

SKILL



The Wellness Company



# HOME WELLNESS

Home Wellness is the special dimension conceived for your well-being and personal care.

Its design, attention to detail and the elegance of the product all contribute to enhancing your environment. It combines the best training and sports experience with the space that's most dear to us: our home.

**Nerio Alessandri**

Founder and President of Technogym®

# Contents

Skillrow™	10
Skillbike™	28
Skillmill™	44
Skillrun™	62
Total Workout Experience	76
Technogym Interior Design	80
Technical Specifications	84
Contact Information	86



The image features a close-up of a circular, perforated metal surface, likely a piece of gym equipment. A bright yellow ring is visible around the perimeter of the circle. In the center, the word "TECHNOGYM" is embossed in a bold, stylized, metallic font. The letters are thick and blocky, with a registered trademark symbol (®) at the end. The background is dark, and the lighting highlights the texture of the perforations and the metallic sheen of the logo.

**TECHNOGYM<sup>®</sup>**



# Pure performance

Inspired by the movements of professional athletes, our Skill Line has competition in its DNA. It tests your abilities and pushes your potential to the limit.

# Skill



Skillrow™



Skillrun™



Skillmill™



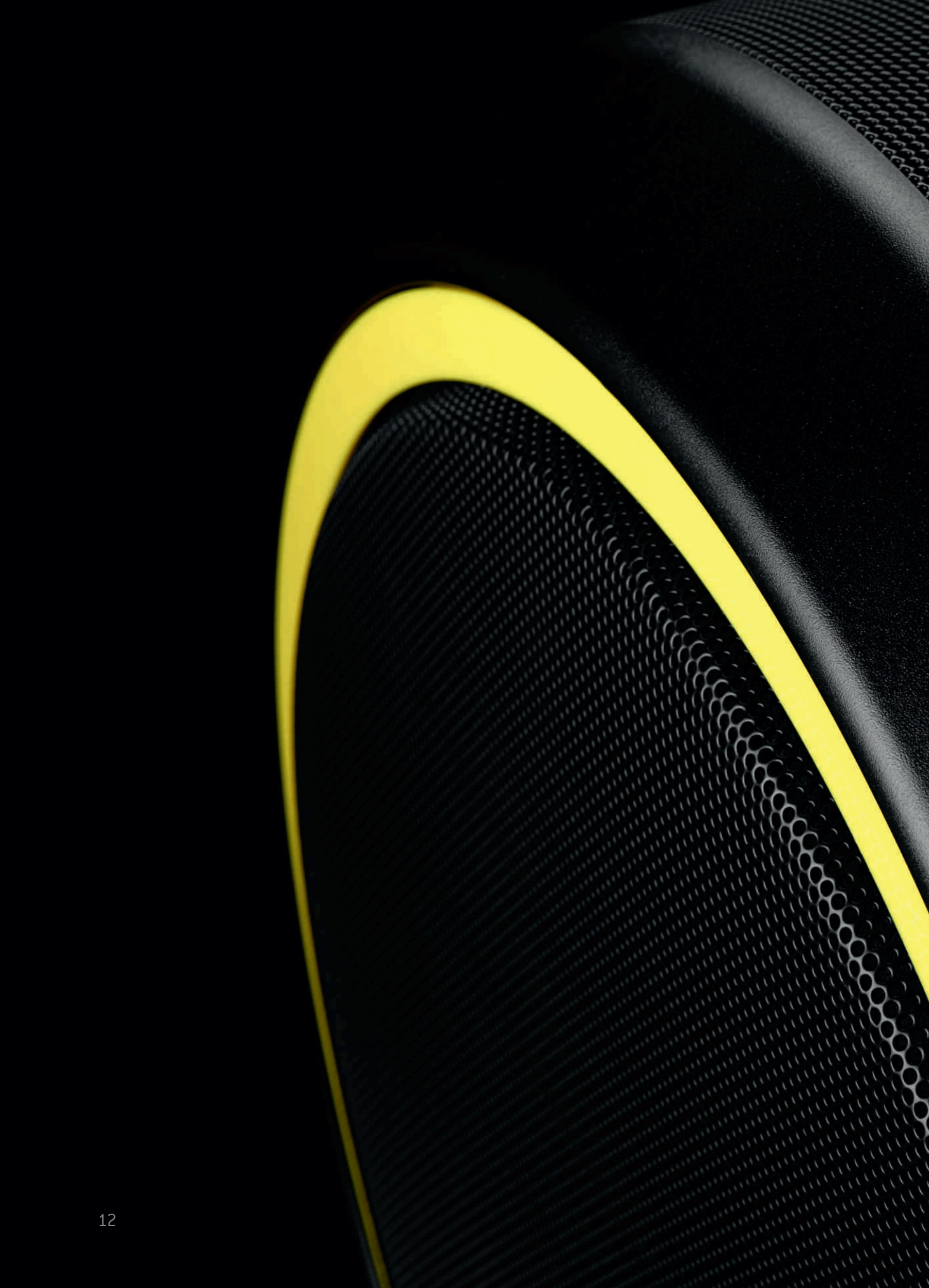
Skillbike™

# Skillrow™

The Cardio Total Body Workout becomes a feat of pure performance. Functional design, state-of-the-art equipment and advanced technology enable you to train every muscle in your body.













