

SKILLMILL™



TECHNOGYM®

The Wellness Company





TRAINING OLYMPIC ATHLETES FOR GOLD SINCE 2000

The official supplier of fitness equipment to 6 Olympic and Paralympic Games, from Sydney 2000 to Rio 2016, and partner to the world's best teams and athletes, Technogym® has established itself as the benchmark in the sports world. Technogym® possesses firsthand knowledge of the training methods and systems required to create thousands of champions in over 100 different disciplines worldwide.



SKILL LINE



SKILLMILL™



Designed in collaboration with athletes, trainers and academic research institutes, the SKILL LINE improves performance using the SKILLATHLETIC TRAINING method which develops work capacity and enhances abilities in total safety.

Featured products include SKILLMILL™, the first all-round equipment for training Power, Speed, Stamina and Agility, and SKILLROW™, the first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution.

PATENT PENDING DESIGN



SKILLROW™

UNLEASH THE ATHLETE INSIDE YOU

POWER
AGILITY STAMINA
SPEED

Technogym's Olympic heritage is at the heart of SKILLATHLETIC TRAINING, a highly effective method that enables everyday athletes to improve their Power, Speed, Stamina and Agility and enjoy the benefits of professional sports training in a safe, engaging and effective way.



NEW PRODUCT CATEGORY

Technogym® launches SKILLMILL™, the only non-motorized product in the market that combines Power, Speed, Stamina and Agility training.

NEW TRAINING METHOD

The SKILLATHLETIC TRAINING method helps trainers create high intensity workouts that improve performance.

NEW TRAINING FORMATS

The methodology enables operators to offer new training formats with a variety of program solutions to maximize their investment.



LOOK AND FEEL LIKE AN ATHLETE

If you demand nothing but the best and want to stand out in a challenging market, adopt SKILLATHLETIC TRAINING, and transform your members into peak performers.





DRIVE YOUR PERFORMANCE

Thanks to its patent pending MULTIDRIVE TECHNOLOGY™, SKILLMILL™ allows your users to experience the full speed-resistance spectrum.

MULTIDRIVE TECHNOLOGY™ (PATENT PENDING)



SPEED



RESISTANCE



SPEED



VARIABLE RESISTANCE

The MULTIDRIVE TECHNOLOGY™ enables users to select different levels of reactive resistance, from zero to max. By simply shifting the lever, athletes can quickly switch from resistance-free running to an all-out sled push.

INCREASED METABOLIC RATE

Adding resistance increases oxygen consumption: power walking with resistance on SKILLMILL™ raises energy expenditure significantly compared with walking at the same speed on a traditional treadmill or a non-motorized treadmill without resistance.

MAXIMUM MUSCLE ACTIVATION

Electromyography studies* reveal a significantly higher activation of the posterior chain muscles, in particular the glutes and hamstrings, compared to traditional treadmills. The sled pushing exercise shows levels of activation as high as glute-targeted exercises such as kneeling squats, deadlifts and sumo deadlifts.

* Sports & Rehab Engineering Lab.
University of Padova, Italy



● ● RESISTANCE

SPEED



RESISTANCE ● ● ●



SPORT-SPECIFIC DESIGN

DUAL HANDLEBAR

Used in combination with MULTIDRIVE TECHNOLOGY™ resistance, the DUAL HANDLEBAR enables users of different body sizes to assume the correct position for performing high pushes and low pushes, maximizing muscle activation and workout variety.



NON-MOTORIZED

SKILLMILL™ is operated and controlled exclusively by the force applied by its users. To speed up, they move to the front of the surface and to slow down, they move to the back. It accelerates quickly from a cold start and goes the same pace athletes go. The ideal solution



for a sustainable facility, it helps reduce electricity costs and carbon footprint.

BUILT TO RESIST

SKILLMILL™ has been designed and engineered so users can work hard in a completely safe environment. The ergonomic design combined with the high quality components and materials produces a solid, compact product with a versatile nature that endures well beyond the normal usage to ensure maximum durability and reliability.



SUPERIOR USABILITY AND PERFORMANCE



PERFORMANCE MONITORING*

The console enables monitoring of performance data from all exercise positions.

PERFORMANCE TRACKING**

The cloud-based mywellness® platform allows tracking and storage of all workout data for evaluation.

* available on SKILLMILL™ Console and Connect versions

** available only on SKILLMILL™ Connect version



SKILLMILL™ ACCESSORY KIT

The SKILLMILL™ Accessory Kit allows for a variety of pulling and pushing exercises through handles or an optional waist belt.



