

Technogym Checkup



TECHNOGYM®



Discover your Wellness Age™

EASY ASSESSMENT WITH QUICK AND ACCURATE TESTS

Technogym Checkup is the most comprehensive tool for holistic assessment and customer onboarding. Based on advanced measurement technologies and AI, it evaluates essential physical and cognitive parameters through six science-backed tests, each of which provides a score. By aggregating all results, it calculates a user's Wellness Age™ (patent pending) as a motivational metric and provides a tailored training program.



CONNECTED TRAINING EQUIPMENT

Evaluate your cardio and strength levels through tests and exercises on connected training equipment.



BODY COMPOSITION

Receive a clear picture of your body composition and learn how to build muscle and reduce fat.



BALANCE

Understand your balance capacity, a fundamental component of all daily activities.



MOBILITY

Analyze the range of motion of your main joints and get tips about how to improve it.



STRENGTH

Assess your strength level by performing a 1RM test using a compatible connected hand grip dynamometer.



CARDIO

Determine your $VO_2\max$ by tracking heart rate variations before, during and after a timed squat routine.

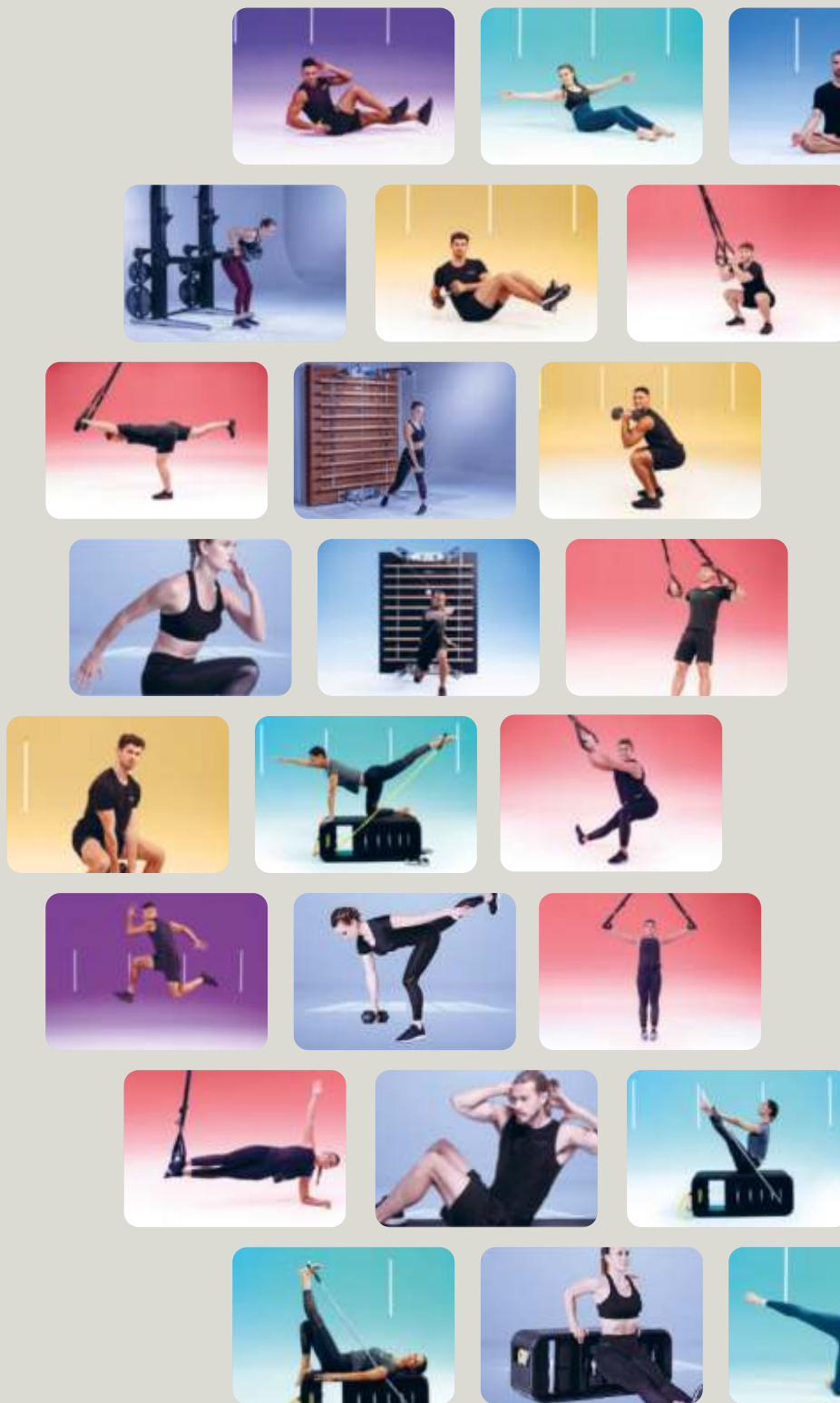
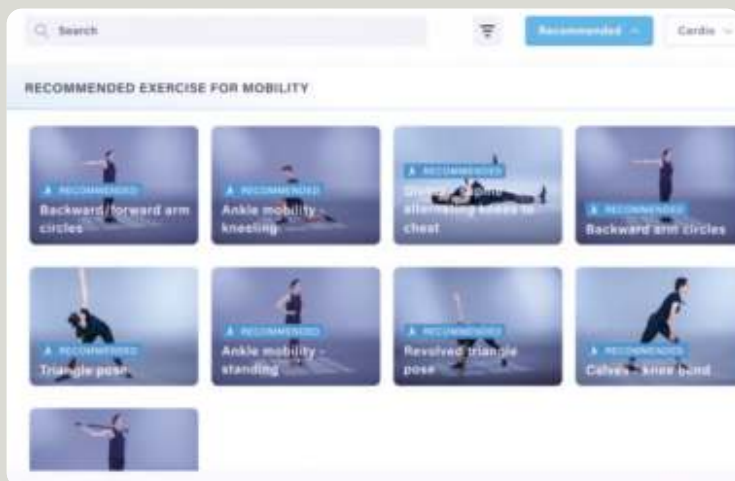


