



## UNITY™ Android Open Platform

Excite+ and ARTIS Cardio Entertainment Package



### UNITY™

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UNITY™ is Technogym's innovative cardiovascular console with intuitive gesture navigation and swipe technology. It's the first Android 4.0 based, open platform, with a futuristic touch screen tablet-like interface that can truly capitalize on existing standard Android applications.

By selecting applications from the exclusive Technogym App Store, operators are able to create customized premium experiences for their members. End users can sign in utilizing smartphones by simply scanning a QR code or via NFC technology. UNITY offers a seamless experience - recognizing social media login information, preferred TV channels and websites, favorite apps, Bluetooth connectivity... and more.

### Features

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- High resolution 19" (treadmill) or 15" displays with capacitive touch screen and Android 4.0 OS
- Login enabled via NFC technology, QR Code, key reader, or username and password
- Open platform enables applications such as Facebook, YouTube, Twitter, Tumblr, and others to be downloaded from the exclusive Technogym App Store
- Intuitive swipe home screen allows users to interact as if it were their own tablet
- Customizable personal content including favorite apps, TV channels, and websites
- Custom workout programs and exercises including intervals and hills (altitude changes)
- UNITY remembers users when logged in, but erases content from machine when logged out
- Virtual Trainer enables users to enjoy the scenery and excitement of outdoor training
- Integrated web cam allows users to Skype (on ARTIS Treadmill only)
- Bluetooth iPhone/iPad or headphone device connectivity/navigation
- USB port offers full screen viewing of USB format entertainment files: MP3, WMA, WAV, WMV, MPEG2, MPEG4, DivX, jpeg
- 18 language capability which can be set as user-defined or facility-defined
- Optional IPTV [Internet Protocol Television] compatibility for the highest quality digital signal enabling facilities to manage all entertainment content (TV, internet) via single central feed  
*\*Note: IPTV requires protocol specific service provider to facilitate formatted content delivery*
- MyRunning Logbook enables runners to replicate their favorite outdoor run on the treadmill, challenging past performance by monitoring map position and pace, tracked by compatible mobile apps (i.e. RunKeeper, MapMyFitness, Strava) or devices such as FitBit, Polar
- Compatible with Technogym Apps: Communicator, Asset Management, Store, Prescribe, Self, Challenge

### Warranty

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- 2 years parts and labor (extended warranty packages and service agreements available)

# Jog *now*

JOG Now builds on the durability and functionality of the previous JOG to bring you more safety and accessibility, entertainment and instruction. JOG Now promises versatility, usability and reliability that is ideal for commercial use.

## PRODUCT DIFFERENTIATORS



### "IN MOTION" SAFETY SYSTEM

This system prevents people from stepping on the treadmill when the belt is still in motion. All users need to wait for the red light to turn off before stepping on the treadmill.



### ERGONOMIC DISPLAY

The new position offers the most comfortable viewing angle to users of all heights and maintains correct posture.



### REDUCED DECK HEIGHT

The ergonomic lower deck height and user-friendly design improves accessibility and facilitates use by the less mobile.



### MYRUNNING LOGBOOK

With the exclusive UNITY™ application, Jog Now can automatically replicate outdoor runs tracked by compatible mobile apps (RunKeeper, Mapmyfitness, Strava) or wearable devices (Polar and Garmin).



### LONG LIFE DECK

Operators will benefit from the improved sturdiness and durability of its deck and the 6.0 HP motor (peak power), coupled with lower operating costs.



### PERMANENT LASER MARKINGS

Stay fast throughout the entire life cycle of the belt and ensures continuous safety to all users.



### UNBEATABLE TOTAL COST OF OWNERSHIP

JOG Now is **beautiful inside and out**, because it lasts longer and stays looking new, preserving its value over time.

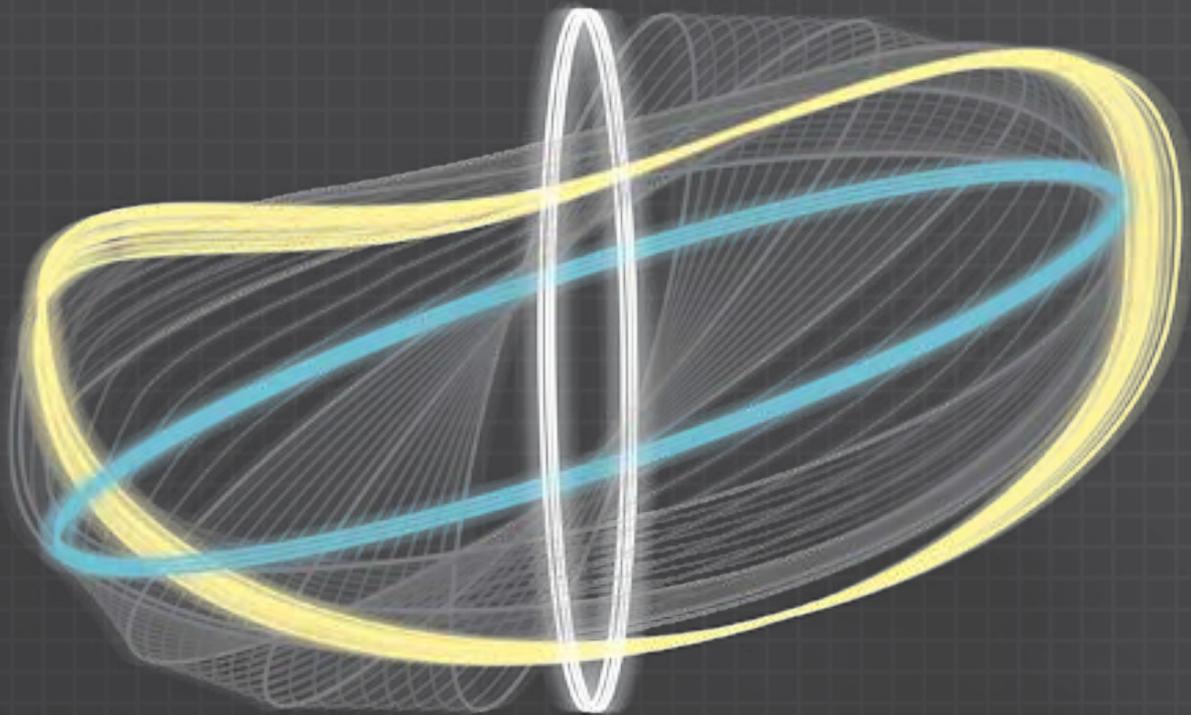
Designed for **intensive commercial use**, the new JOG Now comes with exceptional quality and durability which increases its high buy-back value.





