

Medical Line



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Exercise is Medicine

For 30 years Technogym Health division has been committed to research and innovation with the aim of designing groundbreaking equipment for prevention, rehabilitation and sports medicine applications.

By promoting the importance of physical exercise as an active form of disease prevention and treatment, Technogym has become a Global Partner of the "Exercise is Medicine" initiative.

Originally launched in the United States by the American College of Sports Medicine and the American Medical Association, **the main aim of the "Exercise is Medicine" initiative is to establish physical exercise as a "vital sign",** which should be measured at each clinical examination and subsequently prescribed by doctors as if it were medicine.

Benefits of regular physical exercise:

- Improvements to general health
- Reduces cardiovascular diseases
- Reduces the risk of a stroke
- Reduces incidence of hypertension
- Reduces incidence of diabetes
- Reduces mortality and risk of recurrent breast cancer
- Reduces the risk of colon cancer
- May reduce the risk of developing Alzheimer's Disease
- Fights depression

Technogym® Global Partner



An American College
of Sports Medicine initiative



In line with our mission, the
welfare of the population and that
of the planet go hand in hand.



The science behind movement

Technogym works with prestigious partners from the world of science and academia in the design and development of its products*.

Technogym's Scientific Research Department analyses the findings from the latest scientific research in medicine, physiology and biomechanics to develop the most advanced solutions in terms of science, design and technology.

Parallel to its research and experimental work, Technogym's Scientific Research Department also performs an educational role, with its commitment to social campaigns promoting healthy lifestyles based on regular exercise.

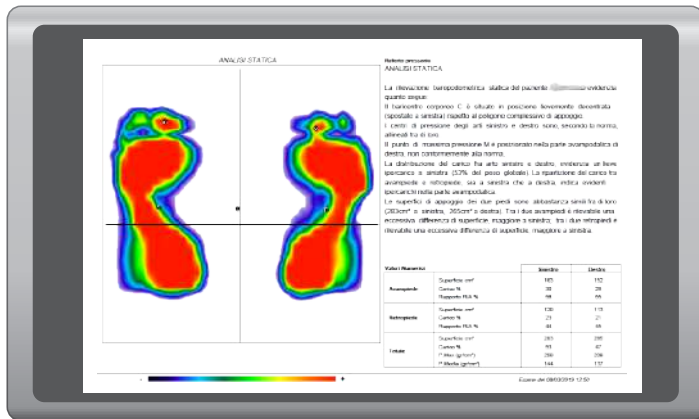
* Some of the universities Technogym has been collaborating with:
Arizona State University (USA)
Loughborough University (UK)
Manchester Metropolitan University (UK)
Università di Perugia (ITA)



"....I have spent over 40 years doing research on physical activity and health. I believe that there is now compelling evidence that regular physical activity is one of the most important things to maintain good health and function. I support Technogym's efforts to promote physical activity for all..."

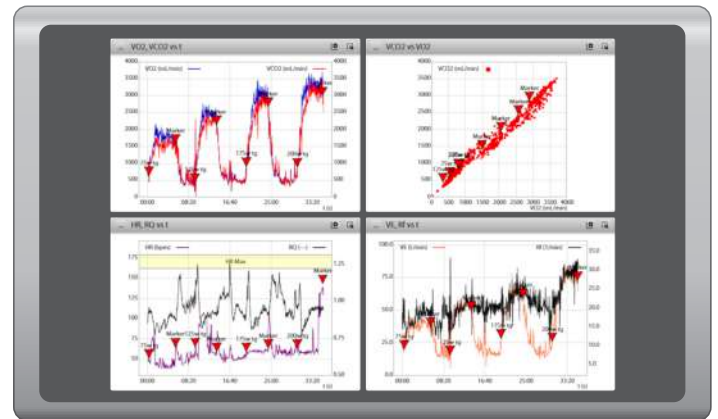
Prof. Steven Blair, epidemiologist and former President of the American College of Sports Medicine and Director of the Cooper Institute in Dallas

All Technogym products undergo in-depth laboratory analysis and tests to verify their technical and scientific functions and ensure correct and safe movement.



