

# SELECTION PRO

CONNECTED STRENGTH



LOW ROW



technogym.com



The Wellness Company

# SELECTION PRO

## BORN FROM EXPERIENCE

6 OLYMPIC GAMES

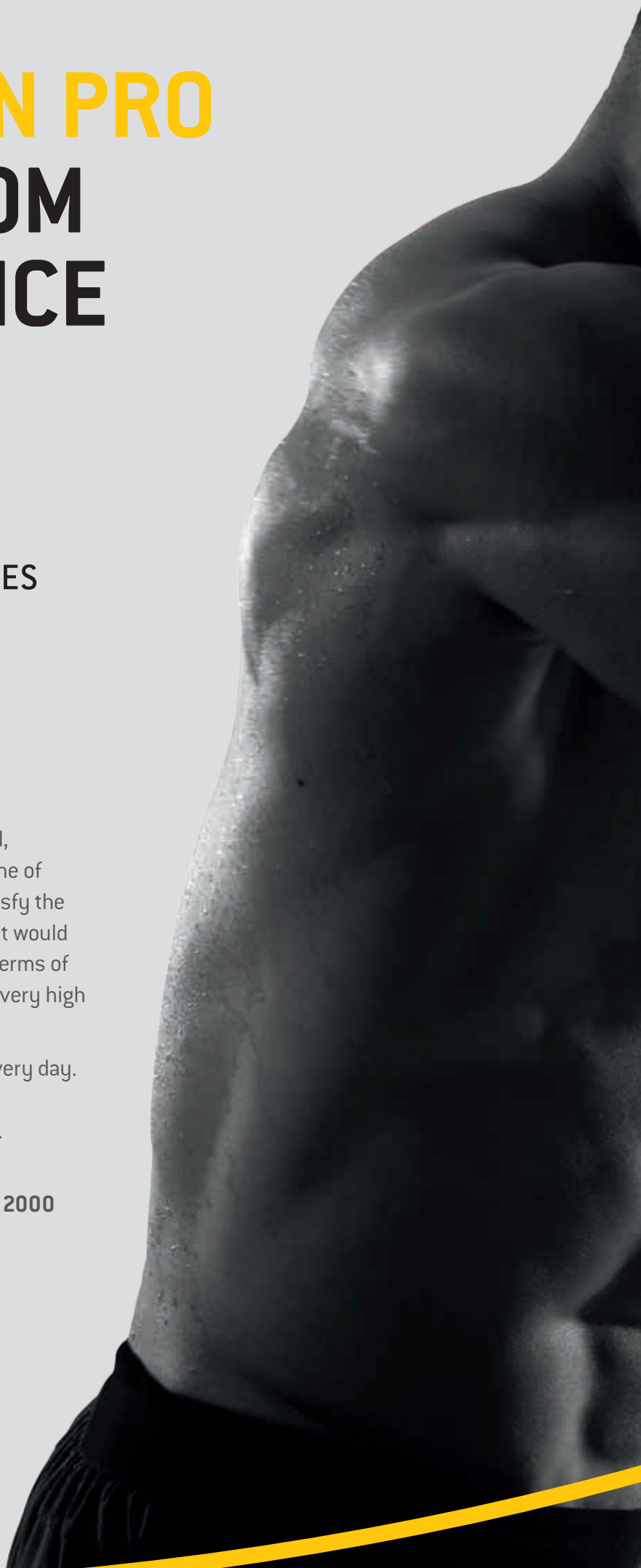
20 MILLION EVERYDAY  
USERS IN 10,000 FACILITIES

20 BILLION WORKOUTS

“When the Selection Line project started, I wanted Technogym® to create a new line of strength training equipment able to satisfy the needs of all kinds of clubs. A project that would meet the needs of all club members in terms of design, ease of use and comfort, with a very high level of performance and reliability.

This idea has guided the project team every day.  
To remain faithful to our Mission.  
To make those who use Selection love it.  
Every day, for years to come”.

**Technogym® founder Nerio Alessandri, 2000**







## INDEX

FULLY CONNECTED STRENGTH EXPERIENCE	004
SELECTION PRO RANGE	014
ENJOY THE BEST SELECTION EVER	020
UNITY™ MINI	032
CONNECTED EQUIPMENT PACK	040
UPPER BODY EQUIPMENT	042
CORE EQUIPMENT	058
LOWER BODY EQUIPMENT	064
OUR MOST RECENT PUBLICATIONS	074
ACCESSORIES	075
ATELIER	076
TOTAL WELLNESS SOLUTION	084

Sydney 2000

Athens 2004

Turin 2006

Beijing 2008

London 2012

Rio 2016

**CONNECTIVITY** FOLLOWS  
ME EVERYWHERE I GO

---

**FUN** KEEPS  
ME GOING

---

**SCIENCE** MAKES  
ME TRAIN SMARTER

---

**WELLNESS** IS MY  
LIFESTYLE

---



## CONNECTED EQUIPMENT

Live a fully connected experience with the new UNITY™ MINI touch-screen interface for strength equipment.

## ENGAGING WORKOUTS

Enjoy more effective and varied workouts under the guidance of the new Strength Pilot™ coach.

## CONSTANT INNOVATION

Boost your performance with new and exciting features born out of research and experience.

## DATA TRACKING

Measure, record and keep all your Wellness lifestyle data close at hand.

# CONNECTED STRENGTH



# FULLY CONNECTED STRENGTH EXPERIENCE







TECHNOGYM

CHEST PRESS



technogym.com

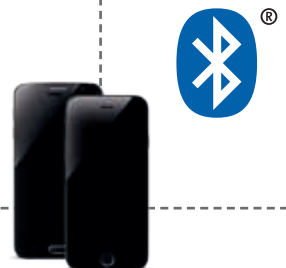
## CONNECTED EQUIPMENT



# CONNECT AND GO



From the moment you walk into the gym, the new Bluetooth® technology and smart devices make your experience easier.



Smartphone - Bluetooth®  
PATENTED



**Smartphone - QR code**  
PATENTED



**mywellness® band**



**Technogym® key**



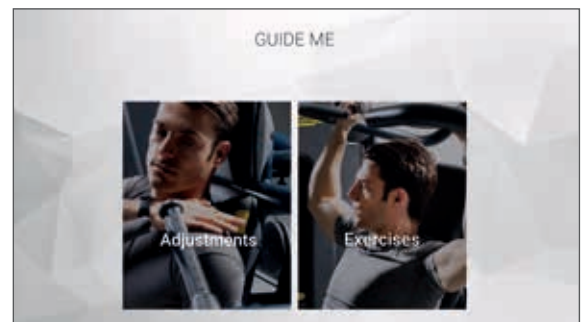
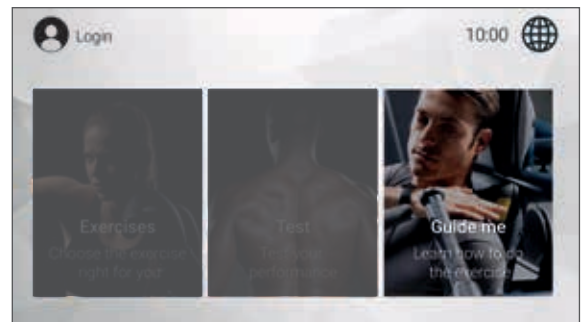
## ENGAGING WORKOUTS



# GREAT RESULTS MADE EASY

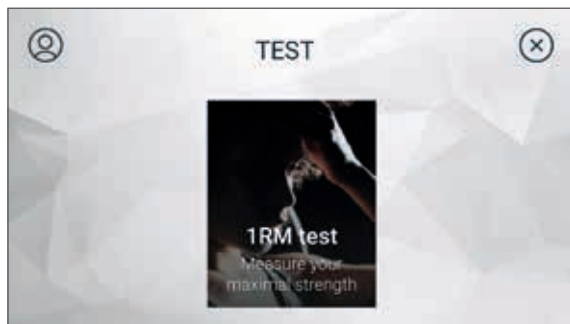
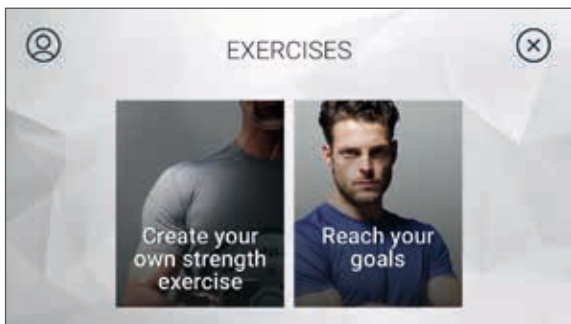
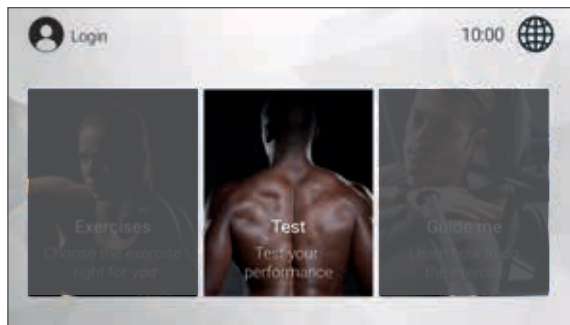
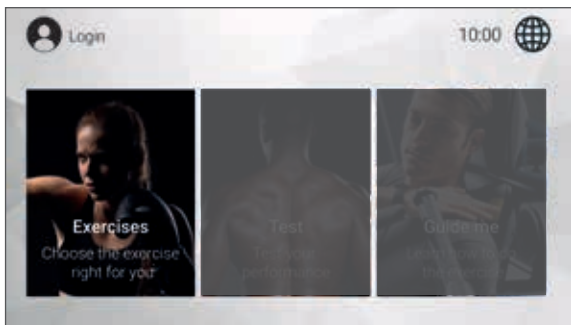


SELECTION PRO features UNITY™ MINI, the new virtual coach for strength training on selectorized machines. Thanks to its advanced biofeedback and exercise guidance, it provides the most effective and engaging workouts on the market. Fully connected, it automatically pushes your training data to your mywellness® cloud account.