# Infinite trajectories, no impact movement

VARIO is able to optimise stride dynamically and automatically, in relation to the user's height and preference. A fluid and natural movement, combined with a wide stride length from 0 to 83 cm [32.7 in], allows users to run in a new, exciting and efficient way.



Discover more about Vario  
[www.technogym.com/vario](http://www.technogym.com/vario)

# Vario

**VARIO is one of the most innovative pieces in the Excite+ cardio line. With its unique and adaptable movement pattern, users can enjoy infinite exercises by defining and adapting their own stride length and shape.**

## PRODUCT DIFFERENTIATORS



### **NO IMPACT MOVEMENT**

The non-impact, intuitive movement on VARIO supports a safer and more effective training experience for any user.



### **VARIABLE STRIDE**

VARIO provides a unique cardiovascular workout by offering the user the opportunity to determine the movement and stride length; from a vertical step to a simple walk to a long stride with the feel & freedom of running.



### **NATURAL AND PERSONALISED MOVEMENT**

VARIO is able to adapt the stride dynamically and automatically in relation to the user's preference and height. The resulting fluid and natural movement also delivers a wide stride length from 0 - 83 cm (32.7 in) and the biomechanical design ensures minimum 'bouncing' in the movement for a more comfortable workout.



# Crossover

**CROSSOVER (patented) takes total body cardio training to new levels of effectiveness and enjoyment, for peak performance at every user level.**

## PRODUCT DIFFERENTIATORS



### DIFFERENT MOVEMENT

CROSSOVER'S uniqueness lies in the teaming up of two winning concepts, **lateral movement and total body training**. The combined effect is a product that better suits the conditioning needs of a greater diversity and higher number of users.

CROSSOVER enables you to serve the widest range of your members' training aspirations and to offer a stimulating experience that is ideal for any level of conditioning.

Engaging multiple muscle groups while simultaneously gaining a cardiovascular fitness will give your clients a completely different type of workout experience.

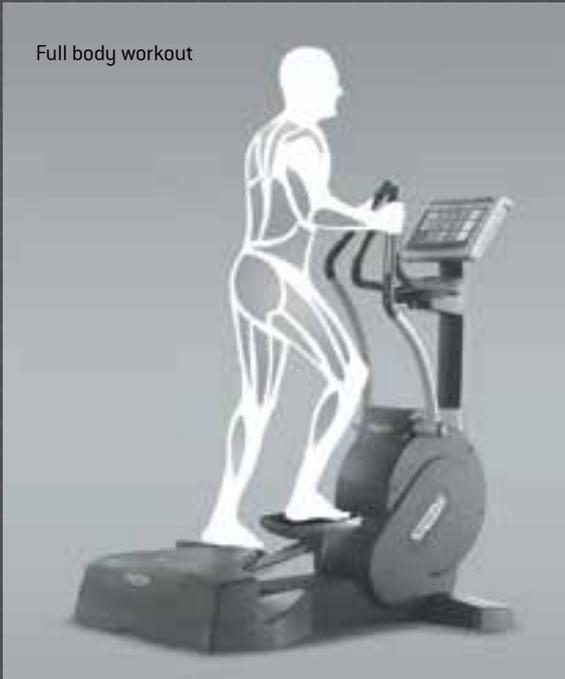


### TOTAL BODY WORKOUT

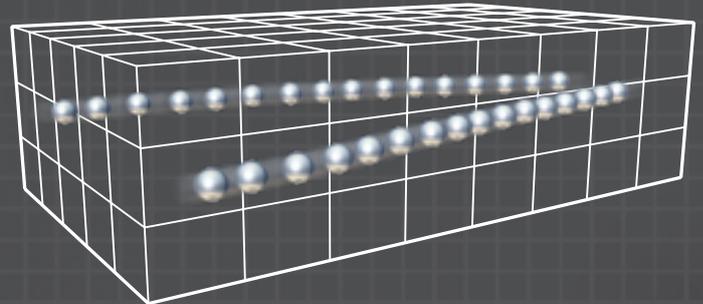
With lateral movement training, users combine extension, abduction and external rotation to engage and challenge more muscles than traditional lower body movement. The result is **maximum effectiveness**.

CROSSOVER combines lower body lateral movement with an upper body convergent movement that involves the arms, torso and core to provide a balanced full body cardio workout.