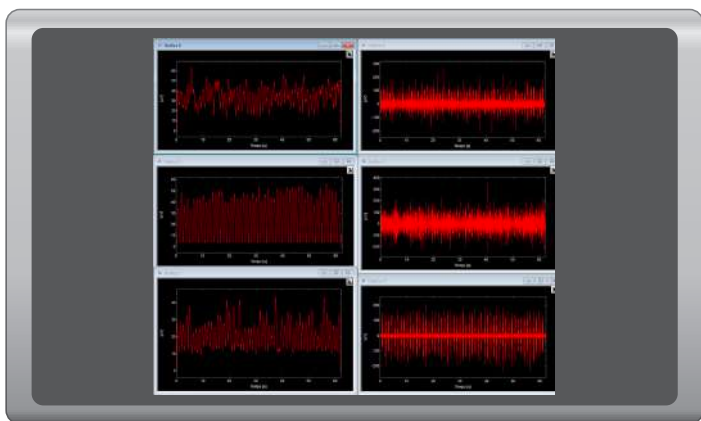
Posture and balance

Static and dynamic analysis of balance and posture is essential to ensure an optimal feeling and a safe usage of each product.



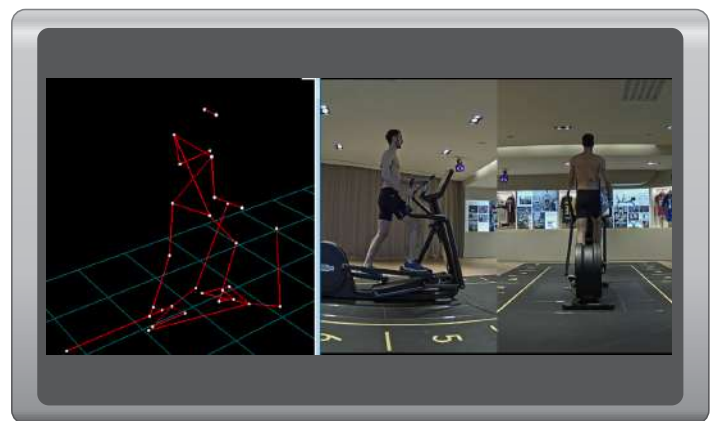
Cardiorespiratory demand

Cardiorespiratory response analysis has a pivotal role in the design of evidence-based training programmes and allows a precise quantification of the energy expenditure.



Muscular activation

The analysis of muscular recruitment is vital to ensure the effectiveness of each product.



Movement kinetics and kinematics

Kinetic and kinematic analysis allow the design of products respecting the natural biomechanics of joints and muscles.





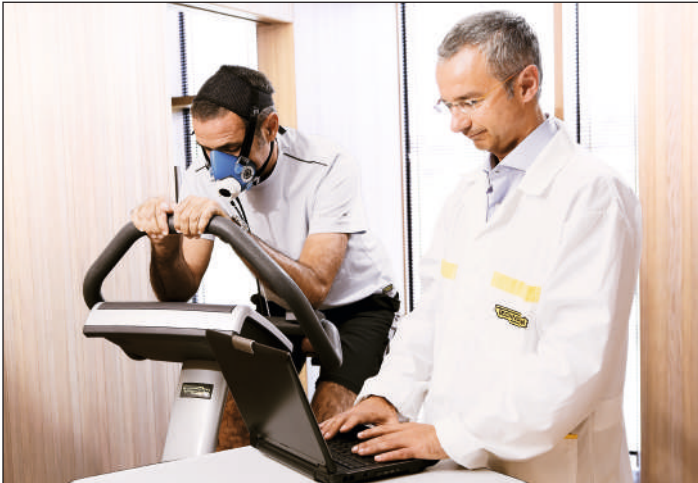
Excite Med

Combining features and functionalities from the most recent Excite line and heritage from Technogym cardio med equipment, the new Excite Med line represents the state of the art for rehabilitation protocols and health issues prevention applications in medical fitness facilities, physiotherapy centres and hospitals.