EASY-TO-MOVE

The front wheels and integrated grips at the rear end make it easy for staff to move the product to create specific layouts.



INTEGRATED PHONE HOLDER

The built-in cradle allows users to view exercise videos on their smartphone while training.





SKILLATHLETIC TRAINING

This new methodology is founded on the Technogym Ability Training approach which exploits a set of principles guiding exercise programming. The objective of SKILLATHLETIC TRAINING is to increase physical performance by developing work capacity and enhancing abilities in total safety.

**DEVELOP
WORK CAPACITY**

**ENHANCE
ABILITIES**

**ENSURE
FULL SAFETY**



SKILLATHLETIC TRAINING

DEVELOP WORK CAPACITY

Work capacity is the ability to perform work, which determines an athlete's physical fitness level. It can be expanded by reinforcing the main physical skills - Power, Speed, Stamina and Agility. SKILLATHLETIC TRAINING provides a highly effective approach to High Intensity Interval Training (HIIT) to achieve more from your training.

HIGH INTENSITY INTERVAL TRAINING

SKILLATHLETIC TRAINING can offer similar principles to HIIT, alternating short periods of intense anaerobic exercise with less-intense recovery periods, while preserving the quality of movement execution.

These energetic workouts provide greater aerobic and anaerobic capacity, and fat burning thanks to the EPOC effect, which increases the body's oxygen intake to correct the "oxygen debt" brought about by intense exercise.



REINFORCE MAIN PHYSICAL SKILLS



POWER

You need to be both strong and fast to be powerful. SKILLMILL™ allows users to increase dynamic and resistive lower body power by pushing into the surface and moving it away and behind them. Suggested exercises include low, high and lateral pushes, and pulling.



SPEED

Being able to perform a motor skill as quickly as possible is an essential quality in many sports. SKILLMILL™ allows users to accelerate quickly from a walking pace, to a jogging pace, to a full sprint without making any adjustments.



STAMINA

Exercising continuously for extended periods of time without getting tired builds endurance. SKILLMILL™ allows users to increase both their aerobic and anaerobic capacity by performing specific workouts for speed and stamina.



AGILITY

Agility drills improve neuromuscular coordination and specific sports skills. SKILLMILL™ allows users to perfect movement efficiency. Suggested exercises include Carioca drills, high knees, and heels-to-bottom.

SKILLATHLETIC TRAINING

ENHANCE ABILITIES

As well as working on the body's work capacity, SKILLATHLETIC TRAINING also enhances the body's ability to perform complex and difficult movements that require neuromuscular coordination.

GRADUAL PROGRESSION



Walk - hands
on side rails



High Knees - hands
on side rails



High Knees

Thanks to the wide range of exercises that users can perform on SKILLMILL™, trainers can program many basic variations and

combinations of fundamental movements and progressively add in more challenging exercises to increase complexity.

IMPROVE FUNDAMENTAL MOVEMENTS



Push



Pull



Rotate



Locomotion



Bend



Squat



Lunge

SKILLATHLETIC TRAINING helps athletes perform and refine fundamental movements, ensuring well-

rounded fitness programs and long-lasting benefits in sports and everyday life.



SKILLATHLETIC TRAINING

ENSURE MAXIMUM SAFETY

SKILLATHLETIC TRAINING helps athletes achieve their full potential in total safety by avoiding physical injuries derived from bad posture and incorrect movements, and health risks arising from over-training.

PROPER POSTURE CONTROL



The ergonomic design of the SKILLMILL™ promotes the correct alignment of the ankles, knees, hips and back, so athletes may maintain natural posture at all times and avoid joint and knee stress, regardless of their height and weight. Furthermore, SKILLMILL™ enables them to mimic walking/running uphill while preserving the correct biomechanics.

PERFORMANCE MONITORING



To help athletes improve performance in complete safety and enable trainers to monitor vital parameters during high intensity training, we developed a highly intuitive and easy to read on-board console* that measures wattage, resistance level, time, speed and distance, and heart rate via Bluetooth® Smart.

* available on SKILLMILL™ Connect and Console

SKILLMILL™ CLASS



The format is ideal for operators of high-energy fitness studios looking for innovative performance-oriented programming. Under the trainer's supervision, participants are

organized in large groups and perform complete functional sessions following their set heart rate target to become stronger, faster, leaner and more agile.



This professional app is part of the mywellness® product family.