### GUIDE ME

- Adjustments
- Exercises



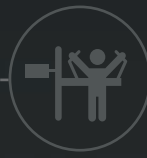
## EXERCISES

- Create your exercise
- Reach your objectives

## TEST

- Test 1 Rep Max

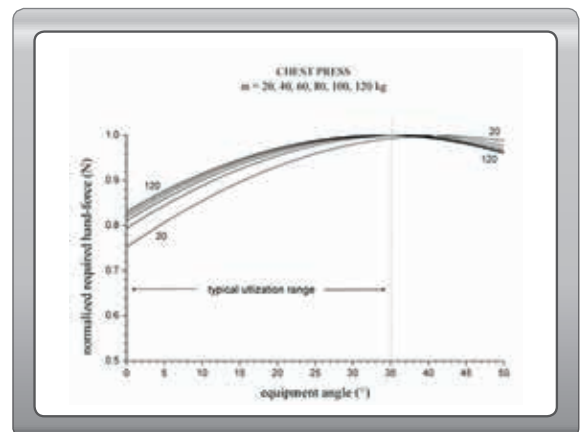
## CONSTANT INNOVATION



# TRAIN AT YOUR BEST

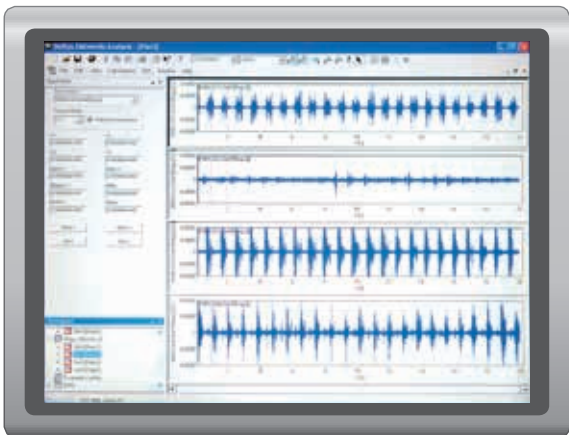


Our Research and Development Department constantly collaborates with prestigious universities and research centers and currently employs 130 engineers and designers in the development of new products. All Technogym® products undergo in-depth laboratory analysis and tests.



## BIOMECHANICAL ANALYSIS

The laws of mechanics are applied using different types of technologies to study human movement, in order to gain greater understanding of athletic performance, to reduce injuries and to quantify actions of the human body.



## EMG ANALYSIS

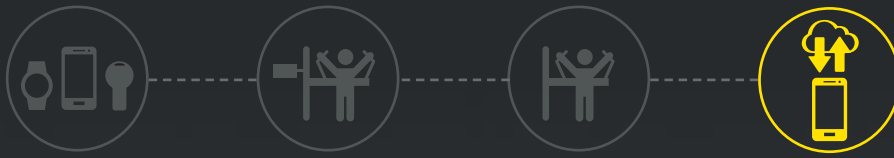
Each movement that is performed on strength equipment is studied by electromyography, in order to measure the activation of the primary and secondary muscles throughout the entire range of motion.



## MOTION ANALYSIS

High-speed infrared cameras are used to track and study body motion, in order to optimize joint loads and to provide the most natural and correct movement trajectories.

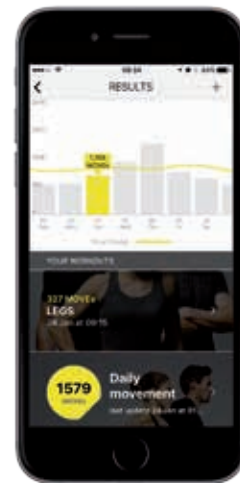
## DATA TRACKING



# TAKE CONTROL OF YOUR PROGRESS

Today, more than ever, we all want to collect data about our training, sports, daily movement and body measurements to improve our life. Technogym's cloud-based mywellness® platform aggregates data from the equipment you use, your apps and devices, so you can track every aspect of your Wellness lifestyle.

Download the mywellness® app



## TRACK

PATENT PENDING

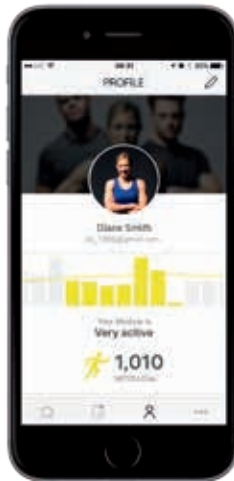
Track your indoor and outdoor training, sports, daily movement and body measurements with the mywellness® app.





## SAVE

All data aggregated from equipment, apps and devices is automatically pushed to your mywellness® account and saved.



## MONITOR

Access your data whenever you want from your personal devices to monitor your results over time.



## SHARE

Let your family and friends know of your success or share your latest body parameters with your doctor.









ABDUCTOR



ADDUCTOR



LEG CURL



LEG EXTENSION



LEG PRESS



MULTI HIP

# SELECTION PRO,



CHEST PRESS



PECTORAL



PULL DOWN



PULLEY



LOW ROW



LAT MACHINE

# CONNECTED STRENGTH



ABDOMINAL CRUNCH



VERTICAL TRACTION



TOTAL ABDOMINAL



DELTS MACHINE



ROTARY TORSO



ARM EXTENSION



LOWER BACK



UPPER BACK



ARM CURL



SHOULDER PRESS



PRONE LEG CURL



REVERSE FLY



# ENJOY THE BEST SELECTION EVER

Since its first launch in 2000, SELECTION has undergone constant innovations to bring you the best strength experience on the market. Today, we are proud to present our latest innovation: the first fully connected SELECTION PRO equipment in a new look and range.



## NEW CONNECTIVITY

SELECTION PRO features UNITY™ MINI, the new virtual coach for strength training on selectorized equipment.

## NEW DESIGN PATENT PENDING

Enjoy the beautiful new equipment colors, improved guard design and upgraded upholstery texture.

## NEW FUNCTIONALITY

We have introduced new, advanced features to improve your experience.



# SELECTION PRO





# NATURAL MOVEMENT



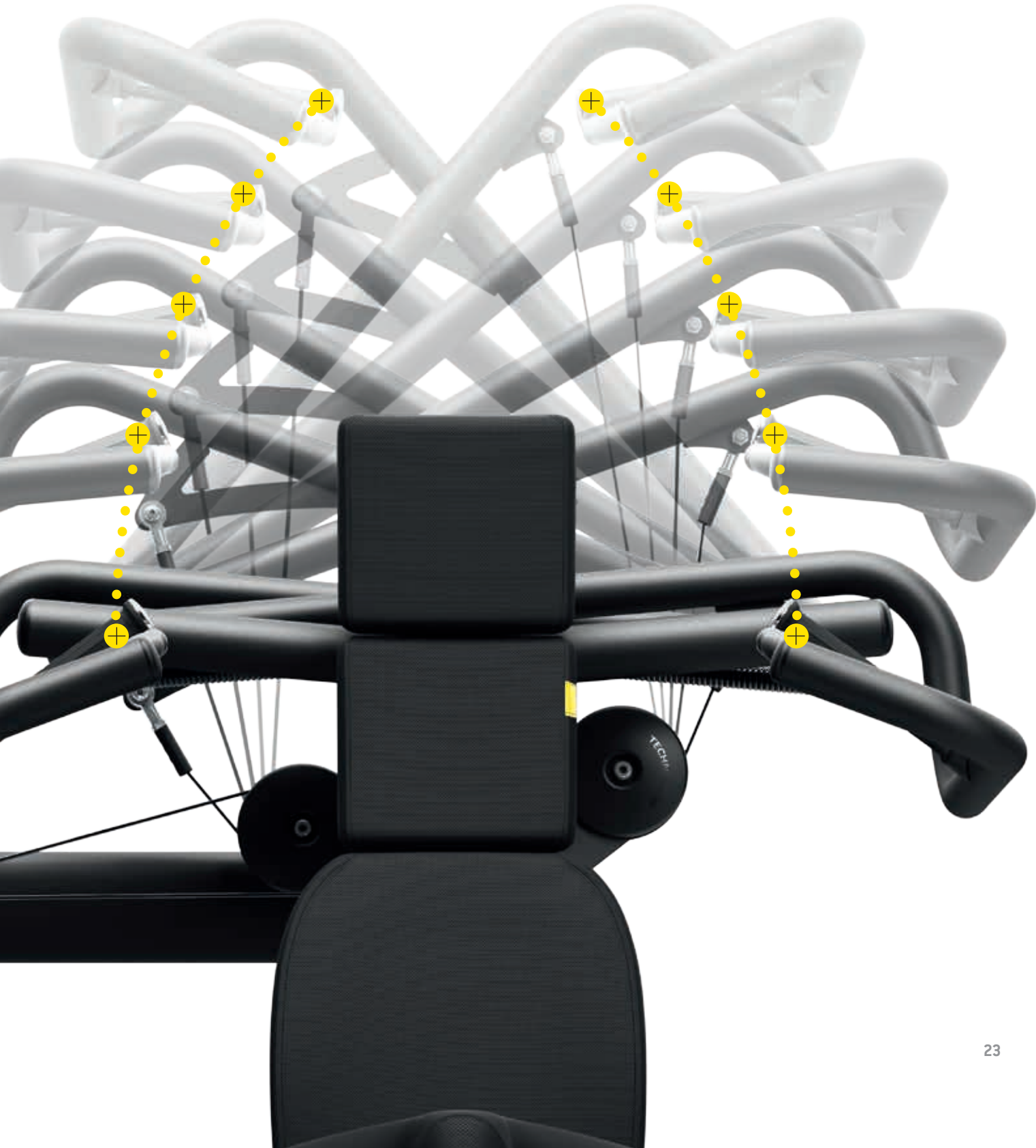
## BIOMOTION

Developed by our Research and Development Center, the concept is based on extensive studies of the functional anatomy of single muscles and their behavior in compound movements.