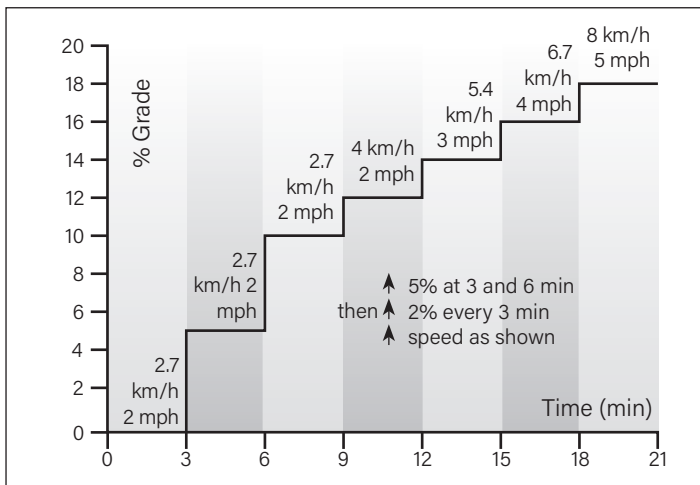


Assessment and rehabilitation



Integrated assessment

Bike Med can connect with the most popular external testing devices for Stress Testing (ECG) and Maximal Oxygen Consumption (Gas Analyser).



Testing protocols on board

Excite® Med products are equipped with an exclusive, wide choice of sub-maximal, maximal and military tests, including the most internationally renowned protocols and newly Technogym® tests developed by our Scientific Research Department.



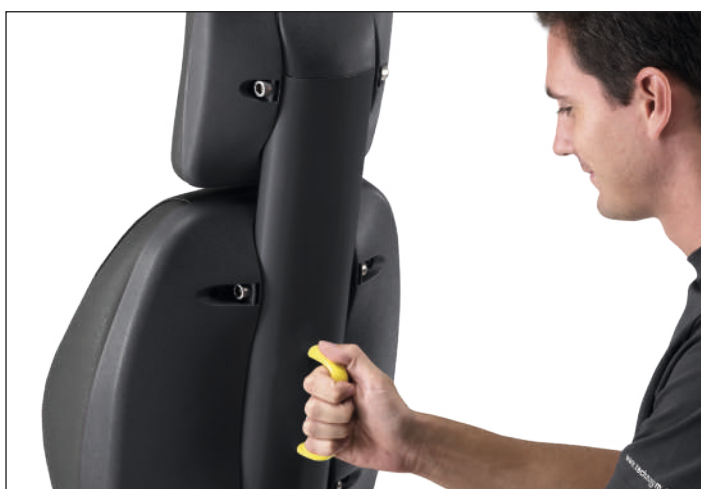
Exercise guidance and tracking

Excite Med products can provide exercise guidance on user's smartphone. By scanning the embedded QR code on the LED display, users will be able to watch a tutorial video of the exercise directly on their personal smartphone and also manually track their own workout.



Tactile numbering and raised icons

Tactile icons on settings and Fast Track Controls enable visually impaired users to easily adjust settings and change exercise intensity. This feature is present on Bike Med, Recline Med and Top Med.



Dedicated accessories

A set of specific accessories designed for Excite Med products is available to enhance accessibility, usability and versatility of application for any kind of user, including impaired people or patients with limited mobility.



Bike Med

Bike Med adheres to the most rigorous safety standards. It is an accurate tool to carry out data measurement, evaluation and recording and can be connected to external measuring devices.



Adjustable seat

Seat position and height can be easily adjusted with the 4 way on-the-fly settings with tactile seat numbering and icons.



Adjustable pedal cranks

Ranging from 125 to 185 mm (49 to 73 in) with 2.5 mm (1 in) interval, these optional accessories can be used for people with permanent or temporary disabilities. Code: A0000439

ECG and Metabograph compatible

Connection with the most popular external testing devices for Stress Testing (ECG) and Maximal Oxygen Consumption (Gas Analyser) thanks to compatibility with C-Safe and Ergoline communication protocols.