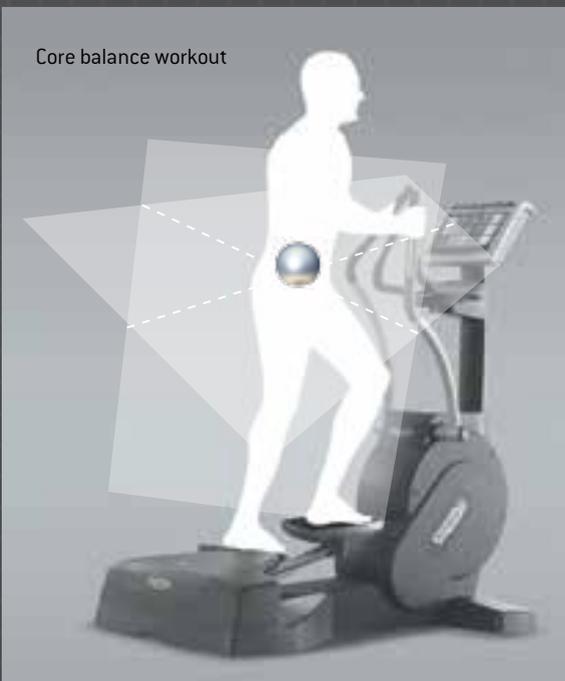
Full body workout



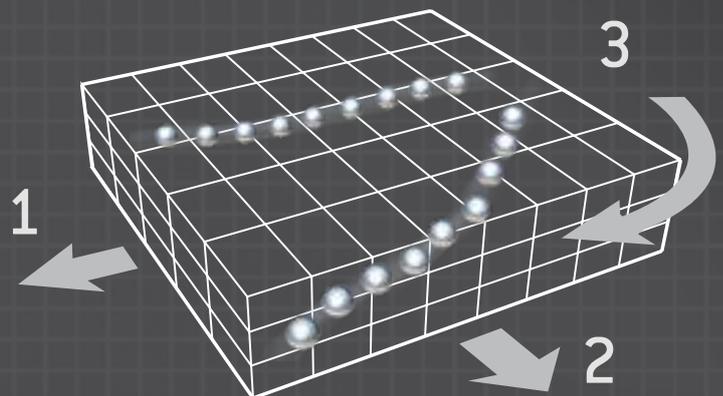
## Upper convergent movement



Core balance workout



## Lateral lower body movement: 3 movements in 1 (PATENTED)



Discover more about Crossover  
[www.technogym.com/crossover](http://www.technogym.com/crossover)

# Synchro

SYNCHRO recreates the movement of the body when walking or running. The natural elliptical no-impact movement prevents stress to the joints whilst providing an extremely effective cardiovascular exercise.

## PRODUCT DIFFERENTIATORS



### FAST TRACK ELLIPTICAL

SYNCHRO is elliptical trainer with **Fast Track Control** enabling users to adjust the intensity level directly from the arms without needing to interrupt the exercise to reach the keypad.

### CONSTANT HEART RATE DIRECTLY FROM HAND SENSORS

SYNCHRO sports a **Double Hand Sensor**, located on the handle bar and on the arms, to guarantee constant heart rate monitoring.

### SMOOTH & STRESS-FREE

Training on SYNCHRO helps you relax and focus on the movement and yourself. The **Smooth Motion** belt transmission system ensures the machine is quiet and enhances fluidity of movement. The contact surfaces are ergonomic, comfortable and pleasing to the touch.



### REAR-DRIVE TRAJECTORY

The rear drive ensures a fluid elliptical trajectory and smooth circular movements.



## TREND Version

AN. Anthracite Frame + R. Grey Guard



## CLASS Version

AL. Silver Frame + G. Flint Grey Guard

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	ENERGY SAVING
<b>Specifications &amp; performance</b>					
Dimensions (LxWxH)*	2040 x 700 x 1600 mm (81" x 28" x 63")				
Weight	150 kg (330 lbs)				
Max user weight	180 kg (397 lbs)				
Difficulty levels	1 - 25				
Resistance at 120 SPM (Watts)	30 - 500		40 - 500		30 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless		100 - 240 Vac 50/60 HZ
Maximum power consumption	100 VA		Self Powered cordless		100 VA
<b>Training &amp; comfort features</b>					
Goal Oriented Display	YES				
Total number of programmes	15 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Virtual Training**		23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	Fitness Test				NO
Military tests	Navy PRT				NO
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish		13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish		
User-defined language selection	YES			NO	
HR monitoring	Double Hand Sensor, Telemetry***			Telemetry***	
Fast Track Control	YES			NO	
Calorie Coach	YES				
<b>Supplementary features &amp; utilities</b>					
Plug & Play System	YES				
mywellness® platform connectivity:	YES through Key Reader, QR code and NFC (RFID)		YES through optional Key Reader		
<b>Certifications</b>					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
<b>Display options</b>					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED

● MD version available (compliant to 93/42/CEE medical certification)

\* Length x Width x Height while working on the equipment

\*\* May be subject to update for further training programmes releases

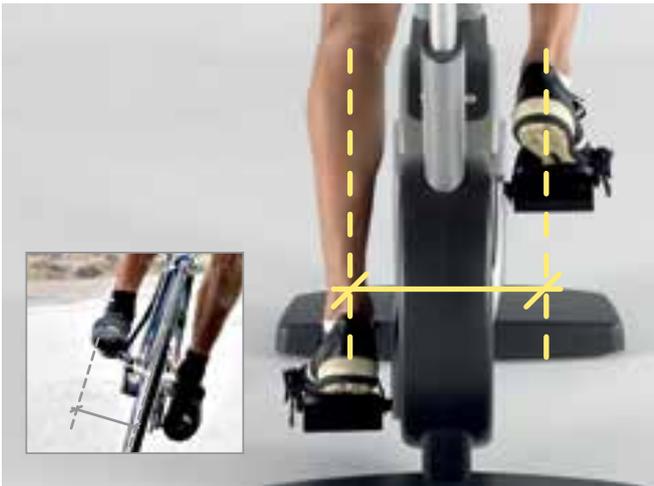
\*\*\* Analogue heart rate chest straps with 5kHz transmission. On UNITY™ versions only, also Bluetooth® heart rate chest straps. Band and transmitter not included.



# Bike

**BIKE replicates the sensation of riding a real road bike. The biomechanics and ergonomic design offer a variety of positions to improve rider comfort and accessibility as well as performance.**

## PRODUCT DIFFERENTIATORS



### **SUPERIOR ERGONOMY & BIOMECHANICS**

The distance between the feet has been reduced to offer a more realistic cycling experience and to make even the more demanding cyclist feel at one with the equipment.



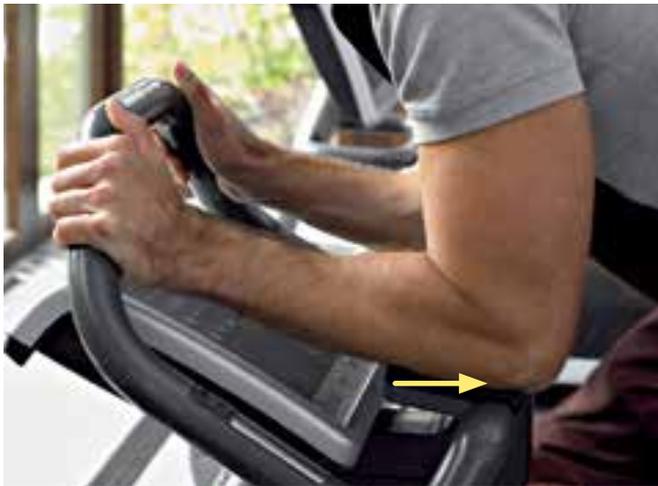
### **3 BIKES IN 1**

Thanks to the new handlebar design, the BIKE offers three different training positions to suit everyone's needs: a standard option, a city bike option and a stimulating race position.



