

Excite[®] +



TECHNOGYM[®]

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Personalized training experiences

Immerse yourself in a world of captivating training options and entertainment content that will revolutionize your fitness routine. With Excite+, you can now enjoy an even more personalized, comfortable, and interactive experience—making every workout more effective and engaging than ever.



Welcome to the new
Excite+ line





Excite+
+You +AI



Evolving through every movement

Backed by over 500 million workouts across more than 170 countries, Excite+ continues to grow and evolve, driven by real-world insights and continuous innovation. The result is cardio equipment that's engineered for performance.



Excite[®] +

PATENTED DESIGN



Run



Bike



Climb



Recline



Synchro



Top



Vario

Integrated with the Technogym Ecosystem

Personalization, Variety



+40%
Attraction

+30%
Retention

+100%
Secondary
spending

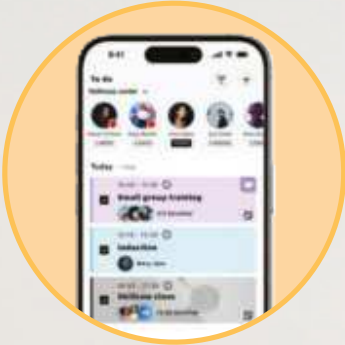
**MYWELLNESS
OPEN PLATFORM**



OPERATOR



Mywellness®
for tablet



Mywellness PRO
App for trainers



Mywellness®
for web

**TECHNOGYM
CHECKUP**

Excite+ smart equipment is seamlessly integrated into the Technogym Ecosystem—an open, connected platform that delivers hyper-personalized training experiences to users while empowering operators to grow their business across a wide variety of touchpoints.



Precision training built around you

+ Personalization



Enjoy a training experience designed entirely around you right on the TrueView full HD touch screen. Technogym AI Coach recommends workouts tailored to your goals, and your personal devices are instantly recognized and integrated. No setup needed, just seamless training from start to finish.

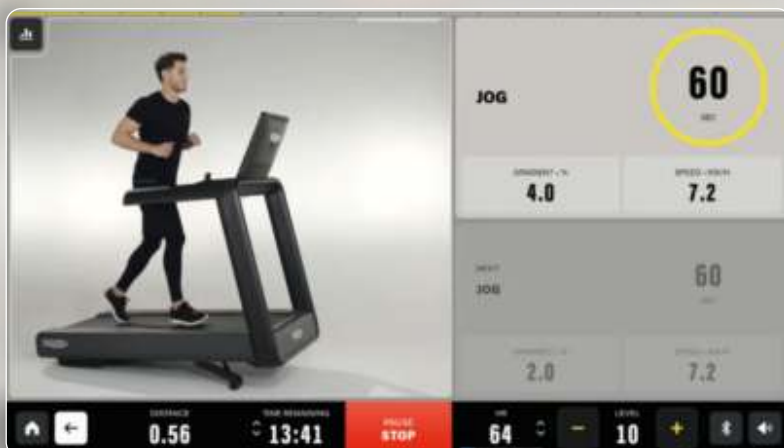


Endless training possibilities

Whenever you step onto Technogym® smart equipment, you'll discover personalized training experiences built around you.



Want motivation and guidance? Choose your favorite **Technogym Sessions**—workout series led by trainers who guide you step by step.



Technogym Routines deliver a wide variety of guided, goal-focused workouts that automatically adjust intensity in real time.



Scenic Landscapes, Interactive Routes, or Discovery Sessions. Our **Outdoors** library has workouts to fire up your body and your imagination



Whether your goal is weight loss or peak performance, achieve it with **Zone Training**—powered by CPR Technology and guided by your heart rate.



Relive allows you to bring your outdoor runs indoors with routes tracked on the Technogym App or your favorite device.



Quickly and accurately assess your cardio fitness with the new AI-powered **Quick VO₂max test**—no assistance needed. Results are automatically synced with Technogym Checkup for seamless tracking.

