Technogym Excite+

Recline

Version	Live 16″ 9000	Live 16″ 7000	Live 16″ 5000
Structural specifications			
Dimensions L x W x H*	1640 x 600 x 1320 mm (65″ x 24″ x 52″)		
Equipment weight	80 kg (176 lbs)		
Technical specifications and performance			
Max user weight	220 kg (485 lbs)		
Min - max user height	140 - 205 cm (4′ 6″ - 6′ 7″)		
Max resistance at 160 RPM	600 watts		
End-user comfort and convenience			
Console type	Live 16 - 16″ TrueView full HD touch screen		
Wide walk-through design	Yes	Yes	Yes
Adjustable backrest	Yes	Yes	No
Fast Track Controls	Yes	Yes	No
Technogym AI Coach	Yes	Yes	Yes
Q factor	170 mm (6.7″)		
Integrated reading rack	Yes, already included in the Cockpit Powerpad	Yes	Yes
Built-in Cockpit Powerpad	Yes, for smartphone wireless recharge	Optional (accessory code: A0001879)	No
Wake-up Sensor	Yes	Yes	Yes
Smart pedals	Yes	Yes	No
Hand Sensors	Yes	Yes	Yes
Heart rate connectivity	Yes (Bluetooth®, ANT+)		
Bluetooth® Magic Pairing	Yes (heart rate sensors, headphones)		
ANT+	Yes	Yes	Yes
Training options			
Technogym Routines	Yes, 3 goal-oriented routines embedded (Legs Routine / Stamina Routine / Lose Weight)		
Technogym Sessions	Free sample - 3 full Sessions if the product is either offline or online. With Premium Content license: 40+ Sessions embedded		
Technogym Outdoors	Free sample - 3 x 15-minute routes if the product is offline 9 x 30-minute routes if the product is online.With Premium Content license: 31+ Outdoors (28+ Scenic Outdoors and 3+ Interactive Routes)		
Goal-driven workouts	3 - Time / Calories / Distance		
Heart rate-driven workouts	2 - Zone Training / Weight Loss		
Preset profile workouts	6		
Create your own workout	Yes	Yes	Yes
On-trend workouts	4 - Hi-Low Blocks / Hills Intervals / Burnout / Cross Intervals		
Quick Start	Yes	Yes	Yes
Submaximal tests	4 - Technogym Fitness (AI powered) / Fitness / Smart / Borg15		
Military tests (US Army)	2 - Air Force PRT / Navy PRT		
Connectivity			
Login options via Technogym ID (patented)	Technogym App (via Bluetooth® / QR code); Apple® Watch (via Bluetooth®, only with Technogym App installed on the device); Technogym Key, Mywellness Band, RFID and Samsung® Watch (via NFC).		
Wi-Fi®	Yes	Yes	Yes
ANT+ receiver	Yes	Yes	Yes
Apple® / Samsung® Watch compatibility	Yes	Yes	Yes
NFC / RFID Reader	Yes	Yes	Yes
LAN	Yes	Yes	Yes
Bluetooth®	Yes	Yes	Yes
Electrical specifications			
Power requirement	100-240 Vac ± 10% 50/60 Hz		

* Length x Width x Height while working on the equipment

Version	Live 10″ 700 HP	Live 10″ 700	Live 10″ 500	Connect 300 HP	Connect 300
Structural specifications					
Dimensions L x W x H*	1640 x 600 x 1320 mm (65″ x 24″ x 52″)				
Equipment weight	80 kg (176 lbs)				
Technical specifications and performance					
Max user weight	220 kg (485 lbs)				
Min - max user height	140 - 205 cm (4′ 6″ - 6′ 7″)				
Max resistance at 160 RPM	600 watts				
End-user comfort and convenience					
Console type	Live 10 - 10″ touch screen			Connect - Digital with capacitive keypad	
Human Powered Technology	Yes	No	No	Yes	No
Wide walk-through design	Yes	Yes	Yes	Yes	Yes
Adjustable backrest	Yes	Yes	No	No	No
Fast Track Controls	Yes	Yes	No	No	No
Technogym AI Coach	Yes	Yes	Yes	No	No
Q factor	170 mm (6.7″)				
Integrated reading rack	Yes	Yes	Yes	Yes	Yes
Wake-up Sensor	Optional (accessory code: A0001846)			Optional (accessory code: A0001369)	
Smart pedals	Yes	Yes	No	No	No
Hand Sensors	Yes	Yes	Yes	Yes	Yes
Heart rate connectivity	Yes (Bluetooth®, ANT+)				
ANT+	Optional (accessory code: A0001846)			Optional (accessory code: A0001369)	
Training options					
Technogym Routines	Yes, 3 goal-oriented routines embedded (Legs Routine / Stamina Routine / Lose Weight)			Yes, available through the Technogym App	
Technogym Sessions	Yes, with Stream professional license/Plus consumer license: 140+ Sessions available through the Technogym App				
Goal-driven workouts	3 - Time / Calories / Distance			1 - Time	
Heart rate-driven workouts	2 - Zone Training / Weight Loss			2 - CPR-CHR / Weight Loss	
Preset profile workouts	6			No	No
Create your own workout	Yes	Yes	Yes	No	No
On-trend workouts	4 - Hi-Low Blocks / Hills Intervals / Burnout / Cross Intervals			1 - Boost Performance	
Quick Start	Yes	Yes	Yes	Yes	Yes
Submaximal tests	4 - Technogym Fitness (AI powered) / Fitness / Smart / Borg15			1 - Fitness	
Military tests (US Army)	2 - Air Force PRT / Navy PRT			No	No
Connectivity					
Login options via Technogym ID (patented)	Technogym App (via Bluetooth® / QR code); Apple® Watch (via Bluetooth®, only with Technogym App installed on the device); Technogym Key, Mywellness Band, RFID and Samsung® Watch (via NFC)**.				
Wi-Fi®	Yes	Yes	Yes	Yes	Yes
ANT+ receiver	Optional (accessory code: A0001846)			Optional (accessory code: A0001369)	
Apple® / Samsung® Watch compatibility	Optional (accessory code: A0001846)			Optional (accessory code: A0001369)	
NFC	Optional (accessory code: A0001846)			Optional (accessory code: A0001369)	
LAN	No	No	No	No	No
Bluetooth®	Yes	Yes	Yes	Yes	Yes
Electrical specifications					
Power requirement	100-240 Vac ± 10% 50/60 Hz				