### **INNOVATIVE SEAT**

Maximum user comfort has been obtained by introducing new gel inserts in the seat and by moving the seat adjustment regulations to the back of the seat, making it possible to change position of the seat without disturbing the rider. The finest adjustment of the seat position is guaranteed by the 0.5" step.



### ELBOW SUPPORT

BIKE's exclusive handle bar offers a soft and ergonomic elbow support that provides maximum comfort in the race position.



### SMART PEDALS

BIKE's wider pedals with adjustable straps provide all the stability and support sportier riders need to cycle in full safety from a standing position. The 10 degree pedal incline towards the user makes it easier to slide the feet inside the pedals from the sitting position.



### FAST TRACK CONTROL

The **Fast Track Control** function makes it easy for users to concentrate their attention on performance alone and ensures that the correct and safe training posture is always maintained by enabling them to adjust the intensity level of the exercise without having to interact with a keypad.



### CONSTANT HEART RATE DIRECTLY FROM HAND SENSORS

**Heart rate interactive function** can be activated by simply placing the palms on the **Hand Sensors**. No heart rate chest strap is required.



# Recline

Users who seek additional comfort and those with limited mobility will love RECLINE. It offers an alternative cycling experience for those looking for moderate cardio activity and is particularly suitable for active aging clients.

## PRODUCT DIFFERENTIATORS



### TOTAL ACCESSIBILITY

RECLINE offers numerous features that make it the most accessible recumbent bike on the market:

- The wide walk through allows users to comfortably enter and exit the bike.
- The 6.5 cm (2.5") step-over height simplifies access for less mobile and larger users.
- The central handlebar offers additional support during entry and exit.



### SMART PEDAL FEATURES

The wide pedals with adjustable straps provide better stability and support to the less mobile users and the 10 degree pedal incline towards the user makes it really easy to slide the feet inside the pedals from the sitting position.



### CONSTANT HEART RATE DIRECTLY FROM HAND SENSORS

**Heart rate interactive function** can be activated by simply placing the palms on the **Hand Sensors**. No heart rate chest strap is required.



### FAST TRACK CONTROL

With **Fast Track Control** users can adjust the intensity level of the exercise from the handles at the side of the seat without having to interact with a keypad.



### WIDE WALK THROUGH

The wide walk through between seat and pedals enables users to move freely and comfortably when sitting down or exiting the machine.



### VERSATILITY AND COMFORT

Everyone can find their best sitting position with the adjustable and easy to reach back rest.

Both seat and backrest provide excellent support and comfort thanks to the new design and exclusive material researched by Technogym.

## RECLINE COLOUR OPTIONS

RECLINE is available in two frame and five colour combinations to be perfectly coordinated with the furnishing of your centre increasing its originality and appeal.



M. Bordeaux Upholstery



NA. Black Upholstery



AG. Grey Upholstery

TREND Version



Z. Light Brown Upholstery

CLASS Version



K. Aviation Blue Upholstery

# Top

TOP provides the best cardiovascular upper body training on the market. By performing upper body rotary training with TOP, users increase fitness, improve muscular strength, endurance and the shape of their upper body.

## PRODUCT DIFFERENTIATORS



### COMPLETE WELLBEING

By alternating upper body cardio on the TOP machine with traditional and lateral lower body exercises, everyone can achieve more complete cardiovascular benefits and training becomes more varied, stimulating and effective.

### IMPROVE POSTURE AND BALANCE

TOP helps to redress the imbalances caused by poor posture and a sedentary lifestyle. The unique **ergonomic seat** helps promote correct posture and assists in engaging core, back and shoulder muscles to achieve better total body stabilisation.



STANDARD SEAT



ERGONOMIC SEAT

### VERSATILITY

TOP can be used standing up or seated.

It features a standard seat with backrest, and an innovative ergonomic seat that promotes correct spine alignment and posture - available as optional accessories.

Extremely versatile in both design and functionality, TOP is suited for many applications, including sport and rehabilitation, and provides a cardio training solution accessible to wheelchair users.



CARDIO

TECHNOGYM  
EXCITE

# Step

A highly effective STEP machine that is also quiet, smooth and easy to operate. Its independent footrest movement helps you improve both balance and coordination and provides a complete cardiovascular and lower body workout.

## PRODUCT DIFFERENTIATORS



### OPTIMISED PERFORMANCE

The support handles are optimally positioned to prevent leaning and to maintain the correct position throughout the workout.

### CONSTANT FLUID MOTION

The **Smooth Motion** belt transmission system ensures quiet operation and fluidity of movement.



### SAFETY AT THE TOUCH OF A HAND

The **Fast Track Control** function allows you to change the resistance level without having to remove the hands from the support handles and interrupt your training.

The **Hand Sensor** system enables constant heart rate monitoring.

ers



CARDIO

## Pure Strength Leg Press



This machine replicates the extension movement of the lower limbs, in closed kinetic chain. A pre-start system enables the user to begin the exercise from an easy starting position without limiting the ROM. The wide pushing footplate enables training from different working angles. The project development of this machine enables the user to perform fully efficient unilateral movements. And an intuitive three-position stop system ensures maximum user safety.