A personal, AI-powered coach

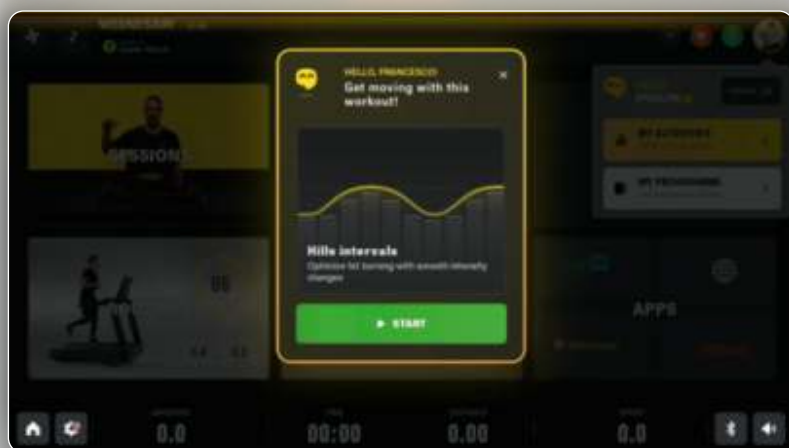


TECHNOGYM
AI COACH





Companion Swiftpad makes it easy to adjust intensity while enjoying your favorite entertainment and doing immersive outdoor runs.



Technogym AI Coach learns from your goals and habits to suggest workouts that fit you, making every workout more effective, personal, and motivating.



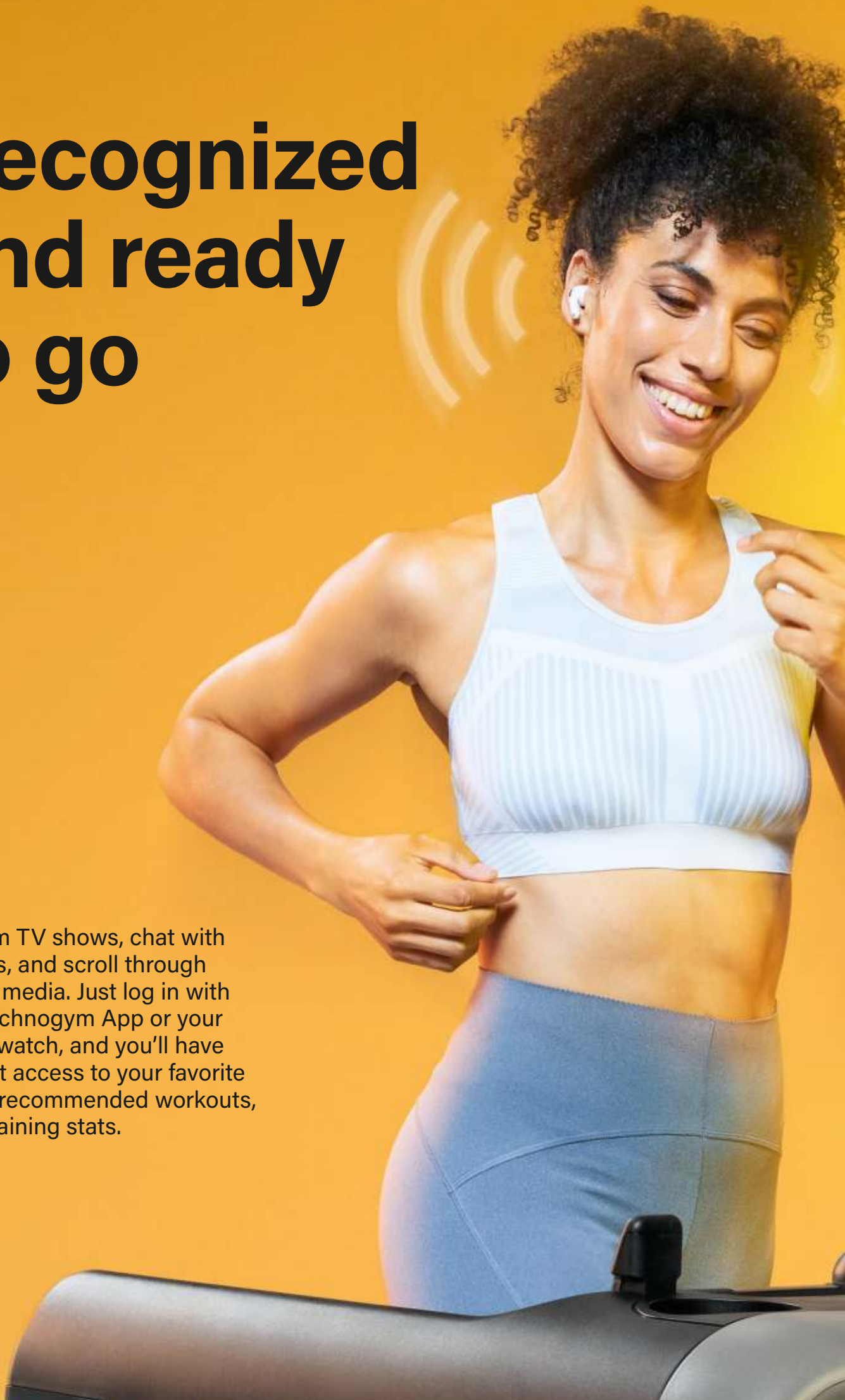
When you train using your Precision Program—tailored to you and your goals—on Excite+ equipment, you'll be **automatically guided to the next step** of your workout.