## SPORT DESIGN





Train for as long as you want,  
with all your strength.







Design that brings performance  
to every environment.













# Skillrow™ App

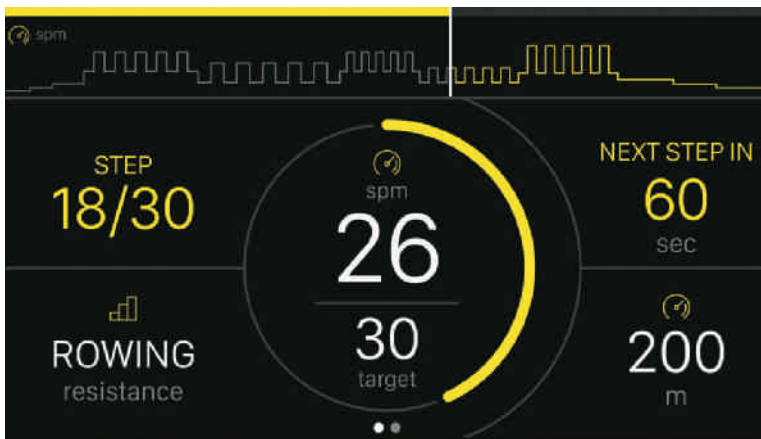
Immerse yourself in the digital training experience to challenge your rivals and improve your performance.



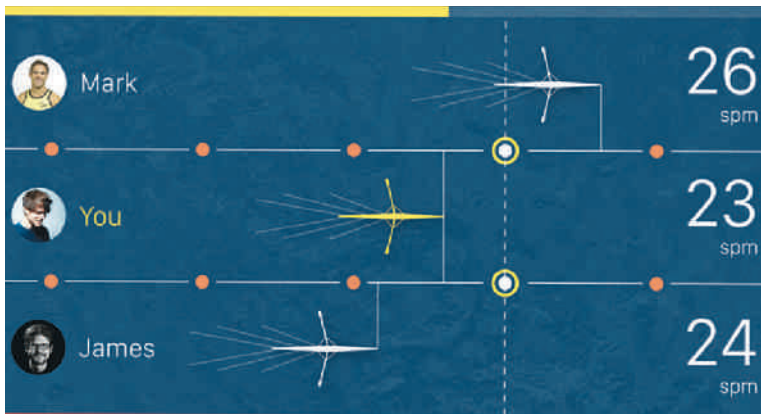
Skillrow™ App



## TNT™ TRAINING



## RACES





The main cycling computer display shows the following metrics:

🕒 min	13:06	🌀 spm	21	⬆
📏 m	2825	🕒 /500m	2:21	⬇
🔥 kcal	292	⚡ watt	125	SET
📶 4		📶 126	❤ bpm	❤



**EXPERIENCE THE UNIQUE SENSATION OF ROWING  
ON WATER, THANKS TO AQUAFEEL TECHNOLOGY.**





# Multidrive Technology™

Select the level of resistance  
for strength or endurance  
training.

---



## AQUAFEEL™



**POWER**



**ROWING**



mywellness









# Enhance and tone your entire body. Develop your skills and endurance.

Its silent, fluid movements follow  
the intensity of your rhythm.

All the settings are easy to reach from  
the comfortable ergonomic seated  
position.

It can be quickly and easily stored.

---

## RECOMMENDED FOR:

- Enhancing and toning your entire body
- Training your cardiorespiratory system
- Increasing power, speed and stamina
- Achieving uncompromising performance

# Skillbike™

Train at home and feel like you're cycling outdoors, with the first indoor bike equipped with an 8-speed gearing system.











## THE BIKE WITH 8 EXTRA GEARS



Your best indoor bike,  
built with the best biomechanics.











# Fully connected performance

Compete against other cyclists from around the world with Zwift.



Zwift

Retrace every kilometer you've covered outdoors with Strava and track your performance seamlessly with your Garmin device.



Strava



Garmin

**JOIN the TECHNOGYM CYCLING CLUB on STRAVA.**

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READY FOR  
EVERY CHALLENGE









## RACE SETTINGS

The geometry of the frame and handlebars is designed to give you the real feeling of being on two wheels.





