Bluetooth® headphones connectivity		Yes
LAN Ethernet 10/100/1000		Yes
WiFi - IEEE802.11a/b/g/n (2,4 GHz & 5GHz)		Yes
Professional Apps Supported (B2B Only)		
Communicator - Messages		Yes
Communicator - Club Area		Yes
Asset management		Yes
Technogym App Store		Yes
Prescribe		Yes
Self		Yes
Challenge		Yes
Customizable screen saver (B2B only)		
Customizable background		Video or images
Facility logo		Yes
Customizable messages		Yes

*Refers to Run Personal. Total number of programmes available may vary on other equipment.

Wellness Tools™

WELLNESS RACK



Specifications and training features	
Strength training disk holder display, with two handles (Jolly Handle) which use a unique locking system	
Dimensions (Length x Width x Height)	19 x 41 x 43 cm (7" x 16" x 17")
8 disks weighing	2 kg (4 lbs)
8 disks weighing	0.5 kg (1 lb)
Handle weight (lbs)	1 kg (2.2 lbs)
Max weight loadable per dumbbell (lbs)	13 kg (26 lbs)
Max loadable weight for simultaneous use (lbs)	10 kg (20 lbs)

WELLNESS PAD



Specifications and training features	
Versatile, unparalleled in the sector. The perfect blend of functionality and design: an excellent stretching mat and at the same time a convenient bag and elegant accessory	
Dimensions when open	120 x 50 cm (47" x 20")
Dimensions when closed	30 x 50 cm (12" x 20")
Thickness when closed	5 cm (2")
Weight	0.7 kg (1.5 lbs)
Standard accessories	Removable shoulder strap, exercise manual

WELLNESS BAG™



Specifications and training features	
Compact dimensions and limited weight make this a real travel gym. The Wellness Bag™ can easily fit in a suitcase, overnight bag or be combined with the Wellness pad	
Dimensions (Length x Width x Height)	82 x 21 x 4 cm (32" x 8" x 1") open - 39 x 21 x 8 cm (15" x 8" x 3") closed
Weight (lbs)	1.8 kg (4 lbs)
2 Elastic cords + footrest	71 cm (28")
2 Elastic cords + footrest	81 cm (32")

WELLNESS WEIGHTS



Specifications and training features	
New design, lines and materials make Wellness Weights the ideal solution for anyone wanting to tone up using small weights. Perfect for running and aerobic exercise	
Set of 2 dumbbells with Velcro straps weighing	0.5 kg (1 lb)
Set of 2 dumbbells with Velcro straps weighing	1 kg (2 lbs)
Standard accessories	Weight bag, exercise manual

WELLNESS BALL™ TRAINING



Specifications and training features	
Made of materials which promote perfect stability, adherence and softness during exercising, guaranteeing durability and maximum safety	
Ø Dimensions Silver	55 cm (22")
Ø Dimensions Black	65 cm (26")
Standard accessories	Bag, Pump with adapter, exercise manual

WELLNESS BALL™ ACTIVE SITTING



Specifications and training features	
Double density ball, weighted in the lower section to help centre it and stop it rolling around, making it a comfortable seat. Made in Italy out of premium quality PVC, it is phthalate-free and latex-free and is built not to burst. The multilayered fabric cover consists of a support lining and breathable honeycomb material. The handle helps to carry it around and adjust it when used at a desk. The QR code on the handle gives access (via Smartphone) to exercise videos, which can be planned in one's own electronic calendar	
Ball Ø suitable for sitting	55 cm (22")
Ball Ø suitable for exercising	55 cm (22") for users whose height is under 175 cm (5' 9")
Standard accessories	Cover, Pump with adapter, Exercise manual
Maximum user weight	160 kg (353 lbs)

For information and purchases

Technogym products and services are only sold directly.

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The Wellness Company

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