Excite Med Tech Specs

Bike Med



Code DEC8ML

TECH SPECS

Dimensions (L x W x H)*	1185 x 600 x 1338 mm / 47 x 24 x 53 in
Weight	61 kg / 134 lbs
Max user weight	180 kg / 397 lbs
Difficulty levels	1 - 25
Resistance	10W (20rpm) – 760W (130rpm)
HR monitoring	Telemetry**
Compatibility with external devices (communication protocols)	YES (C-Safe, Ergoline)
Port Connector	RJ45

TESTS

Submaximal (6)
Fitness Test, Single stage, Multistage, PWC, PWC Modified, YMCA

Maximal (4)
Technogym maximal test, Custom maximal test, Astrand, McArdle

Military (3)
AIR Force PRT, Navy PRT, Borg 15

OPTIONAL ACCESSORIES

A0000439 Adjustable pedal cranks

A0000553 Bike saddle adapter

A0000914 Bike Med saddle (grey)

A0000496 Adjustable pedal straps

Recline Med



Code DED8ML

TECH SPECS

Dimensions (L x W x H)*	1600 x 600 x 1294 mm / 63 x 24 x 51 in
Weight	81 kg / 179 lbs
Max user weight	220 kg / 485 lbs
Difficulty levels	1 - 25
Resistance at 70 RPM (Watts)	40-500
Power requirement	100 - 240 Vac 50/60 HZ
HR monitoring	Telemetry**
Step-over height	6.5 cm (2.5")

TESTS

Submaximal (2)
Fitness Test, Borg15

Military (2)
Air Force PRT, Navy PRT

OPTIONAL ACCESSORIES

A0000439 Adjustable pedal cranks

A0000496 Adjustable pedal straps

Synchro Med



Code DE58ML

TECH SPECS

Dimensions (L x W x H)*	2040 x 700 x 1600 mm / 81 x 28 x 63 in
Weight	150 kg / 330 lbs
Max user weight	180 kg / 397 lbs
Difficulty levels	1 - 25
Resistance at 120 SPM (Watts)	40 - 500
HR monitoring	Telemetry**

TESTS

Submaximal (1)
Fitness Test

Military (1)
Navy PRT

Top Med



Code DE78ML

TECH SPECS

Dimensions (L x W x H)*	1550 x 709 x 1491 mm / 60 x 28 x 58 in
Weight	130 kg / 287 lbs
Max user weight	180 kg / 397 lbs
Difficulty levels	1 - 30
Resistance at 40 RPM (Watts)	40 - 1000***
HR monitoring	Telemetry**

TESTS

Submaximal (1)
Fitness Test

Military (2)
Maximal test, Wingate test

OPTIONAL ACCESSORIES

A0000371 Seat with backrest

A0000436 Inclusive seat with backrest

A0000497 Platform (for wheelchair / seat)

A0000609 Universal platform for wheelchair only (without seat)

* Length x Width x Height while working on the equipment. ** Analogue heart rate chest straps with 5kHz transmission. Band and transmitter not included.
*** 1000 Watts on specific testing functions.

Colour option



Frame
Anthracite



Inlay
Anthracite



Guard
Black



UI Frame
Black

Selection Med

Selection Med is the world's largest range of medical certified strength products for orthopaedic rehabilitation and sport training, featuring innovative, safe and versatile solutions.



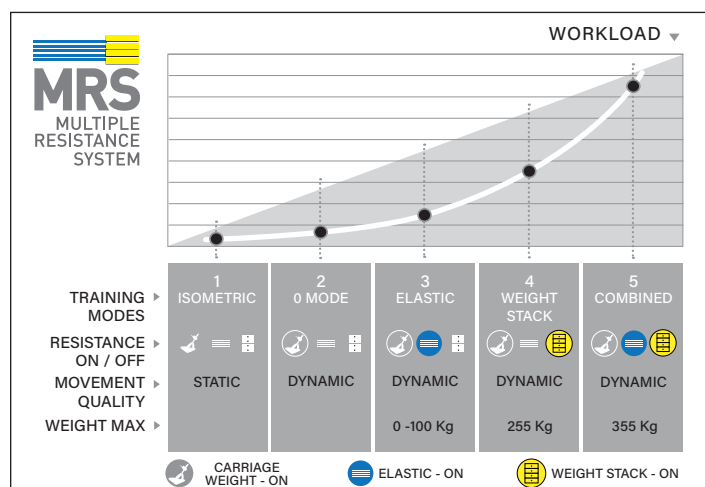


Rehabilitation and sport training



Personalised strength training

Selection Med line consists of 15 products including Leg Curl, Leg Extension and Leg Press, the first piece of equipment in the world that combines the benefits of elastic resistance and weight stack training thanks to the innovative Multiple Resistance System.