# Beat your personal bests and head toward new victories. Indoor and outdoor.

The integrated machine and Pedal Printing™ technology allow you to get biofeedback in real time and improve your performance.

Our Multidrive Technology™ simulates uphill and downhill slopes to make you feel like you're on the road.

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## RECOMMENDED FOR:

- Training your cardiorespiratory system
- Toning legs and glutes
- Losing and managing weight

# Skillmill™

You are the engine. Your stride sets the training level. Improve your speed, power, agility and stamina with only a single piece of equipment and your full grit.



A close-up photograph of a black Technogym exercise machine. A yellow handle is visible at the top right. The Technogym logo is prominently displayed on the machine's frame in the lower center. The logo consists of the word "TECHNOGYM" in a bold, sans-serif font, with a registered trademark symbol (®) to its upper right. The letters are white with a black outline, set against a grey, metallic-looking background that has a stylized, angular shape.

**TECHNOGYM<sup>®</sup>**









UNLEASH THE ATHLETE WITHIN









The curved, non-motorized treadmill follows your movement through and transforms it into pure energy, reducing load on your joints.





The image shows a close-up of a black, textured surface, likely a piece of gym equipment. The texture consists of a grid of small, raised rectangular elements. A prominent yellow stripe runs diagonally across the lower portion of the frame. In the upper left, the word "TECHNOGYM" is printed in a bold, white, sans-serif font, enclosed within a white, stylized, angular border that resembles a shield or a piece of armor. A small registered trademark symbol (®) is visible to the right of the word.

**TECHNOGYM®**



# Multidrive Technology™

Speed and endurance training  
all at once.

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## BEYOND PERFORMANCE

Maintain perfect posture in every workout.







# IMPROVE YOUR ATHLETIC SKILLS

With High Intensity Interval Training (HIIT) exercises.



**POWER**



**SPEED**



**STAMINA**



**AGILITY**









# Unlock your athletic instinct

Ergonomic design, equipment and components help you to maintain stability and control even during the most intense workouts.

The handles and the optional belt allow you to do push-pull exercises in complete safety.

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## RECOMMENDED FOR:

- Enhancing and toning your lower body
- Training your cardiorespiratory system
- Increasing power, speed, stamina and agility
- Ensuring safe workouts with reduced load on joints

# Skillrun™

The first piece of running equipment designed to train Olympic champions and increase both power and stamina. Reach your goals faster and improve your performance.













The ergonomic design, wider running space and standard -3% to +25% incline allow you to reach the maximum speed of 30 km/h for the perfect running experience.

# PERFORMANCE RUNNING







Increase power and stamina using  
the same piece of equipment.









**SPEED**



**AGILITY**



**POWER**



**STAMINA**

Speed, explosive power and acceleration, neuromuscular coordination and endurance efficiency: with Interval Training exercises you will improve your athletic skills, performance after performance.



A person's leg is shown running on a black Technogym treadmill. The treadmill has a yellow stripe along its side and the 'TECHNOGYM' logo on the front. The scene is set in a modern, dimly lit gym hallway with large windows and recessed ceiling lights. The overall mood is focused and professional.

**EVERY RECORD IS JUST  
A NEW BEGINNING**

Whether you are a marathon runner,  
a triathlete or a sprinter, you'll reach  
ever more ambitious goals.









# Win every race. Even against yourself.

Set up your routine according to your specific needs.

Change speeds, the resistance and the incline with a single touch.

Real-time biofeedback allows you to improve your performance.

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## RECOMMENDED FOR:

- Enhancing and toning your lower body
- Training your cardiorespiratory system
- Increasing power, speed, stamina and agility
- Achieving maximum performance



# Complete the training experience

Add the most elegant strength-training  
equipment to your private gym.



# Power Personal

Designed by Antonio Citterio

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From the maximum expression  
of power to an essential piece  
of furniture.

## BEAUTY IS POWER.

The exclusive Bench and Rack  
design by Antonio Citterio  
perfectly integrates with any part  
of your home, letting you work out  
whenever you want.











# Technogym Interior Design

Design the Wellness space for complete well-being. From lighting to materials, our solutions create the perfect synergy between the training experience and home environment.