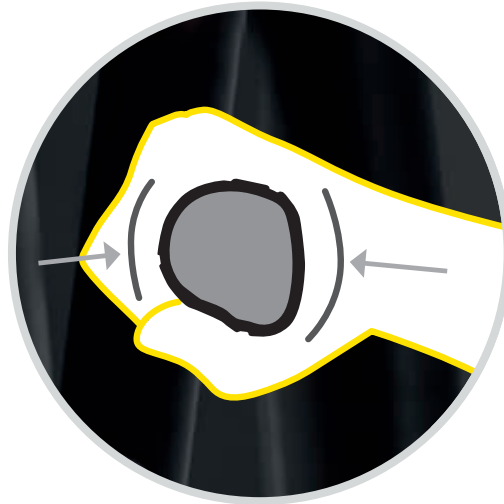
By applying these findings to the design of selectorized equipment, we were able to reproduce the natural movement of the body through a specific range of motion, ensuring resistance remains constant from start to finish and creating an exceptionally fluid movement.



# SELECTION PRO



# ENHANCED FEELING



## NEW OPTIMAL GRIP

The new design and material provide a better grip for every hand so you can maximize contact and apply your maximum strength in total comfort during pushing and pulling movements.

## PHYSIOCAM

The physiocam varies the resistance output to accommodate the specific strength curve of the muscle group that is being trained. This allows you to experience consistent resistance throughout the entire exercise. The low initial load enabled by the cam design follows the natural strength curve, since muscles are weaker at the beginning and end of their range of motion and stronger in the middle. The feature is beneficial to all users, but particularly for those who are not in peak condition or who are rehab patients.



# EASY TO SET UP



## NEW VISUAL SET UP

Makes set up easier thanks to:

- The **Yellow Color Code** that identifies all buttons, levers and pins to be used for setting up the equipment.
- The new **Visual Flags** that show you the correct positioning of the body on the equipment.



## NEW SMART PIN PATENT PENDING

Makes load selection easier thanks to:

- The new weight stack pin with pretensioned cable that doesn't jam between the weight stacks.
- A 2.5 kg/5 lb plate integrated into the top of the weight stack to increase load more gradually.



## ERGOADJUSTMENTS

Setting up requires very few adjustments and can be easily done from the workout position thanks to gas-assisted seat adjustments. The new rubber-coated seat pin makes the operation quiet as well as comfortable.





# EASY TO USE



## NEW EASY-TO-READ PLACARD

The placard has been redesigned to facilitate reading:

- New enlarged placard
- New enlarged graphics
- New position for better viewing
- New QR code for exercise guidance and tracking.



## OPTIMAL START

Some upper body strength products feature an **Easy Start System** that reduces your effort when beginning and ending the exercise, especially with high workloads.



## NEUTRAL GRIPS

As well as ensuring maximum safety for people with limited shoulder mobility, they also offer more training variety.







# TOTAL COMFORT



## BIOSEAT

The ergonomic seat and two-piece backrest are anatomically shaped to support the spinal column and to help you assume the correct position during your workout. The wide, comfortable shape accommodates larger users.



## VARIODENSITY PADDING

Different densities of padding have been used to best accommodate the shape of your body, offering soft or firm support where you need it.



## HYGIENIC COMFORT

The **Towel Locking Device** offers a simple solution for holding the towel in place on the equipment, preventing direct contact with the upholstery and keeping it clean and dry for the next user.



## BOTTLE AND PHONE HOLDERS

Don't worry about where to leave your belongings: place your bottle, phone and personal objects in the dedicated holders and enjoy your training!

## SILENT WEIGHTSTACK

Enjoy a more natural, fluid movement sensation thanks to the new self-lubricating weight stack plate bushings that reduce friction and noise.

# UNITY™ MINI, THE NEW VIRTUAL STRENGTH COACH

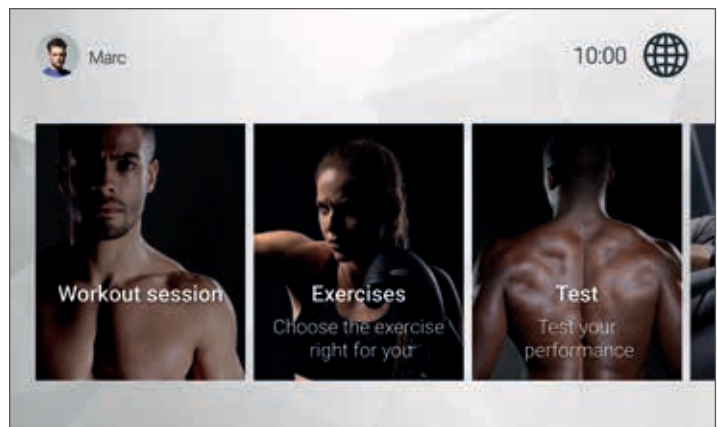
With its advanced exercise guidance options and real time biofeedback, UNITY™ MINI provides the most effective and engaging workouts on the market. Fully connected, it automatically pushes your training data to your mywellness® account so you can monitor your results over time. UNITY™ MINI is available as an optional feature on all strength equipment.

## GUIDANCE

UNITY™ MINI is the first connected strength interface that guides your training.

To begin, select:

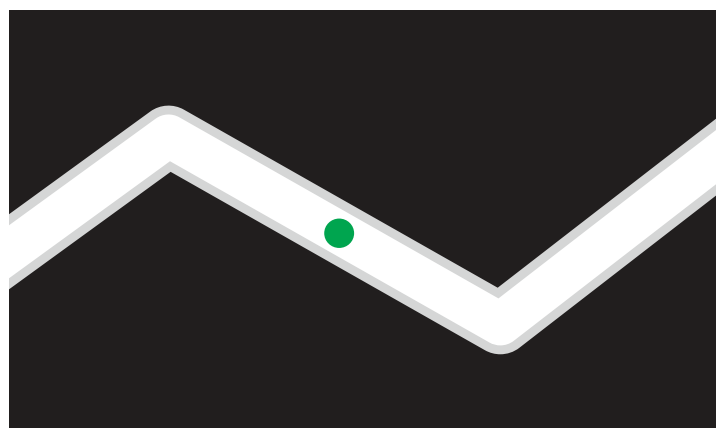
- Your workout program
- Exercise options
- Test
- Quick Start.



## BIOFEEDBACK

The Strength Pilot™ gives you real time visual feedback on:

- Correct Range of Motion
- Speed of execution for the concentric and eccentric contraction phases.



CORRECT



WRONG





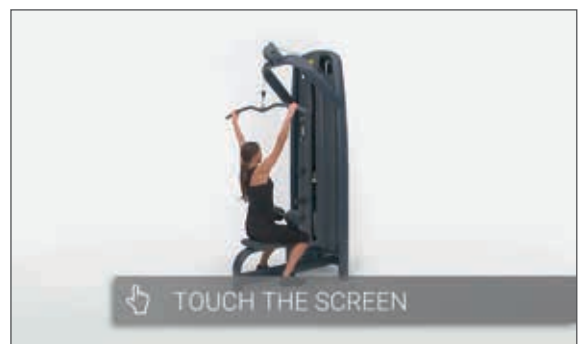
[View technical specifications on page 73](#)



# ENJOY A SEAMLESS PERFORMANCE



UNITY™ MINI enables users to achieve their best performance in the safest and most effective way possible, thanks to tutorial videos and Guide me content.

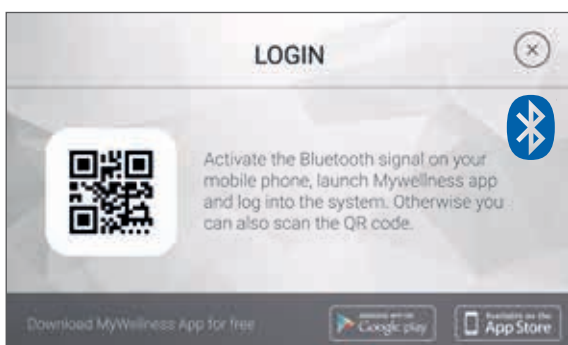


## TUTORIAL VIDEOS

When in stand-by, all displays run a video tutorial to get users familiar with the equipment.



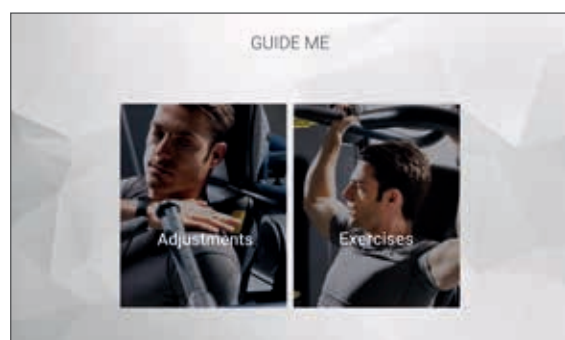
# UNITY™ MINI



## LOG IN PATENTED

To log in, either

- Activate the Bluetooth® signal on your phone and launch the mywellness® app
- Scan the QR code.



## GUIDE ME

The app provides complete guidance for:

- Learning how to set up the machine
- Performing all possible exercise variations.