The combination of carriage weight, elastic resistance and weight stack resistance enables a huge range of applications in orthopaedic rehabilitation and sport training.



Versatility of applications

Thanks to its innovative features and numerous settings, Selection Med offers a huge range of applications, from highly specific rehabilitation protocols to high performance athletic training, enabling treatment of a wide range of users with different needs.



Maximum quality and safety

Selection Med equipment is compliant to the requirements defined in the MDR 2017/745 that guarantees the highest standards of quality and reliability. The new safety guard provides maximum protection and comfort.



Exercise guidance

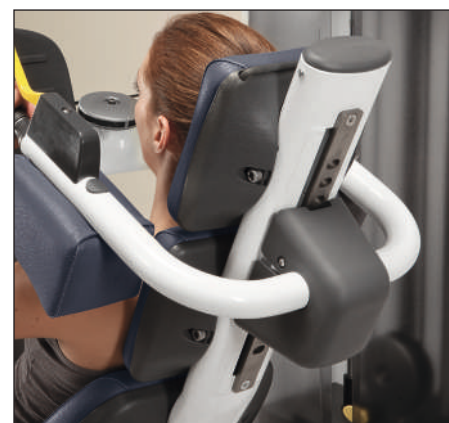
Selection Med features Unity™ Mini*, the virtual coach for strength training on selectorised machines with advanced biofeedback and exercise guidance. Fully connected, it automatically pushes your training data to your Mywellness® account so you can monitor your results over time.

* The Selection Med line is also available without Unity™ Mini display.



Leg Press Med

Leg Press Med features the new Multiple Resistance System. For the first time, thanks to MRS, 5 different training modes can be performed on the same piece of equipment.



Maximum ergonomics

Each user can find their correct position and activate more muscles during workout thanks to the adjustable backrest with 6 different angles: 115°/125°/135°/145°/155°/165°.

Maximum variety

The monopodal leg support increases safety and offers more exercise variety.

Maximum comfort

The adjustable shoulder pads provide 12 different training positions and can accommodate different height users.

Accessories Kit for Leg Press

The Accessories Kit enables a number of versatile applications while training on Leg Press, covering all users' needs from rehabilitation to sport performance.



Accessories Kit

Code A0000634

The complete Kit includes: Magnetic Pad, Big Skimmy, Foam Mat, Calcaneus Support and Calf Trainer.

Suitable for all Leg Press versions already released.



Magnetic Pad

Code 0I001233

Easy to set-up the large foot platform, it is divided into 4 different areas, to allow a great variety of exercises.

Dimensions (W x H)*
830 x 640 mm / 33 x 25 in (open)



Big Skimmy

Code 0G001727

The Big Skimmy allows users to train all the components of proprioception in a gradual way, depending on the quantity of the air inflated.

Diameter: 385 mm / 15 in
Height: 60 mm / 2 in



Foam Mat

Code 0I001234

Thanks to the density of foam filling, the Foam Mat offers more stability, which makes this tool particularly suitable for the early rehabilitation training.

Dimensions (L x W x H)*
60 x 500 x 400 mm / 2 x 20 x 16 in



Calcaneus Support

Code 0G001726

The Calcaneus Support helps to keep the foot in an appropriate position when exercising in the rehabilitation phase.

Dimensions (L x W x H)*
70 x 188 x 185 mm / 2 x 7 x 7 in



Calf Trainer

Code 0G001728

The Calf Trainer allows calf training in monopodal position.