From on-demand workouts to wellness tips, you'll find your favorite content right on the **Technogym App**, for a holistic wellness experience that's right at your fingertips, anytime and anywhere.

Recognized and ready to go

Stream TV shows, chat with friends, and scroll through social media. Just log in with the Technogym App or your smartwatch, and you'll have instant access to your favorite apps, recommended workouts, and training stats.





Magic Pairing (patent pending)

Thanks to this exclusive technology, your Bluetooth® headphones and wearable heart rate monitor sync automatically each time you log in during a workout.

+ Connectivity



TECHNOGYM®

Recognized and ready to go



Cockpit PowerPad

Wirelessly charge your phone right from the console, keeping it within reach and easy to use as you train.



+ Connectivity



Rethinking design

+ Space Efficiency

Excite+ delivers the best ratio of footprint to training space. This smart, compact design gives you more room to train and more freedom to perform at your best.



Walk-through design with a minimal footprint



3 steps in 1 m² (11 ft²)

*vs previous Excite+ Run models.



-30%
footprint*

+13%
running space*

Making a positive impact

Excite+ is engineered for sustainability at every stage. From production to end-of-life, its lifecycle is designed to cut carbon emissions and minimize environmental impact.





Reduced carbon footprint

By using **recycled plastic**, we reduce CO₂ emissions for each piece of equipment we produce.



Certified sustainable packaging

All types of packaging used by Technogym, whether in wood or cardboard, are **fully recyclable** and provided with FSC certifications. Specifically, since 2020, **90%** of the weight of materials used in Technogym packaging is **FSC- and PEFC-certified**, in order to reduce the environmental impact of packaging waste. The cardboard used is certified with a composition that varies **between 70% and 100% recycled material**, promoting responsible management of resources.



Energy saving

Excite+ **Run consumes 15% less** than the previous model. The "Preventive Care Light" ensures more efficient energy use by indicating when it is time for maintenance. **Bike, Recline, Synchro and Vario** are also available as **powered exclusively by human movement**.



No batteries

Without any batteries, Human Powered Excite+ equipment minimizes environmental impact.



+ Ecofriendly



Excite+

- + Personalization**
- + Connectivity**
- + Space Efficiency**
- + Ecofriendly**



Run

Experience everything you love about outdoor running—indoors.

Combining a natural, cushioned stride with personalized training content, it keeps your runs comfortable, fun, and motivating.



Discover more about
Excite+ Run





NEW DECK DESIGN

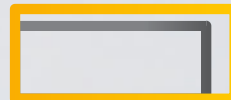
More room to go farther

Excite+ Run is built around your stride, your pace, and your goals.

Whether you're just starting out or chasing personal records, the generous deck and cushioned **Optimal Stride** surface provide the perfect balance of space and comfort.