Length 1780 mm *70 in*

Width 2060 mm *81 in*

Height 1525 mm *60 in*

Machine Weight 215 Kg *474 lbs*

Max Load 480 Kg *1058 lbs*



Olympic Flat Bench

PG07

- Two user footplates (patent pending) to support shorter users, featuring a magnetic locking system and spring assistance
- Spotter platform for an effective assistance
- Stop hooks for unsupervised training
- IPF standards compliant

Length:	mm	<b>1645</b>	in	<b>65</b>
Width:	mm	<b>1254</b>	in	<b>50</b>
Height:	mm	<b>1358</b>	in	<b>55</b>
Bench Weight:	kg	<b>109</b>	lbs	<b>240</b>



Olympic Incline Bench

PG01

- The user footplate stabilizes user during exercise
- Spotter platform for an effective assistance
- Stop hooks for unsupervised training
- IPF standards compliant

Length:	mm	<b>1844</b>	in	<b>47</b>
Width:	mm	<b>1254</b>	in	<b>54</b>
Height:	mm	<b>1604</b>	in	<b>51</b>
Bench Weight:	kg	<b>103</b>	lbs	<b>297</b>



Olympic Decline Bench

PG23

- The Rollpad Adjustable System enables to set the rollers with a single setting adjustment
- Stop hooks for unsupervised training
- IPF Standards compliant

Length:	mm	<b>1894</b>	in	<b>75</b>
Width:	mm	<b>1244</b>	in	<b>50</b>
Height:	mm	<b>1523</b>	in	<b>60</b>
Bench Weight:	kg	<b>108</b>	lbs	<b>238</b>



### Adjustable Decline/Ab Crunch

PG03

- 3 backrest settings to differentiate difficulty level (-20°, -5°, +15°)
- 2 integrated plate holders, also accessible from workout position (patent pending)
- Wide walkthrough design for easier access
- 2 handles under the rollers to allow reverse abdominal exercises
- Integrated handle to facilitate entrance/exit

Length:	mm	<b>1838</b>	in	<b>72</b>
Width:	mm	<b>544</b>	in	<b>21</b>
Height:	mm	<b>970</b>	in	<b>38</b>
Bench Weight:	kg	<b>79</b>	lbs	<b>174</b>



### Lower Back Bench

PG05

- Pad height setting allows 9 different settings
- 2 integrated plate holders, also accessible from workout position (patent pending)
- Wide footplate for exercise variations

Length:	mm	<b>1192</b>	in	<b>47</b>
Width:	mm	<b>760</b>	in	<b>30</b>
Height:	mm	<b>920</b>	in	<b>36</b>
Bench Weight:	kg	<b>57</b>	lbs	<b>126</b>



### Scott Bench

PG06

- Double angle pad setting (10° or 50°) for maximum load at the beginning or at the end of the range of movement (patent pending)
- For safety reasons, the setting system can only be accessed from the front with both hands, by removing the barbell
- Stop hooks to secure the bar

Length:	mm	<b>970</b>	in	<b>51</b>
Width:	mm	<b>821</b>	in	<b>50</b>
Height:	mm	<b>1042</b>	in	<b>58</b>
Bench Weight:	kg	<b>84</b>	lbs	<b>185</b>



### Adjustable Bench

PG04

- 8 backrest angle settings [-8°, 0°, 15°, 30°, 45°, 60°, 75°, 85°]
- Easy-to-move with integrated wheels
- Easy-to-move with integrated handle
- 3 seat angle settings (0°, 15°, 30°)

Length:	mm	<b>1328</b>	in	<b>52</b>
Width:	mm	<b>510</b>	in	<b>20</b>
Height:	mm	<b>452</b>	in	<b>18</b>
Bench Weight:	kg	<b>59</b>	lbs	<b>130</b>



### Olympic Half Rack

PG10

- Walkthrough design
- 2 foldable footplatforms allow the user to reach the chin up handles and assistance
- Integrated barbell storage holder
- Multi-angle chin handles
- Dip handles
- IPF standards compliant
- Optional: Connect Adjustable Bench-Rack Set (code A0000447) to connect the Adjustable Bench to the Half Rack
- Olympic Half Rack Holder Set (code A0000374) 5 sets required

Length:	mm	<b>1406</b>	in	<b>55</b>
Width:	mm	<b>1260</b>	in	<b>50</b>
Height:	mm	<b>2363</b>	in	<b>93</b>
Machine Weight:	kg	<b>210</b>	lbs	<b>463</b>



### Olympic Military Bench

PG08

- The user footplate stabilizes user during exercise
- Spotter platform for effective assistance
- The special ergonomic design of the posterior hooks (patent pending) reduces shoulder stress
- IPF standards compliant

Length:	mm	<b>1523</b>	in	<b>60</b>
Width:	mm	<b>1273</b>	in	<b>50</b>
Height:	mm	<b>1866</b>	in	<b>73</b>
Bench Weight:	kg	<b>153</b>	lbs	<b>337</b>

# PURESTRENGTH, perform at your best.

## INNOVATION



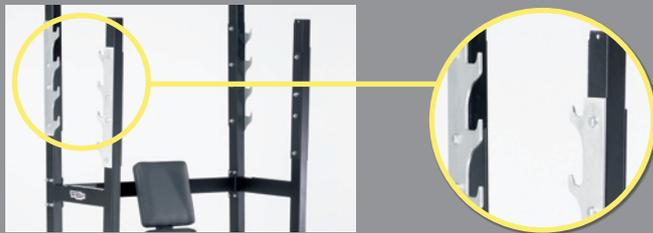
### DOUBLE PAD ANGLE (patent pending)

The new setting system offers 2 training positions: at 10° and 50°.



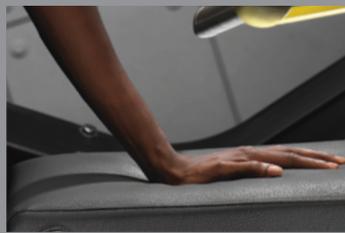
### FOOTPLATE (patent pending)

The Olympic Flat Bench features a footplate for improved posture.



### POSTERIOR HOOK (patent pending)

The ergonomic design of the posterior hooks reduces shoulder stress.



### BODY PRINT SYSTEM (patent pending)

The special high-density filling used for all seats and backrests increases support and minimizes localized pressure.



### LONG LASTING PAINT DURABILITY

ED Painting Process on all benches to guarantee long lasting paint durability.