Dimensions (L x W x H)*
81 x 91 x 255 mm / 3 x 4 x 10 in



Leg Curl Med

The upper pad maintains the correct joint stability. The adjustable backrest enables the users to change muscle pre-stretch, contributes to joint alignment and avoids lumbar overload.



Safety and comfort

The adjustable backrest can be set at 95°/102.5° or 110° to ensure correct posture and maximum comfort throughout the exercise.

Ease of access

The adjustable upper pad guarantees the same ease of use to all users, especially those with limited mobility.

Variety of applications

The ROM (Range of Motion) offers a maximum flexion of 110° and a maximum extension of 0°.



Leg Extension Med

The new Physiocam enables to provide the best resistance throughout the whole range of movement in order to optimise muscular activation and reduce joint loads.



Improved knee safety

The adjustable tibia roller pad provides 21 positions to reduce length of the lever arm and safeguard knee joints.



Variety of applications

The ROM (Range of Motion) offers a maximum flexion of 110° and a maximum extension of - 20°.



Consistent resistance

The Physiocam ensures that the movement is safe and fluid at all times.

Selection Med Tech Specs

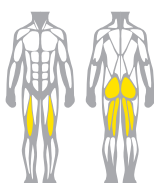
Selection Med line includes 15 certified pieces of equipment for safe and complete strength training.



Leg Press Med

Code CL94

Muscles:
- Quadriceps
- Gluteus
- Hamstrings



TECH SPECS

Dimensions (L x W x H)*	2068 x 1206 x 1800 mm
Machine weight	590 kg
Weight Stack**	Standard: 145 kg Plus: 255 kg

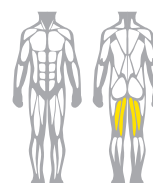
81 x 47 x 71 in
1300 lbs
290 lbs
510 lbs



Leg Curl Med

Code CL95

Muscles:
- Hamstrings



TECH SPECS

Dimensions (L x W x H)*	1130 x 1070 x 1485 mm
Machine weight	260 kg
Weight Stack**	Standard: 95 kg Plus: 125 kg

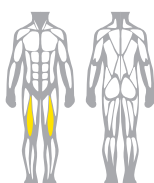
44 x 42 x 58 in
573 lbs
190 lbs
250 lbs



Leg Extension Med

Code CL96

Muscles:
- Quadriceps



TECH SPECS

Dimensions (L x W x H)*	1300 x 1050 x 1485 mm
Machine weight	263 kg
Weight Stack**	Standard: 95 kg Plus: 125 kg

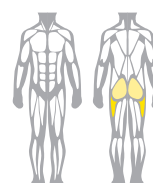
51 x 41 x 58 in
580 lbs
190 lbs
250 lbs



Abductor Med

Code CL18

Muscles:
- Tensor Fasciae Latae
- Gluteus



TECH SPECS

Dimensions (L x W x H)*	1406 x 850 x 1195 mm
Machine weight	208 kg
Weight Stack	Standard: 70 kg Plus: 100 kg

55 x 33 x 47 in
459 lbs
140 lbs
200 lbs

* Length x Width x Height

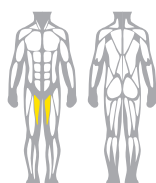
**Integrated Smart Pin (optional weight stack increment 2.5 kg/5 lbs; on Leg Press Med only: 5 kg/10 lbs)



Adductor Med

Code CL17

Muscles:
- Adductors



TECH SPECS

Dimensions (L x W x H)*	1421 x 850 x 1195 mm
Machine weight	208 kg
Weight Stack	Standard: 70 kg Plus: 100 kg

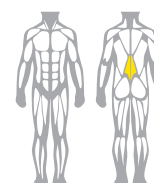
56 x 33 x 47 in
459 lbs
140 lbs
200 lbs



Lower Back Med

Code CL58

Muscles:
- Quadratus
- Lomborum
- Sacrospinal



TECH SPECS

Dimensions (L x W x H)*	1210 x 1030 x 1485 mm
Machine weight	218 kg
Weight Stack**	Standard: 65 kg Plus: 95 kg