# ACHIEVE YOUR RESULTS

## TEST

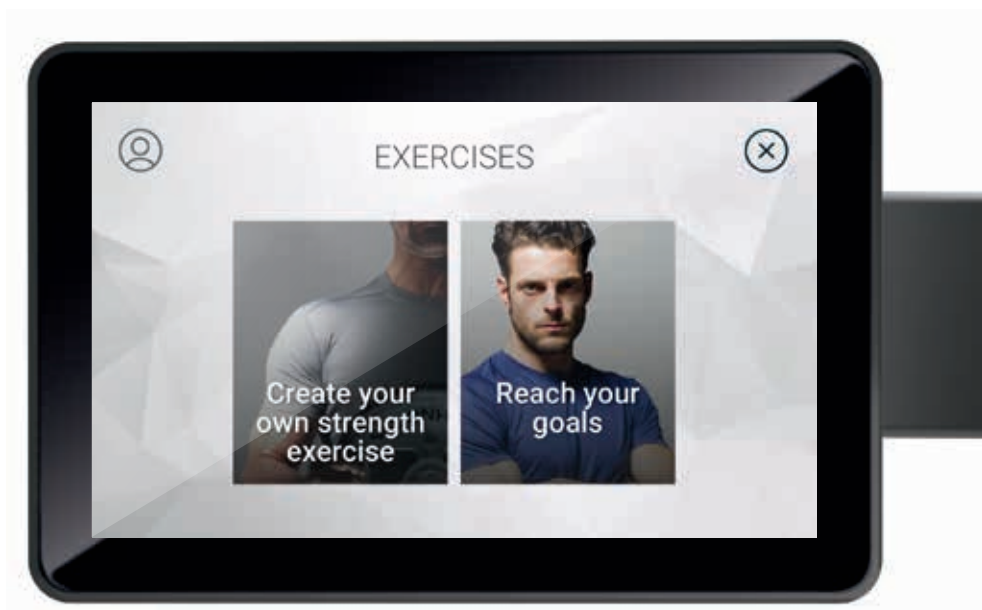
The app enables to assess maximum strength in an intuitive and easy way by performing a one repetition maximum (1 RM) test.



## EXERCISES

Set your goal and select your workout option:

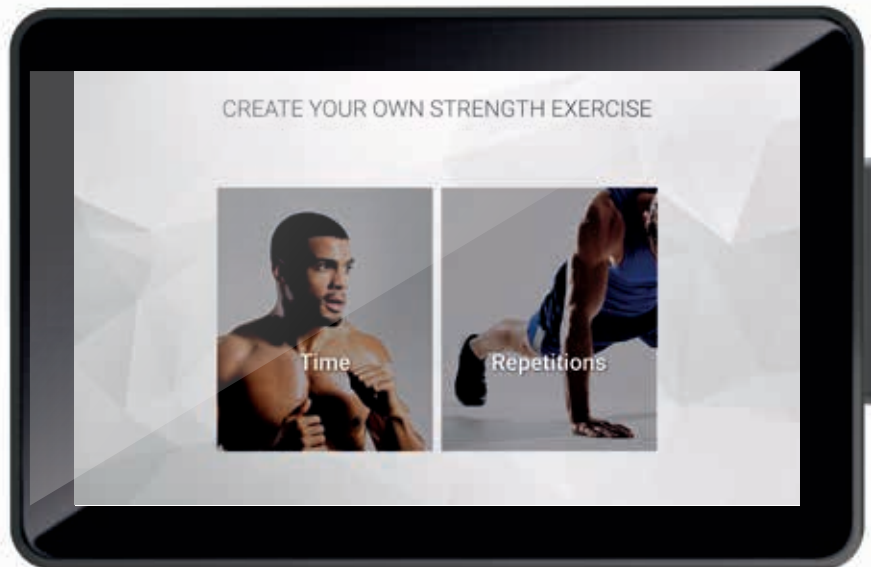
- Create your own strength exercise
- Reach your goals.





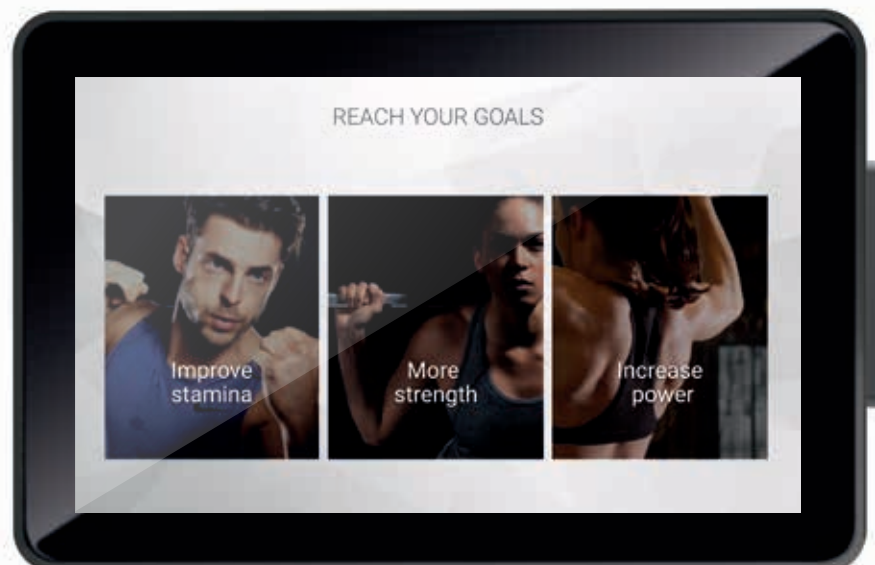
## CREATE YOUR OWN STRENGTH EXERCISE

You can create your favorite routine directly from the machine. UNITY™ MINI coaches you during the execution. Exercises can be programmed based both on time or repetitions.



## REACH YOUR GOALS

To help you reach your desired goals faster, exercise parameters include speed of execution for the first time ever, while advanced biofeedback helps you follow the program more effectively.



# STEP-BY-STEP GUIDANCE

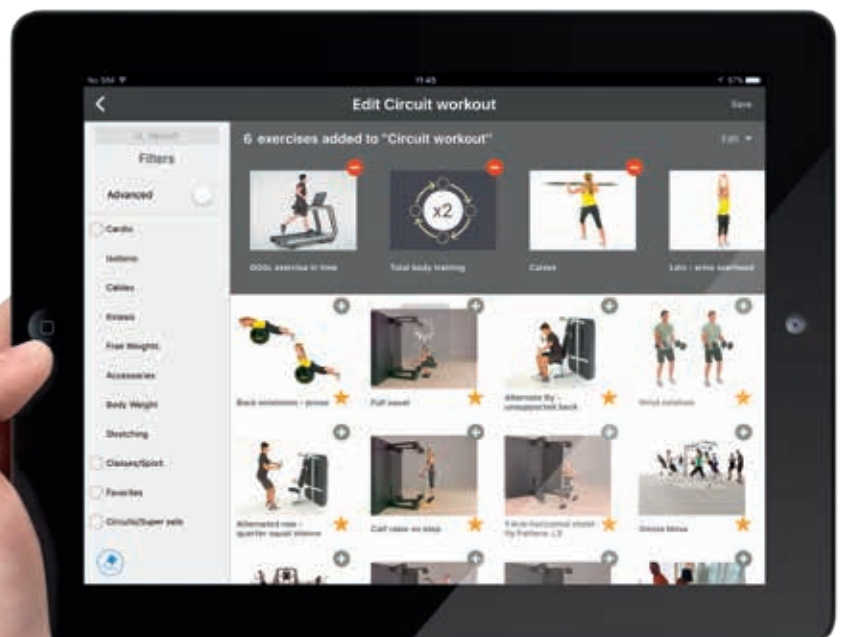
## CIRCUIT TRAINING MODE

Your trainer can create a personalized circuit for you using the Prescribe App. Upon login, the circuit program will appear on every machine.



## PERSONALIZED WORKOUTS

The Technogym® Prescribe App allows facility managers and trainers to assign you truly custom-tailored workouts in just a few clicks from a library of more than 2,000 training programs and 5,000 exercises.



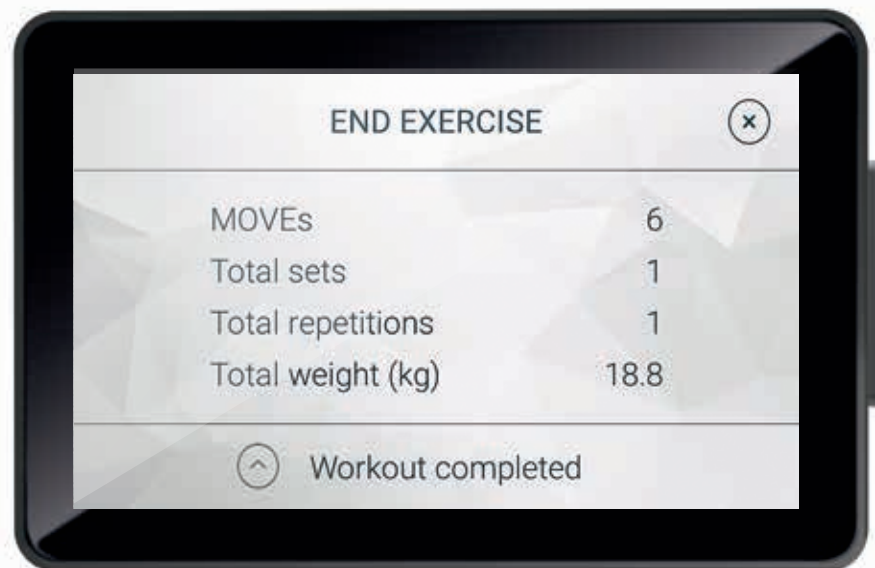
## REST TIME

This screen appears at the end of every set of repetitions to give you the correct resting time.