MIND

Check your cognitive skills and discover how to enhance attention, memory and executive function.

Create adaptable programs for your users

Based on test results, Technogym AI helps you create personalized programs that are always available across all training devices while adapting to the progress of your users to ensure they achieve superior results faster.



Track progress with reliable data on hand



Technogym Ecosystem empowers connection between all the different touchpoints. Users can monitor activities and data in the Technogym App. You can check at any time how their journey progresses and suggest when it is time for a reassessment. The Technogym Checkup 3D assistant provides detailed results, showing progression and abilities to improve.







Superior results, faster

FOR YOUR USERS

+30% results in the same time

Embrace sustainable health habits. Transform your workout with Technogym Checkup – AI-driven assessments for personalized, progressive training.

FOR YOUR BUSINESS

+20% attraction

+20% retention

+30% efficiency

+100% secondary spending

Attract new customers with a superior assessment and onboarding experience, motivating them to stay active while increasing your secondary revenues.

Technical Specifications



TECHNOGYM
CHECKUP 9000*

TECHNOGYM
CHECKUP 7000*



MOTION TRACKING TECHNOLOGY

Powered by Intel® RealSense™, a full featured depth camera providing the best motion tracking analysis.

Display	1920 x 1080 (FULL HD) 27" Color TFT-LCD display
	Multi-touch (2 points of touch) - chemically strengthened glass
Camera	Intel® RealSense™ Depth Camera
Audio	2" full range speaker
Ports	
Technogym Checkup 9000	Lan (EXT) RJ45
	2x USB 2.0 Type-A Female
Technogym Checkup 7000	RS232 DB9 Male
	Lan (EXT) RJ45
Technogym Checkup 7000	2x USB 2.0 Type-A Female
Dimensions & weight	
Technogym Checkup 9000	Dimensions (L x W x H): 1000 x 480 x 1690 mm / 39 x 19 x 141 in
	Weight: 60 kg / 132 lbs
Technogym Checkup 7000	Dimensions (L x W x H): 470 x 540 x 1685 mm / 19 x 21 x 140 in
	Weight: 42 kg / 93 lbs
Power	AC 100-240V, 50-60Hz, MAX 1.5A
Technogym Checkup scale	
Measurement range	15-280 kg / 33-661 lbs
Resolution	100 gr / 0.22 lbs
Accuracy	+/-200 gr (<200 kg) ; +/-250 gr (>200 kg) / +/-0.44 lbs (<440 lbs) ; +/-0.55 lbs (>551 lbs)
Bioelectrical impedance analysis (BIA)	50 KHz single-frequency impedance measurement of 5 body segments (left arm, right arm, trunk, left leg, right leg)
Electrode type	8-point tactile electrodes
*Optional accessory	InBody InGrip dynamometer to perform strength test directly on Technogym Checkup

Technogym Checkup is not a medical device and is not intended to identify, diagnose, treat, cure or prevent any disease or health-related condition. This product is intended solely for informational purposes only with respect to general wellness and fitness level. It is not a substitute for a medical examination by a qualified health care professional. All metrics, measurements, outputs, or other information, including without limitation heart rate measurements or other data, are purely informational as assessed by Technogym Checkup, and should in no event be relied upon by you for medical reasons, including as a statement of your actual health. We cannot guarantee the accuracy of Technogym Checkup assessments or that they will be free from errors. By performing this test, you acknowledge that you understand the above information and associated risks and voluntarily assume any such risks.

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