Teambeats



WHAT YOU NEED

- SKILLROW™, SKILLMILL™, Olympic Power Rack, Kinesis® One, Plyoboxes, Kettlebells, OMNIA³
- UNITY™ SELF kiosk
- Heart rate device assignment accessory
- Class antenna
- TEAMBEATS™ professional app to:

- Display participants' heart rate, % heart rate, heart rate zones, MOVEs and calories on large screen
- Show each participant his/her individual progress over time
- Adjust the workout intensity
- Manage the timer
- Manage trainer's music and microphone
- Display individual progress over time in the mywellness® account

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education

SKILLATHLETIC CLASS



The format allows a higher level of personalization and is therefore ideal for smaller groups, as in Personal Training, Strength and Conditioning, and Rehabilitation. Participants enjoy a varied functional training

experience following the heart rate target set by the trainer as well as they can to improve Power, Speed, Stamina and Agility in a motivating environment.



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Teambeats



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- On-site trainer education

VIRTUAL TRAINING



The solution is ideal for operators wanting to increase their service offer and maximize SKILLMILL™ usage during non-supervised

hours. Users can choose from a set of virtual training video programs either individually or as part of a class.



Skillmill

This professional app is part of the mywellness® product family.

WHAT YOU NEED

- SKILLMILL™
- UNITY™ SELF kiosk
- SKILLMILL™ professional app to:

- Display virtual training workouts on large screen
- Display participants' heart rate, % heart rate, heart rate zones, MOVES and calories on large screen
- Create customized workouts with the PRESCRIBE app
- Manage the timer

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education

END-USER SUPPORT

Technogym® provides a variety of intuitive tools that enable users to obtain visual training guidance, monitor their performance data and track their results.

PERFORMANCE GUIDANCE FROM SMARTPHONE



Users access ready-made virtual training programs on a mobile website by scanning SKILLMILL's QR code.



Users choose from Technogym's extensive library of exercises to train Power, Speed, Stamina and Agility.



Users access both ready-made and customized training programs by downloading the mywellness® app and logging into their mywellness® account.



Users choose from Technogym's extensive library of exercises or perform workouts created by trainers using the Prescribe app (not included).



PERFORMANCE MONITORING FROM CONSOLE



Users monitor vital parameters in real time from the on-board console to improve safety and performance.

- Resistance level from 0 to 10
- Speed in km/h or mph
- Power output in watts
- Total calories
- Time and distance
- Bluetooth® Smart heart rate monitoring

PERFORMANCE TRACKING FROM PERSONAL DEVICES



mywellness® band



Technogym® key

USER ID enables members to log in with their smartphone via Bluetooth® Smart (patented), QR code reading (patented), NFC technology or Technogym® devices. By signing in, they can track their performance data and save it to their mywellness® account.



Users save workout data to the mywellness® cloud platform and can monitor their progress over time.

HEART RATE MONITORING FROM PERSONAL DEVICES



Users wear their personal device to monitor their heart rate. The TEAMBEATS™ professional app is compatible with ANT+ and Bluetooth® Smart heart rate devices from multiple brands.

GROUP EXERCISE SUPPORT

Thanks to UNITY™ SELF with SKILLMILL™ professional app, trainers can deliver ready-made and customized training programs, set up timing and monitor class data in real time to motivate participants.

VIRTUAL TRAINING

UNITY™ SELF WITH SKILLMILL™ PROFESSIONAL APP



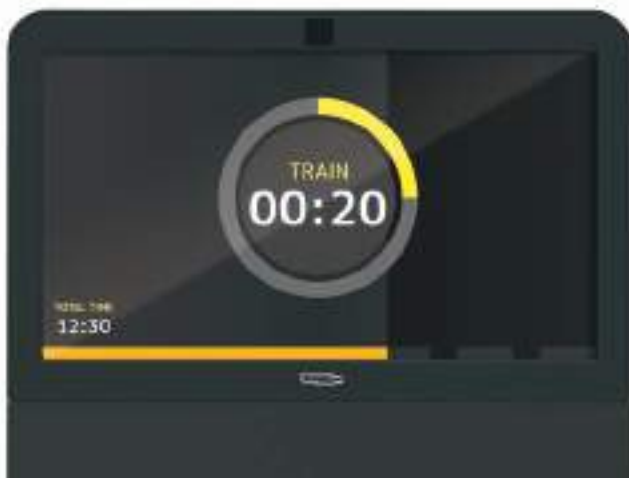
VIRTUAL TRAINING

UNITY™ SELF with integrated SKILLMILL™ professional app delivers Technogym® virtual training workouts that users can view on a large screen.