## END TRAINING

This screen appears at the end of the workout on each machine to show you the workout data and direct you to the next machine.



# CONNECTED EQUIPMENT PACK\*



# GET THE MOST OUT OF YOU

\*INCLUDED WITH UNITY™ MINI

The Connected Equipment Pack is included with UNITY™ MINI and enables you to create personalized member experiences.

## PROMOTE YOUR FACILITY



pro.mywellness.com for operators



UNITY™ MINI for users

It enables you to:

- Customize the equipment screensaver with your logo, messages and preferred pictures or video.





# R EQUIPMENT

## MONITOR EQUIPMENT USAGE



pro.mywellness.com for operators



Asset

It enables you to:

- Remotely monitor your equipment via a dashboard, with real-time data on equipment usage and uptime.

## DELIVER WELLNESS EVERYWHERE



mywellness.com



mywellness® app

It enables your users to:

- Create and access their account
- Check their fitness data and their training program
- View exercise details and videos
- Share the information with you.

**UPPER BODY**  
**UNLOCK YOUR**  
**POWER**





## CHEST PRESS / ML70



- The converging arc of movement provides a more natural feeling thanks to the complete ROM and better muscle activation.
- Independent movement arms result in more balanced strength improvement.
- The Easy Start System facilitates entry and exit, and eliminates the need for adjusting the starting position.
- Neutral Grips ensure maximum safety of use and training variety.
- Optimal Grip offers an ideal pushing surface.
- Visual flags show the correct positioning of the body on the equipment.
- UNITY™ MINI (optional EICML14).

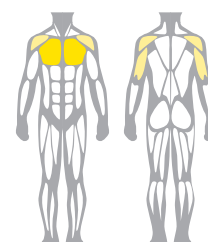
Length:	mm	<b>1350</b>	in	<b>53</b>
Width:	mm	<b>1450</b>	in	<b>57</b>
Height:	mm	<b>1690</b>	in	<b>67</b>
Machine weight:	kg	<b>283</b>	lbs	<b>624</b>

### Weight Stack

Standard:	kg	<b>100</b>	lbs	<b>200</b>
Plus:	kg	<b>130</b>	lbs	<b>260</b>

### Muscles

- Pectorals
- Deltoids
- Triceps





## PECTORAL / ML13



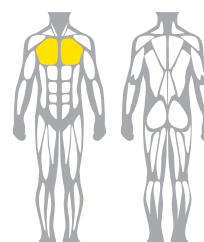
- Decline movement pattern activates the largest percentage of pectoral muscles while minimizing anterior deltoid involvement.
- Elbow pads transfer force directly to the intended muscles.
- External rotation of the arm is minimized in order to reduce shoulder joint stress.
- The Easy Start System facilitates entry and exit, and eliminates the need for adjusting the starting position.
- Neutral Grips ensure maximum safety of use and training variety.
- Optimal Grip offers an ideal pushing surface.
- Visual flags show the correct positioning of the body on the equipment.
- UNITY™ MINI (optional EICML10).

Length:	mm	<b>1315</b>	in	<b>52</b>
Width:	mm	<b>1386</b>	in	<b>55</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>304</b>	lbs	<b>670</b>

### Weight Stack

Standard:	kg	<b>100</b>	lbs	<b>200</b>
Plus:	kg	<b>130</b>	lbs	<b>260</b>

**Muscles**  
- Pectorals



## VERTICAL TRACTION / ML71



- Outward facing seated position with foot start lever makes entry and exit easy and back pad helps encourage correct posture and movement.
- The plane of movement is slightly forward of the shoulders to provide a comfortable path of motion for the user.
- The two arms are independent resulting in balance strength development.
- The Easy Start System facilitates entry and exit, and eliminates the need for adjusting the starting position.
- Neutral Grips ensure maximum safety of use and training variety.
- Optimal Grip offers an ideal pushing surface.
- Visual Flags show the correct positioning of the body on the equipment.
- UNITY™ MINI (optional EICML10).

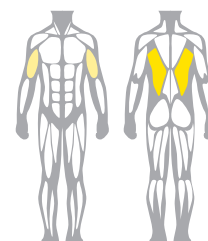
Length:	mm	<b>1500</b>	in	<b>59</b>
Width:	mm	<b>1313</b>	in	<b>52</b>
Height:	mm	<b>1860</b>	in	<b>73</b>
Machine weight:	kg	<b>298</b>	lbs	<b>657</b>

### Weight Stack

Standard:	kg	<b>100</b>	lbs	<b>200</b>
Plus:	kg	<b>130</b>	lbs	<b>260</b>

### Muscles

- Latissimus Dorsi
- Biceps



## PULLDOWN / ML49



- Traditional inward facing position with thigh rollers is familiar to users.
- The defined arc of movement makes performing the exercise correctly easier for beginners and provides a greater range of motion for the lat muscles, which more advanced users will appreciate.
- The two arms are independent resulting in a balanced strength development.
- Optimal Grip offers an ideal pushing surface.
- UNITY™ MINI (optional EICML04).

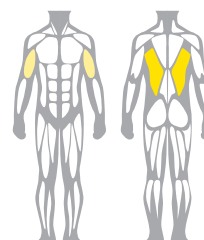
Length:	mm	<b>952</b>	in	<b>37</b>
Width:	mm	<b>1306</b>	in	<b>51</b>
Height:	mm	<b>1885</b>	in	<b>74</b>
Machine weight:	kg	<b>296</b>	lbs	<b>653</b>

### Weight Stack

Standard:	kg	<b>100</b>	lbs	<b>200</b>
Plus:	kg	<b>130</b>	lbs	<b>260</b>

### Muscles

- Latissimus Dorsi
- Biceps



## LOW ROW / ML80



- Independent movement arms result in more balanced strength improvement.
- Center grip allows users to support themselves when training one arm at a time.
- The path of motion and long handles enable the user to easily find the optimal position for the exercise.
- Foot supports help users to minimize pressure on chest pads.
- Optimal Grip offers an optimized pushing surface.
- UNITY™ MINI (optional EICML05).

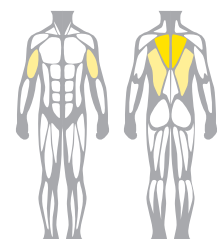
Length:	mm	<b>1135</b>	in	<b>49</b>
Width:	mm	<b>1212</b>	in	<b>48</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>274</b>	lbs	<b>604</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles

- Latissimus Dorsi
- Biceps
- Rhomboids





## REVERSE FLY / ML31



- The large roller pads accommodate users of every height without the need for adjustments.
- The ergonomic design of the roller pads prevents stress on the elbow joints and allows to perform exercises involving the external rotation of the arm.
- The arm trajectory isolates scapular adductor muscles and posterior delts.
- UNITY™ MINI (optional- EICM15)

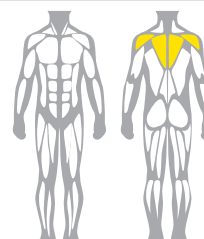
Length:	mm	<b>943</b>	in	<b>37</b>
Width:	mm	<b>1195</b>	in	<b>47</b>
Height:	mm	<b>1808</b>	in	<b>71</b>
Machine weight:	kg	<b>204</b>	lbs	<b>450</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>143</b>
Plus:	kg	<b>95</b>	lbs	<b>210</b>

### Muscles

- Rhomboids
- Posterior Deltoids



## PULLEY / ML14



- Traditional cable row, but with easy weight stack access for quick and convenient change of resistance.
- Support bench is at a convenient height from the floor for comfortable entry and exit.
- UNITY™ MINI (optional EICML12).

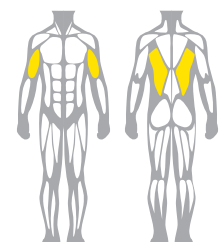
Length:	mm	<b>1802</b>	in	<b>71</b>
Width:	mm	<b>1360</b>	in	<b>54</b>
Height:	mm	<b>1800</b>	in	<b>71</b>
Machine weight:	kg	<b>324</b>	lbs	<b>714</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles

- Latissimus Dorsi
- Biceps



# UPPER BACK / ML46



- Movement pattern is designed to focus on rear deltoids and rhomboids which help improve posture.
- Independent movement arms result in more balanced strength improvement.
- Chest pad adjusts to accommodate arm length variations.
- Optimal Grip offers an optimized pushing surface.
- UNITY™ MINI (optional EICML05).

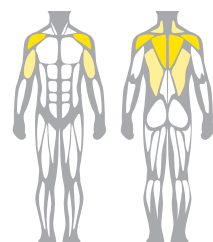
Length:	mm	<b>1190</b>	in	<b>47</b>
Width:	mm	<b>1143</b>	in	<b>45</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>203</b>	lbs	<b>448</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

### Muscles

- Rhomboids
- Deltoids
- Biceps
- Latissimus Dorsi
- Trapezius



## SHOULDER PRESS / ML69



- Independent movement arms result in more balanced strength improvement.
- The plane of movement is positioned slightly forward in order to minimize joint impingement.
- Neutral Grips ensure maximum safety of use and training variety.
- Counterbalance on each arm reduces starting resistance.
- Optimal Grip offers an optimized pushing surface.
- Visual Flags show the correct positioning of the body on the equipment.
- UNITY™ MINI (optional EICML10).