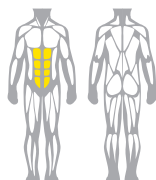
48 x 41 x 58 in
481 lbs
130 lbs
190 lbs



Abdominal Crunch Med

Code CL57

Muscles:
- Rectus
Addominis



TECH SPECS

Dimensions (L x W x H)*	1280 x 1050 x 1485 mm
Machine weight	213 kg
Weight Stack**	Standard: 65 kg Plus: 95 kg

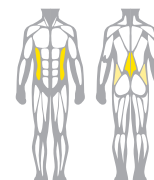
50 x 41 x 58 in
470 lbs
130 lbs
190 lbs



Rotary Torso Med

Code CL50

Muscles:
- Internal and
External Oblique
- Quadratus
Lomborum
- Sacrospinal



TECH SPECS

Dimensions (L x W x H)*	1185 x 1129 x 1485 mm
Machine weight	203 kg
Weight Stack**	Standard: 65 kg Plus: 95 kg

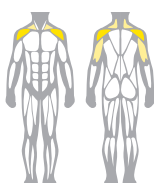
47 x 44 x 58 in
448 lbs
130 lbs
190 lbs



Shoulder Press Med

Code CL69

Muscles:
- Deltoids
- Triceps
- Trapezii



TECH SPECS

Dimensions (L x W x H)*	980 x 1406 x 1485 mm
Machine weight	216 kg
Weight Stack**	Standard: 65 kg Plus: 95 kg

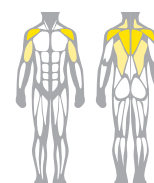
39 x 55 x 58 in
476 lbs
130 lbs
190 lbs



Upper Back Med

Code CL46

Muscles:
- Rhomboids
- Deltoids
- Biceps
- Latissimus Dorsi
- Trapezius



TECH SPECS

Dimensions (L x W x H)*	1190 x 1143 x 1485 mm
Machine weight	203 kg
Weight Stack**	Standard: 65 kg Plus: 95 kg

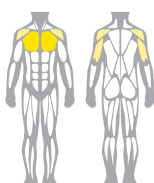
47 x 45 x 58 in
448 lbs
130 lbs
190 lbs



Chest Press Med

Code CL70

Muscles:
- Pectorals
- Deltoids
- Triceps



TECH SPECS

Dimensions (L x W x H)*	1350 x 1450 x 1690 mm
Machine weight	283 kg
Weight Stack**	Standard: 100 kg Plus: 130 kg

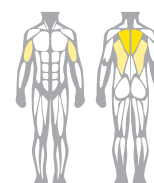
53 x 57 x 67 in
624 lbs
200 lbs
260 lbs



Low Row Med

Code CL80

Muscles:
- Latissimus Dorsi
- Biceps
- Rhomboids



TECH SPECS

Dimensions (L x W x H)*	1135 x 1212 x 1485 mm
Machine weight	274 kg
Weight Stack**	Standard: 95 kg Plus: 125 kg

49 x 48 x 58 in
604 lbs
190 lbs
250 lbs

* Length x Width x Height

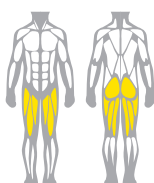
**Integrated Smart Pin (optional weight stack increment 2.5 kg/5 lbs; on Leg Press Med only: 5 kg/10 lbs)



Multi Hip Med

Code CL67

Muscles:
- Gluteus
- Hamstrings
- Quadriceps
- Adductors
- Abductors



TECH SPECS

Dimensions (L x W x H)*	1226 x 1110 x 1530 mm
Machine weight	270 kg
Weight Stack**	Standard: 95 kg Plus: 125 kg

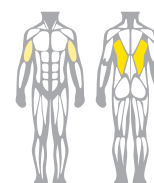
48 x 44 x 60 in
595 lbs
190 lbs
250 lbs



Vertical Traction Med

Code CL71

Muscles:
- Latissimus Dorsi
- Biceps



TECH SPECS

Dimensions (L x W x H)*	1500 x 1313 x 1860 mm
Machine weight	298 kg
Weight Stack**	Standard: 100 kg Plus: 130 kg