## ACCESSORIES



### CONNECT ADJUSTABLE BENCH-RACK A0000447

to connect the Adjustable Bench to the Olympic Half Rack



### A0000398 WEIGHT STORAGE ACCESSORIES

With 6 plate holders each for:

- Olympic Flat Bench
- Olympic Incline Bench
- Olympic Decline Bench
- Olympic Military Bench

### OLYMPIC HALF RACK HOLDER SET A0000374

- 5 sets required

# Pure Strength Barbell & Dumbbell Racks



10 Place BB Rack

A0000520

Length:	mm	<b>827</b>	in	<b>33</b>
Width:	mm	<b>819</b>	in	<b>32</b>
Height:	mm	<b>1489</b>	in	<b>59</b>
Rack Weight:	kg	<b>70</b>	lbs	<b>154</b>



2 Tier DB Rack (10 Pairs)

A0000521

Length:	mm	<b>2522</b>	in	<b>99</b>
Width:	mm	<b>667</b>	in	<b>26</b>
Height:	mm	<b>749</b>	in	<b>29</b>
Rack Weight:	kg	<b>160</b>	lbs	<b>353</b>

# ELEMENT+

## Chest Press



- All adjustments reachable from seated position
- The converging arc of movement provides a feeling similar to training with dumbbells.
- The independent movement arms result in a more balanced training effect.
- 55”L x 33”W x 64”H
- 180 lbs
- The rotary adjustment on the handles is easily reachable from the seated position.

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company™

# ELEMENT+

## Arm Curl



- Handles pivot to fit different forearm lengths
- Eliminating the elbow pads allows natural movement around the joint
- All adjustments reachable from a seated position
- 55”L x 31”W x 56”H
- 160 lbs
- Independent arm levers

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Arm Extension



- Unique handle design accommodates varying forearm lengths
- The articulating joint in the movement arm allows users to follow a natural path of movement
- 56”L x 31”W x 56”H
- 180 lbs
- Independent arms allow single side strength improvements

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Leg Press



- All adjustments reachable seated position
- Back rest angle mimics squat position to minimize vertical load on spine
- Large foot platform offers a variety of exercise positions
- 83"L x 45"W x 60"H
- 400 lbs
- Movement can be performed with one or two legs
- Shock absorbers smoothly decelerate foot platform at the end of the possible ROM

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Leg Extension



- All adjustments reachable seated position
- Anatomical shape of the thigh support cushion minimizes pressure on the knee
- 50"L x 41"W x 56"H
- 160 lbs
- The ROM lever activation button adjusts the starting angle from the seated position

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Leg Curl



- The seat and back pad adjust together to ensure consistent comfort and support while minimizing hamstring constriction.
- The dual roller minimizes potential hyperextension of the knee.
- 50"L x 41"W x 56"H
- 160 lbs
- The tibia roller pad can be adjusted to change the starting angle and to make it easier to enter and exit the machine.

ESSENTIAL STRENGTH

**TECHNOGYM**

The Wellness Company™

# ELEMENT+

## Adductor



- Seat adjustment lever reachable from seated position
- Adjustable start position accommodates individual capabilities and preference
- 56”L x 32”W x 56”H
- 160 lbs
- Low height of machine provides easy access

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Abductor



- Front mounted weight stack ensures ease of use and privacy
- Knee pads and dual foot positions support legs and reduce torque around the knee
- 56”L x 32”W x 56”H
- 160 lbs
- Low height of machine provides easy access

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company™

# ELEMENT+

## Abdominal Crunch



- Multi-grip shoulder pads accommodate varying user heights and ROMs
- Back pad shape stabilizes the pelvis for better abdominal muscle isolation
- 52”L x 35”W x 56”H
- 160 lbs
- Dual foot support fits various user sizes and reduces hip flexor activation

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company™

# ELEMENT+

## Lower Back



- All adjustments reachable from seated position
- Backrest for pelvic stability
- Foot rest provides support for users of all sizes
- ROM adjustment enables easy set-up
- 47”L x 37”W x 56”H
- 180 lbs
- Focuses on lower back without engaging hip extensors

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# ELEMENT+

## Multipower



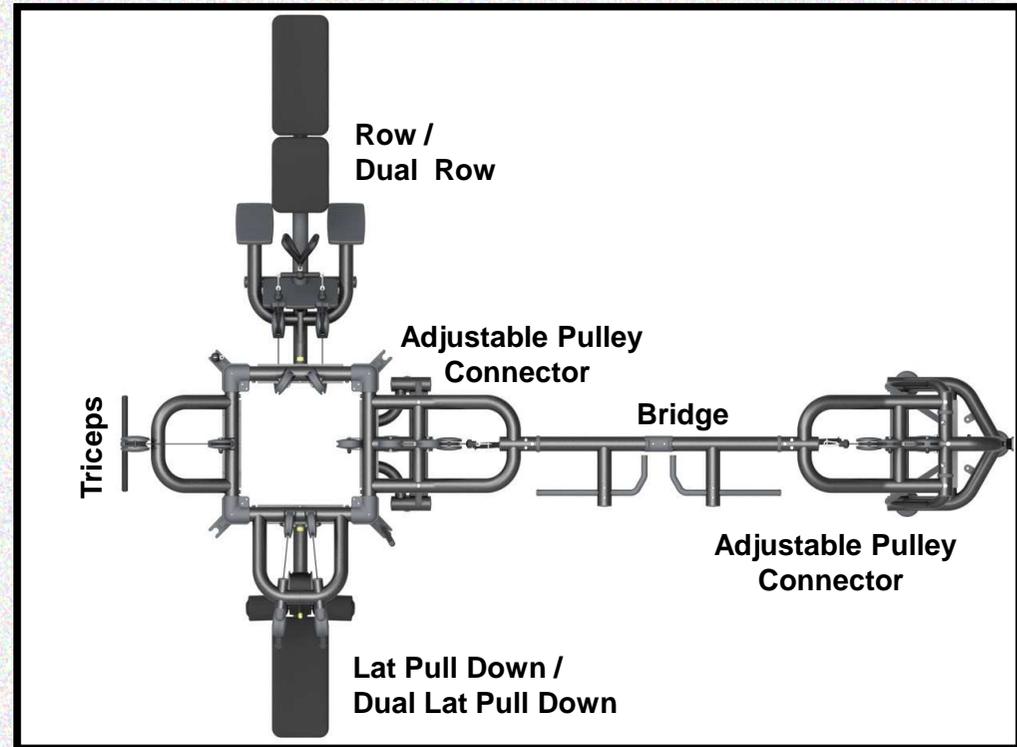
- 54”L x 83”W x 87”H
- Facilitates upper and lower body exercises within a machine-defined path of motion
- 65” barbell run allows for greater exercise variety
- Walk through design for easy entry and accessibility
- Low machine height without compromise to the ROM

ESSENTIAL STRENGTH

**TECHNOGYM**<sup>®</sup>

The Wellness Company<sup>™</sup>

# Cable Stations 5 Configurations



The **type** of each of the **five modules** is **fixed**.