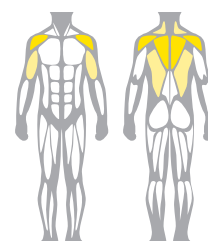
Length:	mm	<b>980</b>	in	<b>39</b>
Width:	mm	<b>1406</b>	in	<b>55</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>216</b>	lbs	<b>476</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

### Muscles

- Rhomboids
- Deltoids
- Biceps
- Latissimus Dorsi
- Trapezius





## DELTS MACHINE / ML93



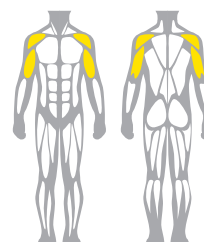
- The release handles allow the arms to move out of the way for easy entry and then move to the desired range of motion once in the exercise position.
- Arms are counterbalanced to minimize initial resistance making the machine suitable for beginners as well as more advanced users.
- Visual Flags show the correct positioning of the body on the equipment.
- UNITY™ MINI (optional EICML07).

Length:	mm	<b>1185</b>	in	<b>47</b>
Width:	mm	<b>1180</b>	in	<b>46</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>302</b>	lbs	<b>666</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>100</b>	lbs	<b>200</b>

- Muscles**
- Deltoids
  - Triceps



## ARM CURL / ML92



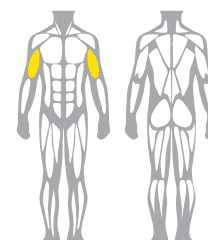
- Handles pivot automatically to accommodate varying forearm lengths.
- Elbow pads provide a reference for maintaining consistent elbow position.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms and results in a more balanced strength improvement.
- UNITY™ MINI (optional EICML13).

Length:	mm	<b>884</b>	in	<b>35</b>
Width:	mm	<b>1300</b>	in	<b>51</b>
Height:	mm	<b>1491</b>	in	<b>59</b>
Machine weight:	kg	<b>203</b>	lbs	<b>448</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

Muscles  
- Biceps



## ARM EXTENSION / ML45



- The unique handle design automatically accommodates varying forearm lengths and makes the machine less sensitive to specific elbow/axis alignment.
- The articulating joint in the movement arm frees users to follow their own natural path of movement.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms and results in a more balanced strength improvement.
- UNITY™ MINI (optional EICML13).

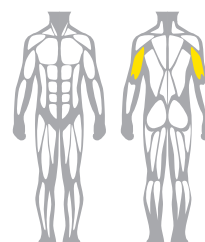
Length:	mm	<b>1020</b>	in	<b>40</b>
Width:	mm	<b>1440</b>	in	<b>57</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>198</b>	lbs	<b>437</b>

### Weight Stack

Standard:	kg	<b>70</b>	lbs	<b>140</b>
Plus:	kg	<b>100</b>	lbs	<b>200</b>

### Muscles

- Triceps



## LAT MACHINE / ML12



- The custom-designed pulldown bar provides better grip and aids the consistent and correct positioning of the hands.
- User-friendly roller pads increase stabilization when using higher loads.
- UNITY™ MINI (optional EICML03).

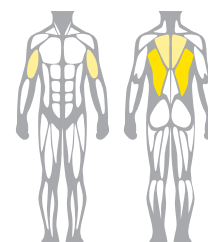
Length:	mm	<b>1220</b>	in	<b>48</b>
Width:	mm	<b>845</b>	in	<b>33</b>
Height:	mm	<b>2285</b>	in	<b>90</b>
Machine weight:	kg	<b>212</b>	lbs	<b>467</b>

### Weight Stack

Standard:	kg	<b>100</b>	lbs	<b>200</b>
Plus:	kg	<b>130</b>	lbs	<b>260</b>

### Muscles

- Latissimus Dorsi
- Biceps
- Rhomboids
- Trapezius (Lower)





## MULTIPOWER / M953

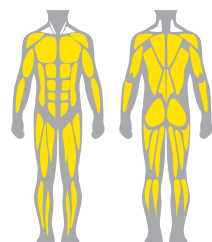


- The machine has a counterbalanced barbell system, which guarantees optimal training with a minimal workload.
- The machine-assisted floating barbell system ensures safe execution.

Length:	mm	<b>1381</b>	in	<b>54</b>
Width:	mm	<b>2094</b>	in	<b>82</b>
Height:	mm	<b>2498</b>	in	<b>98</b>
Machine weight:	kg	<b>240</b>	lbs	<b>529</b>

### Muscles

- All muscle groups





**CORE**  
**FOCUS**  
**YOUR**  
**STRENGTH**



## ABDOMINAL CRUNCH / ML57



- The ergonomic seat ensures correct positioning on the equipment without the need for adjustments.
- The back pad stabilizes the pelvis for better isolation of the abdominal muscles.
- The dual foot supports accommodate users of every height and prevents the hip flexors from being activated.
- UNITY™ MINI (optional EICML11).

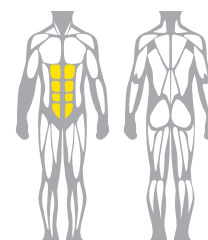
Length:	mm	<b>1280</b>	in	<b>50</b>
Width:	mm	<b>1050</b>	in	<b>41</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>213</b>	lbs	<b>470</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

### Muscles

- Rectus Abdominis





## TOTAL ABDOMINAL / ML83



- The ergonomic seat ensures correct positioning on the equipment without the need for adjustments.
- Dual action motion with posterior hip pad helps users to perform correct crunch movement.
- UNITY™ MINI (optional EICML02).

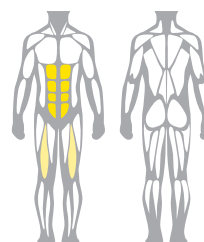
Length:	mm	<b>1237</b>	in	<b>49</b>
Width:	mm	<b>998</b>	in	<b>39</b>
Height:	mm	<b>1491</b>	in	<b>59</b>
Machine weight:	kg	<b>306</b>	lbs	<b>675</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles

- Rectus Abdominis
- Obliques
- Rectus Femoris
- Iliopsoas



## ROTARY TORSO / ML50



- The ergonomic seat ensures correct positioning on the equipment without the need for adjustments.
- Start position adjustment and weight stack are accessible from the seated position.
- The start angles are labelled for side-to-side consistency and session-to-session reproducibility.
- Back pad and knee pads work together to provide pelvic stabilization.
- UNITY™ MINI (optional EICML02).

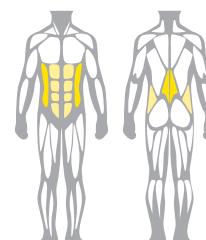
Length:	mm	<b>1185</b>	in	<b>47</b>
Width:	mm	<b>1129</b>	in	<b>44</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>203</b>	lbs	<b>448</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

### Muscles

- Internal and External Oblique
- Quadratus Lumborum
- Sacrospinal



## LOWER BACK / ML58



- The ergonomic seat ensures correct positioning on the equipment without the need for adjustments.
- The design of the back pad encourages extension of the lower back muscles while minimizing hip extension.
- ROM adjustment is easily selected with the hand release and accommodates individual preferences or physical limitations.
- Dual foot supports provide support and stabilization during exercise without the need for adjustments.
- UNITY™ MINI (optional EICML02).

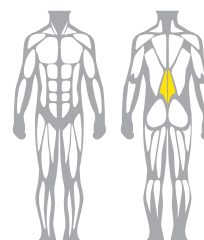
Length:	mm	<b>1210</b>	in	<b>48</b>
Width:	mm	<b>1030</b>	in	<b>41</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>218</b>	lbs	<b>481</b>


### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>130</b>
Plus:	kg	<b>95</b>	lbs	<b>190</b>

### Muscles

- Quadratus Lumborum
- Sacrospinal





**LOWER BODY**  
**SPRING INTO**  
**ACTION**





## LEG EXTENSION / ML91



- The anatomical shape of the thigh support cushion minimizes pressure on the knee.
- Exercise position can be adjusted while seated. The ROM lever activation button adjusts the starting angle from the seated position.
- Adjustable tibia roller pad accommodates users of every height.
- UNITY™ MINI (optional EICML01).

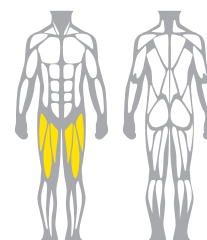
Length:	mm	<b>1300</b>	in	<b>51</b>
Width:	mm	<b>1050</b>	in	<b>41</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>263</b>	lbs	<b>580</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles

- Quadriceps



## LEG CURL / ML90



- Seat and back pad adjust together to insure consistent seating comfort and support while minimizing hamstring constriction.
- The ROM lever adjusts the starting angle and makes machine entry and exit easy.
- The dual roller pad eliminates one adjustment from traditional seated leg curls and minimizes potential hyperextension of the knee.
- Adjustable tibia roller pad accommodates users of every height.
- UNITY™ MINI (optional EICML01).

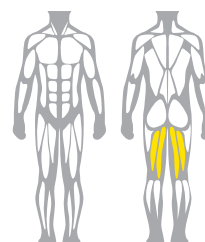
Length:	mm	<b>1130</b>	in	<b>44</b>
Width:	mm	<b>1070</b>	in	<b>42</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine weight:	kg	<b>260</b>	lbs	<b>573</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles:

- Hamstrings



## PRONE LEG CURL / ML10



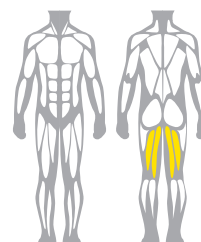
- The inclined pad promotes higher stability especially during heavy load usage.
- The ROM lever activation button adjusts the starting position and can be reached from the prone position.
- The dual handle enables usage by users of every size without the need for adjustments.
- UNITY™ MINI (optional EICM16).