+ 13%



more running space

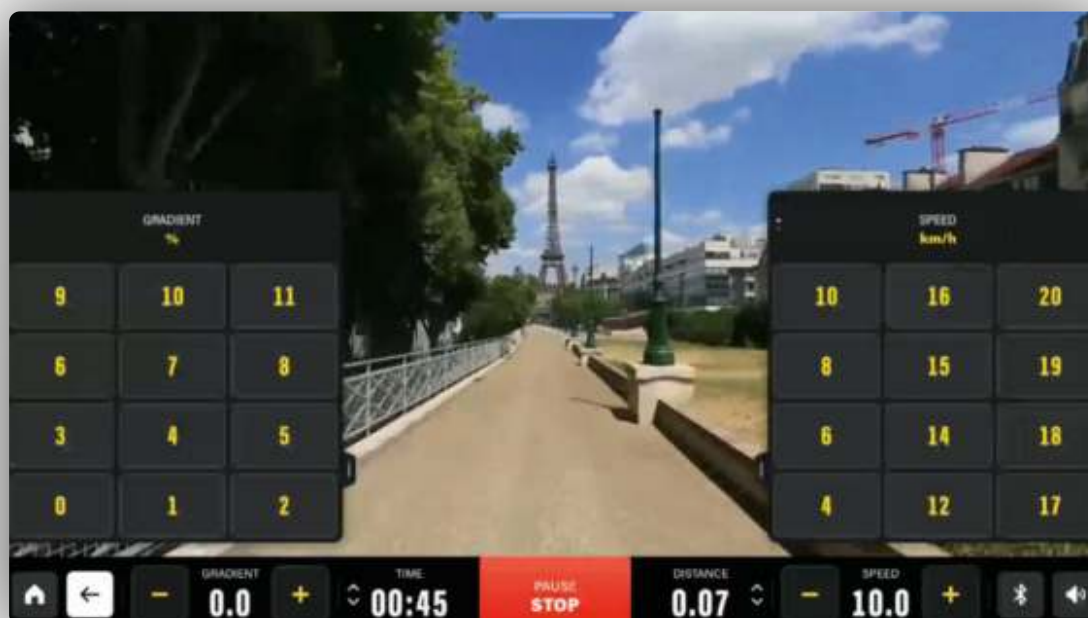


smaller footprint area

- 30%

On-the-fly speed and incline settings

Excite+ Run is the only treadmill equipped with intuitive, ergonomic **Fast Track** joysticks that make it easy to adjust speed and incline without breaking your stride. And with **Companion Swiftpad**, you can make quick, preset adjustments right from the screen.







Interactive Routes

Relive

ENDLESS TRAINING VARIETY

Your perfect run

Expand your workout horizons with the new wider **TrueView full HD touch screen display**, offering you an even more immersive, personalized and motivating experience. Choose from virtually endless **Sessions** and **Routines**, explore breathtaking Interactive Routes, bring your outdoor runs indoors with **Relive**, or follow your **TrainingPeaks** plan step by step.

Compatible with:



Polar



Strava



Garmin



TrainingPeaks

Run

NEW

COCKPIT POWERPAD

This wireless smartphone holder offers faster charging

FAST TRACK CONTROLS

Two ergonomic joysticks for instant speed and incline adjustments

INMOTION SAFETY LIGHT

Gives you the green light to step onto the equipment

PREVENTIVE CARE LIGHT

A flashing green light means the treadmill needs maintenance but can still be used

INCREASED RUNNING SURFACE

13% more running space and 30% smaller footprint

SPEED AND INCLINE

Up to 25 km/h (15.6 mph) and 18%

OPTIMAL STRIDE

Cushioned and adaptive surface

Download
the tech specs





NEW CONSOLE
LIVE 22: 22" TrueView full
HD touch screen
LIVE 10: 10" touch screen
CONNECT: digital with
capacitive keypad

NEW COMPANION SWIFTPAD
For instant speed and
incline control

NEW DUAL WATER BOTTLE
HOLDERS
Lateral rubber flaps keep
bottles firmly in place

NEW COOLING FAN
Enjoy enhanced comfort with
30% more powerful airflow

BIOFEEDBACK
Smart guidance with real-
time feedback on cadence

WAKE-UP SENSOR
(PATENT PENDING)
Activates the console
as you approach

Synchro

Designed to move in harmony with your body, Excite+ Synchro offers movement that feels smooth, natural, and effortless.

Its converging handles provide a natural motion for your upper body, while the pedals offer an ultra-wide stride (67 cm / 26.5") for your lower body, delivering effective, full-body workouts that are gentle on joints.



Discover more about
Excite+ Synchro



ADJUSTABLE RAMP

Wider range of movement

Power up your lower body training with a wide range of movements and exercises—made possible by the **adjustable ramp** featuring **Decline System** technology.

For maximum glute activation, lean forward on the **soft-touch central handlebar**.



Adjustable ramp range of movement (in degrees)





SESSIONS AND ROUTINES

Energizing workouts

Find fresh inspiration every day. The **adjustable ramp** pairs with **Routines** and **Sessions** for a wide variety of training options and intensity levels.

And with **Companion Swiftpad**, you can easily adjust your workout intensity in real time without missing a beat of your favorite content.