Upon **customers** request, it is **possible** to **swap** the **positions** of the **each** of the **five modules** during the **product installation**, **except** for **Adjustable Pulley Connector** that has to **remain** one **opposite** to the **other**. (installations time may vary accordingly).

# Cable Stations 5 Configurations



**Cable Stations 5** offer the **same features** and **training alternatives** that **Cable Stations 4** with **additional** structure composed by an **Ercolina Rehab** and a **bridge**. It can **accommodate six end users contemporaneously**, **five** performing exercises using the **weight stacks** and **another one** training in the **bridge**.

# Cable Stations 5 Configurations



Training with Dual Lift Accessories



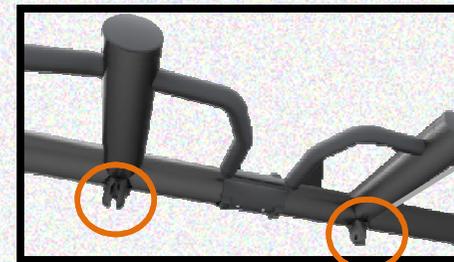
Training with Pull Ups

End users training in the **bridge** can use:

- **Pull Ups Bars** with multi-angle grip: wide, reverse and neutral
- **Suspension training accessories**
- **Dual lift accessories**, the same of Omnia product.



Bridge with Pull Ups Bars. It allow also to grab the suspension training accessories



Hooks in the bridge to insert the Dual Lift accessories

# Cable Stations 5

✓ **Accessories:**

Product will provide with the next accessories:

Accessory Name	Triceps Bar	Leather Ankle Strap	Short Handle	Bar for Lat Machine	Rubber Double Handle Bar	«2 in 1» Connector	Plastic Handle
Picture							
Quantity	2	2	2	1	1	2	2

# Kinesis Stations

**Full Gravity Technology**  
applied to a single station  
machine:

- No cable interference
- Intuitive trajectory
- Reduced adjustments
- Independent weight stacks
- Ascending resistance profile



Results in a unique set of user  
and facility benefits:

- Appeals to a broad range of users
- Creates a perfect engagement point for trainers
- Variety keeps users engaged and motivated
- New and different
- Space efficient

# Kinesis Stations - Full Gravity

## NO CABLE INTERFERENCE

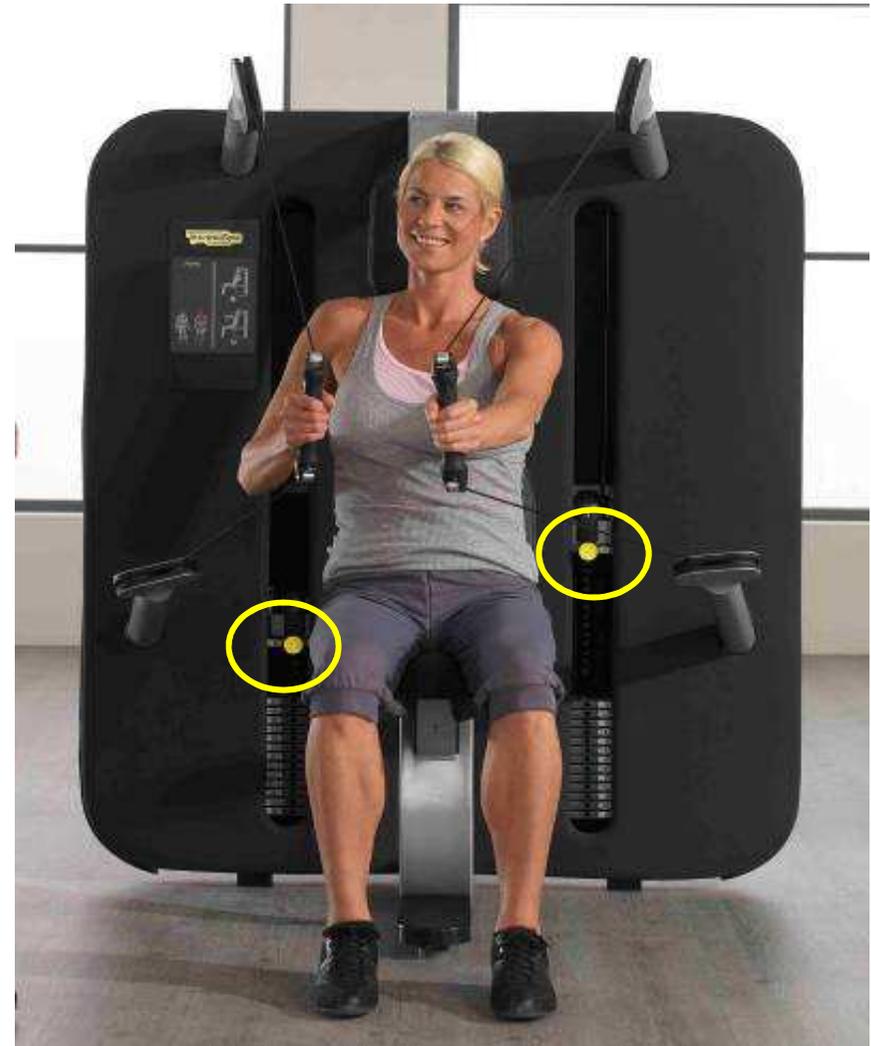
Perform movements **without the annoyance of cable interference** with your forearm on pressing movements. Opens up the potential for **movements not possible on traditional cable machines.**



# Kinesis Stations - Full Gravity

## DUAL WEIGHT STACKS

Each station has two weight stacks to ensure **balanced exercise** and to allow **reciprocating movements**.