Length:	mm	<b>1827</b>	in	<b>72</b>
Width:	mm	<b>1069</b>	in	<b>42</b>
Height:	mm	<b>1495</b>	in	<b>59</b>
Machine weight:	kg	<b>252</b>	lbs	<b>555</b>

### Weight Stack

Standard:	kg	<b>65</b>	lbs	<b>143</b>
Plus:	kg	<b>95</b>	lbs	<b>210</b>

Muscles  
- Hamstrings



# LEG PRESS / ML51

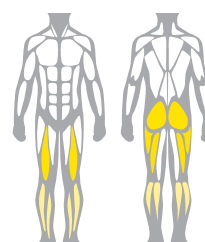


- Large foot support increases exercise variety range.
- Reinforced area for calf exercises.
- 20 degree rail inclination minimizes the contribution of bodyweight.
- Shock absorbers stop the carriage at the end of the possible range with a smooth deceleration.
- UNITY™ MINI (optional EICML09).

Length:	mm	<b>2068</b>	in	<b>81</b>
Width:	mm	<b>1206</b>	in	<b>47</b>
Height:	mm	<b>1800</b>	in	<b>71</b>
Machine weight:	kg	<b>581</b>	lbs	<b>1280</b>

<b>Weight Stack</b>				
Standard:	kg	<b>190</b>	lbs	<b>380</b>
Plus:	kg	<b>250</b>	lbs	<b>500</b>

- Muscles:**
- Quadriceps
  - Gluteus
  - Hamstrings
  - Gastrocnemius
  - Soleus



## ABDUCTOR / ML18



- Front mounted weight stack ensures easy use and privacy during the workout.
- Knee pads and dual foot positions support legs and reduce torque around knee.
- The low height of the machine provides easy access.
- UNITY™ MINI (optional EICML08).

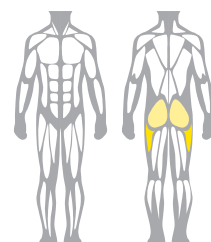
Length:	mm	<b>1406</b>	in	<b>55</b>
Width:	mm	<b>850</b>	in	<b>33</b>
Height:	mm	<b>1195</b>	in	<b>47</b>
Machine weight:	kg	<b>208</b>	lbs	<b>459</b>

### Weight Stack

Standard:	kg	<b>70</b>	lbs	<b>140</b>
Plus:	kg	<b>100</b>	lbs	<b>200</b>

### Muscles:

- Tensor Fasciae Latae
- Gluteus





# ADDUCTOR / ML17



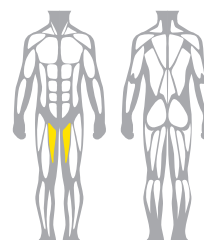
- Front mounted weight stack ensures easy use and privacy during the workout.
- Adjustable start position accommodates individual capabilities and preferences.
- The low height of the machine provides easy access.
- UNITY™ MINI (optional EICML08).

Length:	mm	<b>1421</b>	in	<b>56</b>
Width:	mm	<b>850</b>	in	<b>33</b>
Height:	mm	<b>1195</b>	in	<b>47</b>
Machine weight:	kg	<b>208</b>	lbs	<b>459</b>

### Weight Stack

Standard:	kg	<b>70</b>	lbs	<b>140</b>
Plus:	kg	<b>100</b>	lbs	<b>200</b>

Muscles  
- Adductor



## MULTI HIP / ML67



- Multi-functional machine provides movements to train hip flexion and extension and hip adduction and abduction.
- The axis of rotation adjusts up and down via a counterbalanced mechanism to provide proper axis of rotation alignment and a consistent relationship for the user to the floor.
- UNITY™ MINI (optional EICML06).

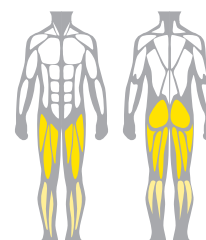
Length:	mm	<b>1226</b>	in	<b>48</b>
Width:	mm	<b>1110</b>	in	<b>44</b>
Height:	mm	<b>1530</b>	in	<b>60</b>
Machine weight:	kg	<b>270</b>	lbs	<b>595</b>

### Weight Stack

Standard:	kg	<b>95</b>	lbs	<b>190</b>
Plus:	kg	<b>125</b>	lbs	<b>250</b>

### Muscles:

- Gluteus
- Hamstrings
- Quadriceps
- Adductors
- Abductors



# TECHNICAL SPECIFICATIONS

## UNITY™ MINI



UNITY™ MINI	
<b>Screen &amp; controls</b>	
Screen type and size	7" LCD
Capacitive touch screen technology	Yes
Android open platform	Yes
Gesture interaction	Yes
<b>Equipment Content</b>	
Test	1 Rep Max
"Guide Me" App	Yes - Settings and exercises
Strength Pilot™ Biofeedback	Yes
Exercises	4 - Goal based (3), Custom
Results (volume)	Yes
Training Guidance	3 - Next exercise, Circuit training, Your training program
Automatic exercise tracking	Yes
Languages available	24 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Chinese simplified, Russian, Turkish, Danish, Arabian, Norwegian, Swedish, Finnish, Korean, Israeli, Catalan, Polish, Thai, Welsh
<b>User ID</b>	
Active RFID reader	Yes
Bluetooth® Smart	Yes
QR code	Yes
Key reader	Yes
<b>Connectivity</b>	
Wi-Fi® - IEEE802.11a/b/g/n (2.4 GHz & 5GHz)	Yes
Bluetooth® Smart	Yes
<b>User customization</b>	
My Training Program	Yes
<b>Facility customization option</b>	
Screen saver customization	Yes
Stand-by mode (screen off)	Yes
<b>Supported professional apps</b>	
COMMUNICATOR	Yes
ASSET	Yes
PRESCRIBE	Yes

# A SELECTION OF TECHNOGYM SCIENTIFIC PUBLICATIONS

The following papers published by Technogym's Scientific Research Department in indexed journals are the result of the company's ongoing investment in scientific research with the purpose of designing superior products and advancing knowledge in the field of Sports Medicine.

## EXERCISE PHYSIOLOGY

Zanuso S, Bergamin M, Jimenez A, Pugliese G, D'Errico V, Nicolucci A, Ermolao A, Balducci S. **Determination of metabolic equivalents during low- and high-intensity resistance exercise in healthy young subjects and patients with type 2 diabetes.**

*Biol Sport.* 2016 Mar; 33(1): 77-82.

Padulo J, Attene G, Migliaccio GM, Cuzzolin F, Vando S, Ardigò LP. **Metabolic optimisation of the basketball free throw.** *J Sports Sci.* 2015; 33(14): 1454-8.

Carraro A, Gobbi E, Ferri I, Benvenuti P, Zanuso S. **Enjoyment perception during exercise with aerobic machines.** *Perceptual & Motor Skills,* 2014, 119, 1, 1-10.

Bergamin M, Ermolao A, Sieverdes JC, Zaccaria M, Zanuso S. **Validation of the mywellness key in walking and running speeds.** *Journal of Sports Science and Medicine,* 11, 57-63, 2012.

McGinley SK, Armstrong MJ, Khandwala F, Zanuso S, Sigal RJ. **Assessment of the mywellness key accelerometer in people with type 2 diabetes.** *Appl Physiol Nutr Metab.* 2015, 10:1-6.

## BIOMECHANICS & ERGONOMICS

Biscarini A, Benvenuti P, Busti D, Zanuso S. **A Scott Bench with Ergonomic Thorax Stabilization Pad Improves Body Posture During Preacher Arm Curl Exercise.** *Ergonomics.* 2015, J30: 1-23.

Biscarini A. **Measurement of power in selectorized strength-training equipment.** *J Appl Biomech.* 2012 Jul; 28(3): 229-41.

Biscarini A, Benvenuti P, Botti F.M, Brunetti A, Brunetti O, Pettorossi E.V. **Voluntary-enhanced co-contraction of hamstring muscles during open kinetic-chain leg extension exercise, and its potential unloading effect on the anterior cruciate ligament.** *American Journal of Sports Medicine* 42: 2103-2112 (2014).

Robert B, Gray A, Bertiato F, Benvenuti P, Zanuso S, Wei Ross, Caine M. **Development of a Structured Protocol to Determine Multimedia Screen Position on CV Equipment.** *International Journal of Sports Science and Engineering* Vol. 06 (2012).

Biscarini A. **Minimization of the knee shear joint load in leg-extension equipment.** *Med Eng Phys.* 2008 Oct;30(8):1032-41.

Biscarini A, Benvenuti P, Botti F, Mastrandrea F, Zanuso S. **Modelling the joint torques and loadings during squatting at the Smith machine.** *J Sports Sci.* Mar;29(5):457-69. 2011.

## EXERCISE IS MEDICINE

Lucini D, Zanuso S, Solaro N, Vigo C, Malacarne M, Pagani M. **Reducing the risk of metabolic syndrome at the worksite: preliminary experience with an ecological approach.** *Acta Diabetol.* 2015.

Zanuso S. **Exercise: a powerful tool to manage type 2 diabetes in the ageing population.** *European Medical Journal.* 1, 2014.

Mann S, Beedie C, Balducci S, Zanuso S, Allgrove J, Bertiato F, Jimenez A. **Changes in Insulin Sensitivity in Response to Different Modalities of Exercise: a review of the evidence.** *Diabetes Metab Res Rev.* 2013 Oct 15.

Zanuso S, Sieverdes JC, Smith NC, Carraro A, Bergamin M. **The effect of a strength training program on affect, mood, anxiety, and strength performance in older individuals.** *Int. J. Sport Psychol.,* 2012.

Balducci S, Zanuso S, Cardelli P, Salvi L, Mazzitelli G, Bazuro A, Iacobini C, Nicolucci A, Pugliese G. **Changes in Physical Fitness Predict Improvements in Modifiable Cardiovascular Risk Factors Independently of Body Weight Loss in Subjects With Type 2 Diabetes Participating in the Italian Diabetes and Exercise Study (IDES).** *Diabetes Care,* 2012.