Synchro

DOUBLE HAND SENSORS

To monitor your heart rate

FAST TRACK CONTROLS

To change intensity on the fly

SOFT-TOUCH TOTAL BODY HANDLEBAR

For upper body engagement

CONVERGING UPPER BODY HANDLES

To move your arms more naturally

LONGEST STRIDE

Up to 67 cm (26.5")



Download
the tech specs





NEW CONSOLE
LIVE 16: 16" TrueView
full HD touch screen
LIVE 10: 10" touch screen
CONNECT: digital with capacitive
keypad

NEW COCKPIT POWERPAD
This wireless smartphone holder offers
faster charging

NEW COMPANION SWIFTPAD
For instant speed and incline control

WAKE-UP SENSOR
(PATENT PENDING)
Activates the console as you approach



AVAILABLE WITH ADJUSTABLE OR
FIXED RAMP
Select the perfect fit

AUTOMATIC RAMP REPOSITIONING
For easily getting on and off

Climb

Step beyond your limits with confidence.

Excite+ Climb was designed to help you push boundaries and achieve extraordinary results. With its accessible design and engaging training content, every climb is both fun and effective no matter your fitness level.



Discover more about
Excite+ Climb



SPLIT STEP TECHNOLOGY

Climbing made easy

Excite+ Climb redefines stair training with a thoughtful design that makes every step feel natural and secure.

Its ultra-low height and deep step surface ensure a smooth, comfortable climb for everyone—even beginners who are just getting started. The low-rise **Courtesy Step™** makes getting on easy, while the anti-pinch **ToeSmart Design™** protects toes so you can focus on your workout and not your footing.







ADVANCED FEATURES

More room for performance

Step up your workout and boost muscle activation. With **three steps available at all times** plus **Smart Lateral Footrests**, you can perform more complex footwork and challenging routines for maximum calorie burn and fun.



ROUTINES

Up your game

Step up your training with a wide variety of video-guided **HIIT workouts**. You'll burn calories, strengthen your legs and glutes, and boost your agility, all while the equipment automatically adjusts the intensity for the perfect challenge.





Climb

FAST TRACK CONTROLS

To change intensity on the fly

HAND SENSORS

To monitor your heart rate

OPTIMAL STEP SURFACE

Measures 47 x 28 cm (18.5" x 11")

SMART LATERAL FOOTRESTS

For added variety

TOESMART DESIGN™

Use the entire step surface, whatever your shoe size, thanks to the anti-pinch ToeSmart Design™.

COURTESY STEP™

For easy access

Download
the tech specs





NEW CONSOLE

LIVE 16: 16" TrueView

full HD touch screen

LIVE 10: 10" touch screen

CONNECT: digital with capacitive keypad

NEW COCKPIT POWERPAD

This wireless smartphone holder offers faster charging

WAKE-UP SENSOR

(PATENT PENDING)

Activates the console as you approach

LOWEST STAIR CLIMBER ON THE MARKET

BEST AVAILABLE RATIO OF CLIMBING SPACE TO FOOTPRINT

SPLIT STEP TECHNOLOGY (PATENTED)

Three steps to work out on at all times

Bike

Get a smooth ride on the coolest exercise bike out there.

Whether it's slow-paced cycling through the outdoors or picking up the pace with a high-intensity Routine, Excite+ Bike's design, training options, and advanced biomechanics will make you excited to get back in the saddle.



Discover more about
Excite+ Bike





WIDE WALK-THROUGH DESIGN

Your most comfortable ride

Thanks to the wide **walk-through design**, getting on and off is simple and intuitive. And once you're on, a variety of riding experiences await.

From the intuitive **console** to the **soft-touch handlebar** and **smart pedals**, every detail is designed to support a comfortable, enjoyable ride whatever your fitness level or training goal.



City bike



Race



SESSIONS AND ROUTINES

Ready to ride

Every ride is an opportunity to push your limits. Discover a curated library of immersive **outdoor training, Sessions, and Routines** designed to enhance your performance. Just dock your phone in the **Cockpit PowerPad** to stay connected during your workouts.



Bike

FAST TRACK CONTROLS

To change intensity on the fly

SOFT-TOUCH HANDLEBAR

Makes training more comfortable in all positions

HAND SENSORS

To monitor your heart rate

EASY SADDLE SETUP

From a seated position

Q FACTOR

More realistic cycling experience thanks to the reduced distance between pedals

SMART PEDALS

The wider pedals ensure greater stability while riding. The straps can be easily adjusted by simply tightening and opening the buckle.