MY ROUTINES

Trainers can create customized workouts and upload them to the UNITY™ SELF in just a few clicks. Only in combination with the Prescribe app.



TIMER

Trainers have three available options:

- Pre-set Tabata workouts
- Customizable intervals
- Countdown



CLASS DATA (only on SKILLMILL™ CONNECT)

Trainers can visualize performance data and display it on large screen to motivate users and improve results.

Thanks to UNITY™ SELF with TEAMBEATS™ professional app, trainers can create and manage high intensity classes and circuits based on heart rate frequency.

SKILLMILL CLASS AND SKILLATHLETIC CLASS UNITY™ SELF WITH TEAMBEATS™ PROFESSIONAL APP



TIMER

Trainers have three available options:

- Countdown
- Intervals
- Custom timer



MY MUSIC

Trainers can choose the tunes from playlists on their personal devices via USB or Bluetooth®. They can adjust the volume, and manage the music and the microphone from the UNITY™ SELF.



JOIN WITH ONE TAP

With a simple tap on the avatars displayed on the UNITY™ SELF screen, trainers can add participants, even after the class has already started, without interrupting the workout.



CLASS SETTINGS

Trainers can visualize performance data such as heart rate, % heart rate max, MOVES and calories, and change metrics on the fly and display results on a large screen to motivate participants.



3 VERSIONS



VERSION	GO	CONSOLE	CONNECT
	Cordless	Cordless	Power cable
Product code	DJKONNNAN00EANR DJK1NNNAN00EANR (US and Canada)	DJK04DN and DJK014DN (US and Canada)	DJK03DTAN00EANR DJK13DTAN00EANR (US and Canada)
Console	No	Yes	Yes
Console type	No	7" FSTN display	7" LCD display with backlight
Power supply	-	Rechargeable Battery	LPS 5V Wall Supply
mywellness® platform connectivity	-	-	Yes, through Key Reader, Bluetooth® Smart, NFC [RFID], QR Code
Network connectivity	-	-	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Keyboard	-	Capacitive touch keyboard	Capacitive touch keyboard with backlight
Insulation protection	-	IP55	IP55
Telemetric heart rate chest strap compatibility	-	Bluetooth® Smart	Bluetooth® Smart
Workout tracking	-	-	Yes, through mywellness® platform
Power read out	-	Watt	Watt
SKILLMILL™			
Resistance technology	MULTIDRIVE TECHNOLOGY™ - patent pending		
Resistance control	Magnetic resistance in 11 Levels (0 Resistance Off - 1-3 Low - 4-6 Mid - 7-9 High - 10 Max)		
Surface type	EPDM injection molded slats		
Surface trajectory control	On-slat bearings		
Surface dimensions (LxW)	1680 x 480 mm (66" x 19")		
Handlebar	Dual Handlebar design		
Water bottle holder	Yes		
Phone holder	Holds phones up to 77,8 mm width (3.06")		
Easy-to-move handles	Integrated at the back of the machine		
Transport wheels	Yes, 2		
Leveling feet	Yes, 1		
Dimensions (LxWxH)	1910 x 890 x 1540 mm (75" x 35" x 61")		
Equipment weight	180 kg (397 lbs)		
Shipment weight	200 kg (441 lbs)		
Minimum - max user height	150 - 210 cm (4.11" - 6.11")		
Max user weight	180 kg (397 lbs)		
Maximum speed	No limit		

ACCESSORIES

The SKILLMILL™ Accessory Kit allows for a variety of pulling and pushing exercises and consists of a frame that attaches to the back of the SKILLMILL™, two adjustable pulling straps with spring dampers and two short handles.



SKILLMILL™ ACCESSORY KIT A0000882

Items that can be purchased separately:

SKILLMILL™ pulling accessory frame	A0000881
Adjustable pulling strap (set of 2)	A0000879

Short strap (set of 2)	A0000880
Waist belt	A0000724
Short handle	A0000723

SET OF 3 SOFT PLYOBXES A0000745

Items that can be purchased separately:

Plyobox - 20 cm	A0000672
Plyobox - 40 cm	A0000671
Plyobox - 60 cm	A0000670

UNITY™ SELF



VERSION	UNITY™ SELF ARTIS	UNITY™ SELF EXCITE
Product code	E0204V16	E0202V16
NFC reader & label	Yes	
Mifare Technogym key reader	mywellness® band, Technogym key	
Bluetooth® Smart	Yes	
USB port for personal audio and video content	Yes (1 top, 2 bottom)	
Wi-Fi® and LAN	Yes	
Webcam	Yes	No
Wireless microphone input (add on)	Yes: 1 jack mic input 6 mm (bottom)	
HDMI® audio and video content output	Yes: to link to a projector or screen Full HD 1920 x 1080 with 16:9 aspect ratio	
UNITY™ SELF screen resolution	1366x768 pixels, HD Ready	1366x768 pixels, HD Ready
Audio content output	RCA Connector	
Accessory holder	Yes	No

SKILLMILL™ PROFESSIONAL APP

HARDWARE	
Capacity	Up to 20 SKILLMILL™
Licensing	Included in UNITY™ SELF
UNITY™ SELF compatibility	UNITY™ SELF V15 (E0204V15, E0202V15) version or higher
NETWORK CONNECTIVITY	
Wi-Fi®	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Lan - Ethernet	Yes
AVAILABLE CONTENT	
Guide Me exercise explanation	Yes
6 SKILLMILL™ Virtual Training Workouts	Yes
Class data	Class management from pro.mywellness.com
Personalized workouts – (with PRESCRIBE app)	Yes, on mywellness® platform

TEAMBEATS™ PROFESSIONAL APP

HARDWARE	
Capacity	50+ participants
Licensing	mywellness® cloud professional license
UNITY™ SELF compatibility	UNITY™ SELF V15 (E0204V15, E0202V15) version or higher
Heart Rate device compatibility	Compatible with ANT+ and Bluetooth® Smart heart rate devices from multiple brands
Technical requirements	Class antenna in two product versions LAN (POE) or Wi-Fi® and heart rate device assignment accessory
NETWORK CONNECTIVITY	
Wi-Fi®	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Lan - Ethernet	Yes
AVAILABLE CONTENT	
Real-time personal data	HR, % HR, HR Zones, MOVES, Calories
Class Timer	Custom, Countdown, Interval
Music	USB key or personal device (mobile phone, PC) via Bluetooth®
Performance progress	My Progress Index in mywellness® account
Class management	from pro.mywellness.com



KETTLEBELL SET - PAIRS A0000750

Weight [Kg]:	4	8	12	16	20
No. of items	2	2	2	2	2



OLYMPIC TRAINING PLATE SET FFK2
(includes 2 collars):

Weight [Kg]	2.5	5	10	15	20	25
No. of items	2	2	2	2	2	2



7' OLYMPIC POWER BAR BA10

Weight:	Kg	20	lbs	44
Length:	mm	2200	in	87
Diameter:	mm	50	in	2



INTERIOR DESIGN

Technogym® helps operators create the ideal layout for every business model with a visually powerful environment that will inspire and motivate members.



Technogym® can design a large class layout that enables trainers to perform a variety of sessions and fosters an inspirational training environment.



Technogym® can develop a circuit layout suited to different operator needs, suggest the equipment solution that enables trainers to perform well-rounded sessions and encourages members to perform their very best.



Technogym® can provide an effective, space-saving layout that enables operators to deliver non supervised training to individual members and groups.



MARKETING SUPPORT

Technogym® provides a wide range of promotional and educational tools to help you engage your members:

- Guidelines for facility branding
- Visual images for wall covering
- Promotional and educational tools (flyer, posters, banners, cards)
- Sheet for class booking
- T-shirt
- Customer referral card
- Images and video clips for social networks
- Web banners to promote your facility offer



View the complete list of available tools at www.technogym.com/marketingsupport.
Follow instructions to download and customize the tools with your facility logo.



FINANCIAL SERVICES

Our extensive knowledge of the needs of the fitness sector enables us to develop solutions to suit all of your specific requirements, guaranteeing complete peace of mind:

- Certainty of financing costs, with no surprises
- Payment schedules designed to meet your cash flow needs
- Access to the best international credit partnership network thanks to the reliability of Technogym® brand
- Knowledge of the best ways to preserve capital and keep funds in your business
- One-stop partner providing you with all the services you need to grow your business.

www.technogym.com/financialservices

AFTER SALES

Just as the best products work to attract new users, After Sales Service works to keep the best products up and running to preserve their value over time. Extend the benefits of your factory warranty by choosing our Performance Service Contract.