# ACCESSORIES

## ALL EQUIPMENT

---



**NO. HOLDER PLATE SET (10 pcs.)** A000022  
(for SELECTION PRO Leg Press, Lat Machine, Pulley)

**NO. HOLDER PLATE SET (10 pcs.)** A0000519

**NO. FROM 1 TO 50** A0000045

**NO. FROM 51 TO 100** A0000046

## LAT MACHINE

---



**RUBBER BAR** A0000106  
**CHROME-PLATED BAR** A053



**TRICEPS ROPE** A0000812



**TRICEPS BAR** A0000339  
**HORIZONTAL BAR FOR TRICEPS** A091



**CHROME TRAZIBAR** A032

## ROTARY TORSO

---



**RUBBER DOUBLE HANDLE BAR** A031  
**PLASTIC HANDLE** A035



**SET OF SHOULDER RESTS** A0000349



# ATELIER SELECTION PRO





# NEW COLOR COMBINATIONS

<p>UPHOLSTERY</p> <p>FRAME</p>	 <p>2R. GRAPHITE GREY</p>	 <p>2T. BLUE NAVY</p>
<p>AN. ANTHRACITE</p> 		
<p>ED. ALUMINUM</p> 		
<p>BN. WHITE</p> 		

# ATELIER SELECTION PRO



20. DARK



2S. MARSALA



2V. STONE GREY



# CLASSIC COLOR COMBINATIONS

<p>UPHOLSTERY</p> <p>FRAME</p>	 <p>V. BLACK</p>	 <p>M. BORDEAUX</p>	 <p>Z. LIGHT BROWN</p>
<p>ED. ALUMINUM</p> 			
<p>BN. WHITE</p> 			
<p>AN. ANTHRACITE</p> 			



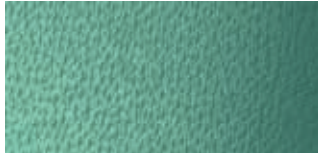
# ATELIER SELECTION PRO



Y. BRILLIANT BLUE



K. AVIATION BLUE



W. BRILLIANT GREEN



J. RED



# CHOOSE YOUR NEW STYLE

Give your facility a new look with our latest atelier color combinations.



Configuration example of Frame ED. Aluminum + Upholstery 2Q. Dark



Frame AN. Anthracite + Upholstery 2Q. Dark

# ATELIER SELECTION PRO



Frame ED. Aluminum + Upholstery 2R. Graphite Grey



Frame BN. White + Upholstery 2Q. Dark



# TOTAL WELLNESS SOLUTION



We provide each client with tailor-made solutions to meet every need, all the way from project design to startup and facility management.

## INTERIOR DESIGN

We inspire people with an attractive and enjoyable environment in which training becomes an experience to savor.

## EQUIPMENT

To offer a complete range of innovative products featuring unique design, and training and entertainment solutions to meet the training needs and aspirations of all users.

## APPS, DEVICES & CONTENT

To offer your members a fully engaging gym experience based on Wellness lifestyle management which helps you run your business more profitably.

## FINANCIAL SERVICES

To provide the best financial terms and advice to make your acquisition simple and profitable.





## AFTER SALES

To ensure regular maintenance of your equipment and fast aftersales support through a dedicated service contract.

## PROGRAMS & EDUCATION

To help you create the very best user experience with tailored program training based on individual needs, abilities and engagement.

## MARKETING SUPPORT & BRANDING

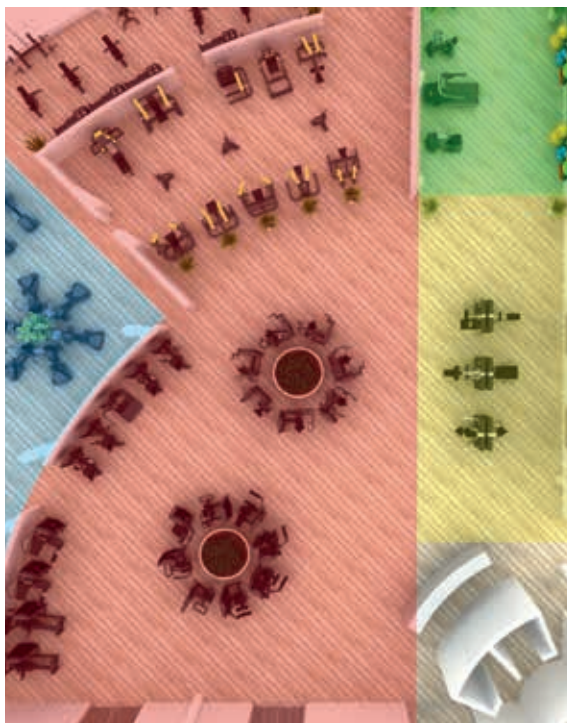
To help you communicate and market your facility and programs to attract new customers, retain existing ones and release the full the value of your investment.



# INTERIOR DESIGN

Our Wellness Design™ service draws on years of experience gained designing Fitness & Wellness spaces to help create the perfect environment for physical and mental well-being.

[www.technogym.com/interiordesign](http://www.technogym.com/interiordesign)



## CUSTOMIZATION AND DIFFERENTIATION

Following the layout proposal, which indicates the best way to arrange the equipment and identifies distinct areas according to specific training needs, you can request a consulting session regarding interior design.



## THE IMPORTANCE OF CLUB ATMOSPHERE

We can produce 3D rendered drawings to show you how the equipment will blend into the environment and create a new Wellness area with an aesthetic value that will help increase client satisfaction and loyalty.

# APPS, DEVICES & CONTENT

Thanks to our mywellness® cloud-based open platform that integrates equipment, apps and personal devices, operators can deliver comprehensive lifestyle solutions.

[www.technogym.com/mywellnesscloud](http://www.technogym.com/mywellnesscloud)



## A TOTALLY ENGAGING USER EXPERIENCE

Our UNITY™ and TV digital consoles, are designed to make everyone's training experience unique in terms of ease of use, engagement and motivation.



## MEMBER LIFESTYLE MANAGEMENT

Through the mywellness.com portal, we offer a range of ready-to-use apps which enhance the facility operator's potential in all aspects relating to member engagement, management and loyalty.

# FINANCIAL SERVICES

We can support your investment in Technogym® products with safe, fast and tailored financing plans thanks to our co-operation with an international network of prestigious banking and insurance institutions.

[www.technogym.com/financialservices](http://www.technogym.com/financialservices)



## CUSTOMIZED, RELIABLE FINANCING

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.



## MAINTAIN THE VALUE OF YOUR INVESTMENT

The total cost of ownership of the equipment at the end of its life is obtained by adding the purchase cost of the equipment to the cost of maintenance and operation, then subtracting the residual value. Thanks to the value of Technogym® products, the result is a ratio that is always advantageous to the facility owners.

# AFTER SALES

Professional and customized maintenance services that guarantee the consistent effectiveness and quality of your equipment.

[www.technogym.com/aftersales](http://www.technogym.com/aftersales)



## TRAINED TO GIVE THE BEST

Technogym® After Sales Service keeps your products up and running to preserve their value over time. We have a worldwide infrastructure of 1,000 Technogym After Sales professionals and a customer portal for monitoring the status of service activities, asset usage, service performance metrics, and managing equipment.

## OUR SERVICE CONTRACTS

We maintain the highest degree of functionality while also protecting your investment at a fixed fee. Our Service Contracts team will listen to your needs and provide you with expert advice, recommending the appropriate solution for you.



# PROGRAMS & EDUCATION

We aim to educate professionals on how to fully maximize their business potential and create validated and customized programs based on users needs and abilities.

[www.technogym.com/education](http://www.technogym.com/education)



## SCIENTIFICALLY VALIDATED PROGRAMS

Our programs are created by Technogym's worldwide network of leading exercise professionals and are all validated by the Technogym® Scientific Board. Designed for multi-format delivery, they are available via apps and as printable collateral materials, such as posters and exercise cards.



## FLEXIBLE, HIGHLY QUALIFIED EDUCATION

We assist exercise professionals in creating the very best user experience in the gym by providing on-site and online product and method education to increase interaction, build engagement and generate secondary revenues.

# MARKETING SUPPORT & BRANDING

Make the most of your investment in state-of-the-art products: take advantage of our promotional and educational tools to support your business. Go the extra mile!

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



## PROMOTE YOUR OFFERS AND EDUCATE YOUR MEMBERS

To assist you in the launch and promotion of your gym offering, we provide you with a host of digital and printable marketing tools that support trainer activity and develop a stronger awareness about product use and benefits, growing your members' motivation.



## EASILY FIND THE TOOLS YOU NEED

As our client, you can view our merchandising collection and download promotional and educational artwork files, Wellness and product images and videos from the on-line Marketing Support area. Use the different search criteria to find, preview and download the items you are interested in.



**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  
R.J, 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

Technogym, The Wellness Company, Mywellness, Technogym key {3D}, UNITY, Strength Pilot, Total Wellness Solution, Wellness, Wellness Design, Wellness Institute, Wellness Lifestyle are trademarks of Technogym® S.p.a.

Selection, User ID, New Smart Pin are protected by patents/patents pending/design patents owned by Technogym S.p.A. in European countries and in the world.

US7722502 and US9305141 are patents owned by Technogym S.p.A.

Technogym reserves the right to modify its products and documentation at any time and without notice. © 2016-2017 Technogym.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Technogym® is under license.

Wi-Fi is a trademark of Wi-Fi Alliance.

The N-Mark is a trademark or registered trademark of NFC Forum, Inc. in the United States and in other countries.

All other trademarks and logos contained in this catalogue are property of their respective owners.



OS001416AC-UK



The Wellness Company

[technogym.com](https://www.technogym.com)