# Kinesis Stations - Unique Benefits

Appeals to a Broad Range of End Users

Beginners → Intermediate → Advanced



# Kinesis Stations - Unique Benefits

Progression and Variety

Keeps Clients Engaged and Motivated



# FLEXIBILITY POSTERIOR



- Provides gentle and progressive lengthening of the posterior muscle chain
- Visual Feedback system monitors progress
- Bodyprint innovative padding material molds to the user's body shape
- 82"L x 35"W x 49"H
- 187lbs
- Safety Brake System allows users to relax and stretch
- Headrest ensures every user has proper neck support
- Integrated wheel system

EFFECTIVE STRETCHING

**TECHNOGYM**<sup>®</sup>

The Wellness Company™

# FLEXIBILITY ANTERIOR



- Provides modulated lengthening of the anterior muscle chain
- Visual Feedback system monitors progress
- Bodyprint innovative padding material molds to the user's body shape
- Integrated wheel system
- 76"L x 22"W x 49"H
- 132lbs
- Safety Brake System allows users to relax and stretch
- Angle Stretch Regulation feature allows user to adjust the leg platform to 0°, 20° or 45°

EFFECTIVE STRETCHING

**TECHNOGYM**<sup>®</sup>

The Wellness Company™

# Group Cycle



- Fast setting system reduces set-up time by 75%
- Multigrip handlebar for training position variety, with non-slip, ovalized tubes for comfort
- Dual-sided pedals with larger platform and SPD compatibility
- Sweat-proof coated surface keeps bikes clean and rust resistant
- Symmetrical fly wheel covers and aluminum frame for a polished look
- 2 conveniently positioned water bottle holders on handlebars
- Dimensions: 46”L x 23”W x 47”H
- Machine Weight: 132 lbs

ITALIAN CYCLING EXPERIENCE

**TECHNOGYM**  
The Wellness Company™



## GP Free Weight Features and Application Guide

### Technogym and GP Industries Background Information

Technogym USA partnered with GP Industries to support our need for a free weight offering. GP manufactures products in the US, Mexico, and China and over their 10 years in business have separated themselves from the competition by creating high quality free weight products that hold up in the most aggressive environments.

GP products are listed on the Technogym pricelist under the Pure Strength section. This document will provide product detail for each of the available GP products. Further information can be found at: <http://www.gpindinc.com/index.html>.

### Series I Olympic Power Bar

This bar is designed for heavy duty club environments. GP has manufactured over 40,000 and they are acknowledged as the best available.

The Series I Power Bar is made entirely in the US with 4142 chrome moly U.S. steel. The heat treat and tempering process results in 170,000 PSI tensile strength. The turned ground and polished with hard chrome finish produces the high quality feel and appearance. The welded ends eliminate failures inherent in bars with pressed on components while the self-lubricating nylon bushings allow ends to rotate smoothly and provide years of maintenance-free operation. A precision locking shoulder bolt is used to eliminate bar-end loosening or failure.



### Series II 7' Olympic Bar

The Series II bar works great on Olympic benches and in lower use facilities. It will serve the needs of facilities that do not have high weight load Squats or Olympic lifts.

Shafting is made in the US from US steel with 125,000 PSI tensile strength. It has the same turned ground and polished hard chrome finish as Series I. It shares the same style ends and self-lubricating nylon bushings. This bar is dramatically stronger and higher quality than a standard China import bar, which usually has a tensile strength of only 80,000 PSI.

### Series I Uni-Lock Dumbbell

These are the highest durability dumbbells available on the market due to a number of unique construction characteristics. This is the dumbbell to sell to high use commercial applications.

One misconception is that the most durable dumbbell possible is what we often call “solid”. Actually, “solid” dumbbells have heads that are welded to the handles. It’s a good system, but not the best since the strength is dependent on the weld and the handle strength is weaker due to the welding process.

Urethane Coating: Only high grade US, German, or Japanese material is used. Chinese urethane used by many manufacturers is not as durable or as consistent.



Molding Process: The urethane is gravity molded and chemically bonded to the inner metal core during the molding process. The gravity molding process is not as precise as injection molding, but results in a more durable product. Bonding is critical since an unbonded coating will shift upon impact, causing weak points and eventual splitting. When the process is done correctly there is no way to remove the coating other than incineration.

Handle / Head Attachment: GP Industries uses a proprietary U.S. made steel for the handle with a breaking strength of 125,000 PSI. The handle is 32mm diameter with knurling and a hard chrome finish. The Series I dumbbell uses a patented Uni-Lock method of assembly. With this design, loosening has been eliminated. In addition, the self cutting splines on the handle actually groove the steel core of the head, making rotation of the head impossible after installation. *Image to the right: Close-up of the handle end showing the head connection system.*



### Series II Dumbbell

The Series II Dumbbells are a good choice for any application except for heavy use commercial environments.

The Series II utilizes the same urethane material and gravity molded / chemically bonded manufacturing process as the Series I, but with a slight reduction in the thickness of the coating. Also, like the Series I, the handle is 32mm diameter with knurling and a hard chrome finish. The Series II dumbbell utilizes a traditional “solid” dumbbell configuration in that the handle is welded to the heads. GP’s process is unique in that the heads are pre-coated, after which the handle is press fit and welded to the heads.



### Series I Urethane Olympic Plates

Urethane coating is desirable where the buyer’s budget is not an issue and the facility wants the cleanest, most durable, and most attractive product available.



### Series II Rubber Olympic Plates

While rubber coated dumbbells have significant durability drawbacks, Olympic weight plates do not see the same sort of impact loads and therefore GP has found that a good quality Rubber Plate is sufficient in durability for all applications as long as the rubber is bonded to a good quality cast iron core. The GP rubber plates utilize only top quality virgin rubber materials bonded to the core. The only drawback on rubber is that there will be a slight rubber odor. It is less than most due to the virgin rubber materials used by GP, but it is still present.