# Technical Specifications

	<b>Skillrow™</b>	
	<b>Technical Specifications</b>	
	Dimensions (L x W x H)	2435 x 629 x 1280 mm (96 x 25 x 50 in)
	Equipment weight	61 kg (136 lbs)
	Min/max user height	150 - 210 cm (4.11 - 6.11 in)
	Max user weight	160 kg (352 lbs)
	<b>Console</b>	
	Console type	7" LCD display with backlight
	Power supply	Self-powered with power accumulator
	Power read out	Watt

	<b>Skillrun™</b>	
	<b>Technical specifications and performance</b>	
	Running surface size	173 x 55 cm (68" x 22")
	Max user weight	220 kg (485 lbs)
	Footrest width	14 cm (5.5")
	Speed range (at any main supply)	0,2 - 30 km/h (0.1-18.6 mph)
	Incline range	-3% / + 25%
	Maximum sled load	160 kg (350 lbs)
	Maximum resistance	1700 watts @ 10.0 km/h (6.25 mph) - [Max. Resistance increases with speed]
	<b>HR Monitoring</b>	
	Heart rate monitoring	Compatible with ANT+ and Bluetooth® transmitters (chest belts)*
	<b>Workout options</b>	
	Classic workout programs	1 - Quick Start
	Goal - Oriented workout programs	3 - Time/Calories/Distance
	Heart rate-driven workout programs	3 - CPR / Training Zone / Weight Loss
	Individual profile workout programs	7 - Profiles (6 preset), Create your own
	<b>Structural specifications</b>	
	Dimensions L x W x H	1850 x 870 x 1680 mm (73" x 34" x 66") **
	Running surface height	32 cm (12.6")
	Treadmill weight	223 kg (492 lbs)
	<b>Electrical specifications</b>	
	Power requirement	200-240 Vac ("E" version); 90-240 Vac ("A" version); One dedicated 16A socket each machine
	Power engine (peak)	10.0 HP (AC Brushless motor)
<b>UNITY™</b>		
<b>Screen and controls</b>		
Screen size	19" LCD - Wide 16:9	
Capacitive touch screen	Yes	
<b>User ID</b>		
Bluetooth®	Yes	
RFID (NFC) reader	Yes	

\*Transmitters not included  
\*\* Length x Width x Height from workout position

Skillmill™				
				
	<b>VERSION</b>	<b>GO</b>	<b>CONSOLE</b>	<b>CONNECT</b>
		Cordless	Cordless	Power cable
	Telemetric heart rate chest strap compatibility	-	Bluetooth® Smart	Bluetooth® Smart
	Power read out	-	Watt	Watt
	<b>SKILLMILL™</b>			
	Surface dimensions (LxW)	1680 x 480 mm (66" x 19")		
	Dimensions (LxWxH)	1910 x 890 x 1540 mm (75" x 35" x 61")		
	Equipment weight	180 kg (397 lbs)		
	Min - max user height	150 - 210 cm (4.11" - 6.11")		
Max user weight	180 kg (397 lbs)			
Maximum speed	No limit			

Skillbike™		
	<b>Technical specifications</b>	
	Gradient replication	-3/+15%
	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
	Power accuracy	+/-1%
	Resistance system	Magnetic: 4 permanent magnets in neodymium
	Min - max user height	155 - 205 cm (5.1" - 6.7")
	Max user weight	160 Kg (353 lbs)
	Noise level	70 decibel at 130 rpm
	Heart rate monitoring	Compatible with ANT+ and Bluetooth® transmitters
	Assembled weight	55 Kg (121 lbs)
	Assembled dimensions	L1545 x W638 x H1301 mm (L61" x W25" x H51")
	Electrical requirement	Input: 100-240 Vac, 50-50 Hz, 60 Watt. Output: 24 Vdc
	<b>Console</b>	
	Console type	Console type 7" LCD display with backlight
	Touchscreen	Yes

# For information and purchases

Technogym products and services are only sold directly.

## PHONE NUMBERS

Call us for advice on which products and services best fit your needs:

**0800 3162496**  
[Freephone - UK only]

**1800 615440**  
[Freephone - Australia only]

**+971 4 3375337**  
[United Emirates only]

**+39 0547 650111**  
[Other countries]

## WEB SITE

Discover Technogym's complete offer and make your purchases directly from the online Shop:

**[technogym.com](http://technogym.com)**

## FOLLOW US ON



## BOUTIQUES & SHOWROOMS

Visit us to try our equipment and to create a personalised solution for your Wellness with the help of our experts:

### LONDON

c/o Harrods, 87-135, Brompton Road

### DUBAI

Sheik Zayed Road - Exit 42 Palladium Building

### SYDNEY

Building E, Suite E204, 24-32 Lexington Drive - Bella Vista

### ABU DHABI

Al Maqta Building Sultan Bin Zayed The First St.

### HEADQUARTER

c/o Technogym Village, via Calcinaro, 2861, Cesena

### MILANO

Via Durini, 1

### MOSCOW

66km MKAD, Crocus City Mall Store 163

### MOSCOW

Red Square 3, GUM, 3rd floor/3rd line

### ST. PETERSBURG

Bolshoy prospekt P.S. 49/18

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Green Street, 70

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The Wellness Company

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