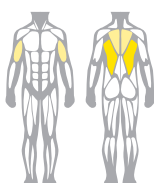
59 x 52 x 73 in
657 lbs
200 lbs
260 lbs



Lat Machine Med

Code CL12

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



TECH SPECS

Dimensions (L x W x H)*	1220 x 845 x 2285 mm
Machine weight	212 kg
Weight Stack	Standard: 100 kg Plus: 130 kg

48 x 33 x 90 in
467 lbs
200 lbs
260 lbs

Colour options

UPHOLSTERY FRAME	V. Black	M. Bordeaux	K. Aviation Blue
ED. Aluminium 	✓	✓	✓
BN. White 	✓	✓	✓
AN. Anthracite 	✓	✓	✓



Ercolina Med

The new **Ercolina Med** is the latest addition to Technogym® medical product range and is specifically designed to meet the requests of the rehab market.



Maximum exercise versatility

What makes Ercolina Med unique is the Double Pulley System that allows extreme versatility during exercise. Equipped with 2 independent cables, each adjustable pulley is biomechanically designed to enable a minimal starting resistance of only 600g.



Smooth movement

The reduced size of each cable improves the sliding movement within the pulley to provide a smooth feeling.



Accessories included

Ercolina Med is provided with 2 short handles and an ankle strap.



Kinesis One

The Kinesis One is a cable-based equipment that allows for a vast range of movements of all body areas which ensure simultaneous involvement of balance, strength, flexibility and stability.



Superior adaptability

The continuous cable loop system enables a reduction in interference that the cables may have with the body. Furthermore, each cable manages a single independent weight stack, allowing thus a greater freedom in defining the exercise and selecting the most suitable load.



Freedom of movement

Kinesis incorporates a 360° rotating pulley system which enables movement on three planes. The system allows the user to move freely without cable interference and provides resistance to all possible body movements.



Incremental resistance

Resistance varies gradually, according to the increase in movement and angle range. Consequently, the actual load is different to the selected weight stack. This feature can be used to vary the resistance during exercises, without changing the set load.



Ercolina Med

Code MB92

TECH SPECS

Dimensions (L x W x H)	895 x 749 x 2399 mm	29 x 25 x 79 in
Machine weight	149 kg	328 lbs
Weight Stack	Standard: 40 kg Plus: 90 kg	80 lbs 180 lbs

COLOUR OPTIONS:

Available with Aluminium (ED), Anthracite (AN), White (BN) frame colours to co-ordinate with Selection Med line.



Kinesis One

Code M5800

TECH SPECS

Dimensions (L x W x H)	1650 x 1405 x 2120 mm	65 x 55 x 83 in
Machine weight	360 kg	805 lbs
Weight Stack	Standard: 39.5 kg Plus: 95 kg for each weight stack	87 lbs 190 lbs for each weight stack

ACCESSORIES:

A0000459 Kinesis One Accessory Package *

(Including: Universal Kinesis Lock 2 pcs., Ankle Strap 2 pcs., Kinesis Waist Belt 1 pc., Wellness Ball Silver Ø 65 cm 1 pc.) *This accessory package is not certified as a medical device.

Benches



Crunch Bench Med

Code CPA03

TECH SPECS

Dimensions (L x W x H)*	1436 x 697 x 1108 mm	57 x 27 x 44 in
Bench weight	44 kg	97 lbs



Horizontal Bench Med

Code CPA07

TECH SPECS

Dimensions (L x W x H)*	1725 x 1606 x 1302 mm	68 x 63 x 51 in
Bench weight	59 kg	130 lbs



Adjustable Bench Med

Code CPA04

TECH SPECS

Dimensions (L x W x H)*	1198 x 697 x 1312 mm	47 x 27 x 52 in
Bench weight	36 kg	79 lbs



Lower Back Bench Med

Code CPA05

TECH SPECS

Dimensions (L x W x H)*	1069 x 757 x 769 mm	42 x 30 x 30 in
Bench weight	36 kg	79 lbs

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.

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(United Arab Emirates only)

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(Toll free - US only)

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(Toll free - Netherlands only)

1800 615440

(Toll free - Australia only)

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