* Length x Width x Height while working on the equipment
** Enabled by optional Advanced Login Kit

Technogym Excite+

Live technical specifications

Live

Premium training and entertainment

Available for models 5000, 7000, 9000

Live 10

Advanced training content

Available for models 500, 700

Connect

Seamless one click training

Available for model 300

Version	Live 22”/ 16” 9000	Live 22”/ 16” 7000	Live 22”/ 16” 5000	Live 10” 700	Live 10” 500	Connect 300
End-user comfort and convenience						
Console type	Live 22 - 22” TrueView full HD touch screen / Live 16 - 16” TrueView full HD touch screen			Live 10 - 10” touch screen		Connect - Digital with capacitive keypad
Workout and testing options						
Quick Start	Yes			Yes		Yes
Embedded workouts	16			16		5
Create your own	Yes			Yes		-
Embedded tests	21			21		1
Premium training content						
Technogym Routines	Embedded			Embedded		Via Technogym App
Technogym Sessions	Embedded			Via Technogym App		Via Technogym App
Technogym Outdoors	Embedded			-		-
Integration with external training platform						
Relive (Strava, Garmin, Polar), TrainingPeaks	Yes			Yes		-
Entertainment						
TV	Yes			-		-
Entertainment apps	Yes			-		-
Web browsing	Yes			-		-
User-defined language selection	Yes			Yes		Yes, defined by login
Languages available	25 - EN UK, EN US IT, DE, ES, FR, NL, PT-BR, JA, ZH (trad.), ZH (simpl.), RU, TR, DA, AR, KO, NO, SV, FI, HE, CA, PL, TH, CY, CS.			25 - EN UK, EN US IT, DE, ES, FR, NL, PT-BR, JA, ZH (trad.), ZH (simpl.), RU, TR, DA, AR, KO, NO, SV, FI, HE, CA, PL, TH, CY, CS.		19 - EN UK, EN US, IT, DE, ES, FR, NL, PT-BR, JA, ZH (trad.), ZH (simpl.), RU, TR, DA, HE, AR, SV, PL, CA.
Connectivity						
Login options via Technogym ID (patented)	Technogym App (via Bluetooth® / QR code); Apple® Watch (via Bluetooth®, only with Technogym App installed on the device); Technogym Key, Mywellness Band, RFID and Samsung® Watch (via NFC).			Technogym App (via Bluetooth® / QR code); Apple® Watch (via Bluetooth®, only with Technogym App installed on the device); Technogym Key, Mywellness Band, RFID and Samsung® Watch (via NFC)*.		
Wi-Fi®	Yes			Yes		Yes
ANT+ receiver	Yes			Optional (accessory code: A0001846)		Optional (accessory code: A0001369)
Apple / Samsung Watch compatibility	Yes			Optional (accessory code: A0001846)		Optional (accessory code: A0001369)
NFC / RFID Reader	Yes			Optional (accessory code: A0001846)		Optional (accessory code: A0001369)
LAN	Yes			No		No
Bluetooth®	Yes			Yes		Yes
Compatible with Marketing Campaigns	Yes			Yes		No
Uitilities						
USB Port	Yes			Yes		Yes
Customizable settings	Yes			Yes		Yes

* Enabled by optional Advanced Login Kit

Technogym Excite+

Product Identities

Pearl Grey

1. FRAME

HD Pearl Grey

2. GUARD

EA Anthracite

3. UPHOLSTERY*

IT Chocolate

Other options:

2Q Dark

LOGOS

X Aluminum Grey

Diamond Black

1. FRAME

AN Anthracite

2. GUARD

EA Anthracite

3. UPHOLSTERY*

2Q Dark

LOGOS

Y Technogym Yellow

Other options:

X Aluminum Grey

*Additional upholstery options are available upon request.