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the tech specs





NEW**CONSOLE**

LIVE 16: 16" TrueView
full HD touch screen

LIVE 10: 10" touch screen

CONNECT: digital with
capacitive keypad

NEW**COCKPIT POWERPAD**

This wireless smartphone
holder offers faster charging

WAKE-UP SENSOR

(PATENT PENDING)

Activates the console
as you approach

**WALK-THROUGH DESIGN
WITH A MINIMAL
FOOTPRINT**

Makes getting on and
off easy for everyone

Recline

Excite+ Recline offers a wide walk-through design, soft-touch handles, and supportive, adjustable backrest.

Every detail is crafted for a smooth, comfortable ride—perfect for anyone seeking an accessible, confidence-building workout.



Discover more about
Excite+ Recline





ENDLESS ENTERTAINMENT

Connect to your world

Power through your workouts while enjoying your favorite content on the **TrueView full HD touch screen**. From TV shows and games to music and web browsing, Technogym Live delivers an immersive entertainment experience that keeps pace with you.



ACCESSIBLE DESIGN

Total comfort

Effortlessly get on and off the equipment thanks to the **wide walk-through design**. The **adjustable backrest**, **soft-touch handles** and **smart pedals** help you find and maintain a correct and comfortable workout position.





Recline

ADJUSTABLE BACKREST
For maximum comfort

SOFT-TOUCH HANDLES
To ensure a correct workout position

HAND SENSORS
To monitor your heart rate

FAST TRACK CONTROLS
To change intensity on the fly



Download
the tech specs





NEW CONSOLE
LIVE 16: 16" TrueView full HD touch screen
LIVE 10: 10" touch screen
CONNECT: digital with capacitive keypad

NEW COCKPIT POWERPAD
This wireless smartphone holder offers faster charging

WAKE-UP SENSOR
(PATENT PENDING)
Activates the console as you approach

WIDE WALK-THROUGH DESIGN
Makes getting on and off easy for everyone

SMART PEDALS
The wider pedals ensure greater stability while riding. The straps can be easily adjusted by simply tightening and opening the buckle.

Q FACTOR
More realistic cycling experience thanks to the reduced distance between pedals

Vario

Excite+ Vario adapts to your natural stride with a smooth, no-impact motion that protects your joints.

This allows you to settle into a rhythm that feels intuitive and effortless. So much so that you'll be making progress without even noticing the effort.



Discover more about
Excite+ Vario



SELF ADAPTIVE STRIDE

Easy and natural movement

Starting is effortless thanks to **Optimal Start** technology that prevents pedal blocking. And as you train, **Self Adaptive Stride** technology makes movements smooth and natural, adjusting to your pace whether you're stepping, walking, or running.



Vertical stepping



Walking



Running

OPTIMAL TRAINING EFFECT

Effortless motion, more results

Ease into your workout and burn more calories with less perceived effort.

Depending on whether you hold the **soft-touch total body handles** or the **fixed handlebar**, you can engage your whole body or focus on lower body activation.





Vario

DOUBLE HAND SENSORS

To monitor your heart rate

SOFT-TOUCH TOTAL BODY HANDLES

For upper body engagement

SELF ADAPTIVE STRIDE

Ranges from 0 to 83 cm (33")

REDUCED PEDAL HEIGHT

Low-set pedals and lateral hand supports make every movement feel safe and effortless

OPTIMAL START (PATENTED)

The self-starting system prevents pedal blocking

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the tech specs





FAST TRACK CONTROLS
To change intensity on the fly

NEW **CONSOLE**
LIVE 16: 16" TrueView
full HD touch screen
LIVE 10: 10" touch screen
CONNECT: digital with
capacitive keypad

NEW **COCKPIT POWERPAD**
This wireless smartphone
holder offers faster charging

WAKE-UP SENSOR
(PATENT PENDING)
Activates the console
as you approach

Top

Excite+ Top is the versatile upper body ergometer that boosts fitness, builds strength, and enhances endurance—helping you define your upper body with every move.



Discover more about
Excite+ Top



VERSATILE TRAINING

Complete well-being

You can enjoy the benefits of upper body rotary training from the more challenging standing position or from a seated one, using the **ergonomic seat**.