With Performance coverage you can forget about purchase orders for repairs, budget approvals and invoice management: your fee is fixed for the duration of the contract.

www.technogym.com/aftersales

Technogym in the World

ITALY

OFFICES & SHOWROOM
Via Calcinaro, 2861
47521 Cesena (FC)
Ph. +39 0547 56047
Fax +39 0547 650505
informazioni@technogym.com

UNITED KINGDOM

OFFICES & SHOWROOM
Two The Boulevard
Cain Road – Bracknell
Berkshire RG12 1WP
Ph. +44 1344 300236
Fax +44 1344 300238
UK_info@technogym.com

GERMANY

OFFICES & SHOWROOM
Frankfurter Str. 211
(Eingang Du-Pont-Straße)
63263 Neu-Isenburg
Ph. +49 (0) 6102 - 822380
Fax +49 (0) 6102 - 8223810
info_d@technogym.com

NETHERLANDS

OFFICES & SHOWROOM
Essebaan 63
2908 LJ Capelle aan den IJssel
Ph. +31 (0) 10 422 32 22
Fax +31 (0) 10 422 25 68
info_blx@technogym.com

BELGIUM AND LUXEMBOURG

OFFICES & SHOWROOM
Ikaros Business Park, gebouw 2A
Ikaroslaan 3
1930 Zaventem
Ph. +32 (0) 2 709 05 50
Fax +32 (0) 2 721 36 99
info_blx@technogym.com

PORTUGAL

OFFICES
Tagus Park – Nucleo Central, 284
2740 – 122 Oeiras (Portugal)
Freephone: 800 784592
Ph. +351 21 893 40 30
Fax +351 21 893 40 39
informacao@technogym.net

SPAIN

OFFICES & SHOWROOM
Parc De Negocios Mas Blau
Ed. Avant 1 c/Selva, 12
08820 El Prat de Llobregat, Barcelona
Freephone: 900 89 88 99
Fax +34 933 704 736
informacion@technogym.com

FRANCE

OFFICES & SHOWROOM
20, rue Rouget de Lisle
92130 Issy les Moulineaux
Ph. +33 (0)1 45 29 90 00
Fax +33 (0)1 45 29 90 05
info@technogym.fr

RUSSIA

OFFICES
BC 'Vereyskaya Plaza 1'
Vereyskaya Street, 29, Build.154,
Office 42
121357 Moscow
Ph./Fax +7 495 933 38 34
info_ru@technogym.com

NORTH AMERICA

OFFICES & SHOWROOM
700 US Highway 46 East,
Fairfield, New Jersey 07004
Ph. +1 206 6231488
Toll free: 800 8040952
Fax +1 206 6231898
info@technogymusa.com

BRAZIL

OFFICES
Rua Jardim Botânico, 205,
Jardim Botânico, Rio de Janeiro
RJ, CEP 22.470-050
Ph. 0800 600 6070 / +55 21-3176-6070
comercial_br@technogym.com

UNITED ARAB EMIRATES

OFFICES & SHOWROOM
Sheik Zayed Road - Exit 42
Palladium Building
Dubai, United Arab Emirates
ABU DHABI SHOWROOM
Al Maqta Building -
Sultan Bin Zayed The First St.
Abu Dhabi, United Arab Emirates
Ph. +971 4 3375337 [centralized]
Fax +971 4 3372660 [centralized]
infouae@technogym.com

JAPAN

OFFICES & SHOWROOM
Seafort Square Center Bldg. 18F
2-3-12 Higashi-shinagawa
Shinagawa-ku, Tokyo, 140-0002
Ph. +81 3 5495 7783
Fax +81 3 5495 7789
jp_info@technogym.com

CHINA

OFFICES & SHOWROOM
4th Floor, No.1 Building
No.881 Wuding Road
Jing An District, Shanghai
200040, China
Ph. +86 21 5888 6355
Fax +86 21 5888 6950
sales_china@technogym.com

HONG KONG

OFFICES & SHOWROOM
35/F, Suite 3509-11
25 Canton Road,
The Gateway Tower 2
Tsim Sha Tsui, Kowloon, Hong Kong
Ph. +852 31162622
Fax +852 31162625
info_hk@technogym.com

AUSTRALIA

OFFICES & SHOWROOM
Building E, Suite E204
24-32 Lexington Drive
Bella Vista NSW 2153
Ph. +61 (02) 8883 0172
Toll free: 1800 615 440
Fax +61 (02) 9672 6410
info.au@technogym.com

OTHER COUNTRIES

OFFICES & SHOWROOM
Via Calcinaro, 2861
47521 Cesena (FC), Italy
Ph. +39 0547 650111
Fax +39 0547 650591
info@technogym.com

website

www.technogym.com

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The Wellness Company

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