The seated position engages chest, shoulder, back, arm and core muscles to stabilize and maintain correct posture.



The standing position requires total body integration, to transmit power from the legs through the core and into the upper torso and limbs.



Top

TELESCOPIC ARMS

By changing the length of the arms, you modify the level of involvement of the torso muscles

ADJUSTABLE CRANK HEIGHT

Ensures ideal posture to maximize the involvement of different muscle groups

ROTATING HANDLES

To engage different muscle groups

FORWARD-BACKWARD RESISTANCE

Involve all shoulder and torso muscles and achieve a more balanced workout

FOR STANDING
OR SEATED USE

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the tech specs





NEW

CONSOLE

LIVE 16: 16" TrueView

full HD touch screen

LIVE 10: 10" touch screen

CONNECT: digital with
capacitive keypad

WAKE-UP SENSOR
(PATENT PENDING)

Activates the console
as you approach

Boost engagement and motivation

Excite+ combines intelligent design with versatile console options to support different training goals and preferences. The Technogym Live interface transforms exercise into an engaging, results-driven experience, with on-demand content that keeps workouts fun, motivating, and effective.



Discover
Technogym Live





Live

Available for models 5000, 7000, 9000

Enjoy the widest variety of embedded training content like Sessions, Routines, Outdoors and more. For entertainment during workouts, choose from TV, web browsing or your favorite apps.

WORKOUT AND TESTING OPTIONS

Quick Start	Yes
Embedded workouts	16
Create your own	Yes
Embedded tests	21

INTEGRATION WITH EXTERNAL TRAINING PLATFORMS

Relive feature	Yes
TrainingPeaks	Yes
Strava	Yes

PREMIUM TRAINING CONTENT

Routines	Embedded
Sessions	Embedded
Outdoors	Embedded

ENTERTAINMENT

TV	Yes
Entertainment apps	Yes
Web browsing	Yes



Live 10

Available for models 500, 700

Immerse yourself in every workout with a touchscreen console that adapts to your training, keeping everything simple and within reach. Enjoy advanced features like Companion Swiftpad's quick-access shortcuts, Relive, and content like Routines.

WORKOUT AND TESTING OPTIONS

Quick Start	Yes
Embedded workouts	16
Create your own	Yes
Embedded tests	21

INTEGRATION WITH EXTERNAL TRAINING PLATFORMS

Relive feature	Yes
TrainingPeaks	Yes
Strava	Yes

PREMIUM TRAINING CONTENT

Routines	Embedded
Sessions	Via Technogym App



Connect

Available for model 300

Start your workout with a single tap using the intuitive console that makes it easy to manage your workouts and track your progress, and connect to the Technogym App to discover personalized training content.

WORKOUT AND TESTING OPTIONS

Quick Start	Yes
Embedded workouts	5
Embedded tests	1

PREMIUM TRAINING CONTENT

Routines	Via Technogym App
Sessions	Via Technogym App



Enhance your experience

Sync the Technogym App with Connect or Live 10 consoles to unlock guided workouts and premium on-demand content.

The app takes control during workouts, adjusting speed and resistance in real time to match your workout and help you achieve better results.

Log in using the app to personalize your experience, monitor progress, and stay motivated from start to finish.



Download the Technogym App





Seamless cardio & strength

Pearl Grey



Diamond Black



Select the perfect color and material combinations to complement your unique space.

*Additional upholstery options are available upon request.



1. FRAME	2. GUARD
HD Pearl Grey	EA Anthracite
3. UPHOLSTERY*	LOGOS
IT Chocolate	X Aluminum Grey
Other options:	
2Q Dark	



1. FRAME	2. GUARD
AN Anthracite	EA Anthracite
3. UPHOLSTERY*	LOGOS
2Q Dark	Y Technogym Yellow
	Other options:
	X Aluminum Grey

Club





Hospitality





FOR INFORMATION AND PURCHASING

Technogym products and services are only sold directly.

PHONE NUMBERS

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

0800 3162496

(Freephone - UK only)

+971 4 5628900

(United Arab Emirates only)

800 8040952

(Toll free - US only)

0800 3322448

(Toll free - Netherlands only)

1800 615440

(Toll free - Australia only)

+39 0547 650111

(Other countries)

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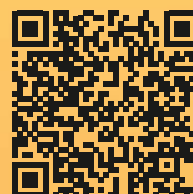
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