

Technogym

Excite Live Vario



Version	Live 10" 500	Live 10" 700	Live 10" 900	Live 10" 500 HP	Live 10" 700 HP
End-user comfort and convenience					
Console type	Live 10"				
Human Powered Technology	No	No	No	Yes	Yes
Optimal View	Scientifically certified console				
Fast Track Controls	No	Yes	Yes	No	Yes
Ergonomic upper body handles	Yes	Yes	Yes	Yes	Yes
Optimal Start	Yes	Yes	Yes	Yes	Yes
Lateral supports	Yes	Yes	Yes	Yes	Yes
Soft-touch total body handlebar	Yes	Yes	Yes	Yes	Yes
Integrated reading rack	Yes	Yes	Yes	Yes	Yes
Integrated tray	Yes	Yes	Yes	Yes	Yes
Wake-up Sensor	No	No	Yes	No	No
User-defined language selection	Yes	Yes	Yes	Yes	Yes
Languages available	24 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai, Chinese simplified, Welsh				
Goal-oriented display	Yes	Yes	Yes	Yes	Yes
Structural specifications					
Dimensions L x W x H*	1900 x 750 x 1800 mm (75" x 30" x 71")				
Equipment weight	152 kg (335 lbs)				
Technical specifications and performance					
Max user weight	180 kg (397 lbs)				
Step-up height	150 mm (5.9")				
Self Adaptive Stride	0 - 830 mm (0 - 33")				
Max resistance at 70 RPM	500 watts				
HR monitoring					
Hand Sensors	Single	Double	Double	Single	Double
Telemetry	Yes	Yes	Yes	Yes	Yes
Bluetooth®	Yes	Yes	Yes	Yes	Yes
ANT+	No	No	Yes	No	No
Training options					
Goal-driven workouts	3 - Time / Calories / Distance				
Heart rate-driven workouts	3 - CPR-CHR / Training Zone / Weight Loss				
Preset profile workouts	6				
Create your own workout	Yes				
On-trend workouts	3 - Hi-Low Blocks / Hills / Cross Training				
Technogym Routines	4 Goal-oriented Routines: Total Body / Stamina / Glutes / Lose Weight				
Submaximal tests	1 - Fitness Test				
Quick Start	Yes				
Personal assistant					
Technogym Coach	Yes	Yes	Yes	Yes	Yes
Connectivity					
Mywellness connectivity	Yes, through QR code		Yes, through Key Reader, Bluetooth®, QR code, NFC and Apple / Samsung Watch	Yes, through QR code	
Wi-Fi*	Yes	Yes	Yes	Yes	Yes
ANT+ receiver	No	No	Yes	No	No
Apple / Samsung Watch compatibility	No	No	Yes	No	No
NFC / RFID Reader	No	No	Yes	No	No
Bluetooth® 5.0	No	No	Yes	No	No
Electrical specifications					
Power requirement	100-240 Vac ± 10% 50/60 Hz				
Utilities					
Quick and easy access	Yes	Yes	Yes	Yes	Yes
Anterior wheels for easy transport	Yes	Yes	Yes	Yes	Yes
USB port	Yes	Yes	Yes	Yes	Yes
Customizable settings	Yes	Yes	Yes	Yes	Yes
Remote software update	Yes: with Asset Management				
Certifications					
UL certificate	Yes	Yes	Yes	Yes	Yes
CE Mark	Yes	Yes	Yes	Yes	Yes
EAC Mark	Yes	Yes	Yes	Yes	Yes

*Length x Width x Height while working on the equipment



Version	Live 16" 5000	Live 16" 7000	Live 16" 9000
End-user comfort and convenience			
Console type	Live 16"		
Optimal View	Scientifically certified console		
Fast Track Controls	No	Yes	Yes
Ergonomic upper body handles	Yes	Yes	Yes
Optimal Start	Yes	Yes	Yes
Lateral supports	Yes	Yes	Yes
Soft-touch total body handlebar	Yes	Yes	Yes
Integrated reading rack	Yes	Yes	Yes
Integrated tray with Universal Wireless Charger	No	No	Yes
Wake-up Sensor	No	Yes	Yes
User-defined language selection	Yes	Yes	Yes
Languages available	24 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai, Chinese simplified, Welsh		
Goal-oriented display	Yes	Yes	Yes
Structural specifications			
Dimensions L x W x H*	1900 x 750 x 1800 mm (75" x 30" x 71")		
Equipment weight	152 kg (335 lbs)		
Technical specifications and performance			
Max user weight	180 kg (397 lbs)		
Step-up height	150 mm (5.9")		
Self Adaptive Stride	0 - 830 mm (0 - 33")		
Max resistance at 70 RPM	500 watts		
HR monitoring			
Double Hand Sensors	Yes	Yes	Yes
Telemetry	Yes	Yes	Yes
Bluetooth®	Yes	Yes	Yes
ANT+	Yes	Yes	Yes
Recurring programs			
Technogym Sessions	Free sample - 3 full Sessions if the product is either offline or online		
Training options			
Goal-driven workouts	3 - Time / Calories / Distance		
Heart rate-driven workouts	3 - CPR-CHR / Training Zone / Weight Loss		
Preset profile workouts	6		
Create your own workout	Yes		
On-trend workouts	3 - Hi-Low Blocks / Hills / Cross Training		
Technogym Routines	4 Goal-oriented Routines: Total Body / Stamina / Glutes / Lose Weight		
Submaximal tests	1 - Fitness Test		
Quick Start	Yes		
Exergaming			
Technogym Outdoors	Free sample - 3 x 15-minute routes if the product is offline; 9 x 30-minute routes if the product is online		
Personal assistant			
Technogym Coach	Yes	Yes	Yes
Connectivity			
Mywellness connectivity	Yes, through Key Reader, Bluetooth®, QR code, NFC		Yes, through Key Reader, Bluetooth®, QR code, NFC and Apple / Samsung Watch
Wi-Fi®	Yes	Yes	Yes
ANT+ receiver	No	No	Yes
Apple / Samsung Watch compatibility	No	No	Yes
NFC / RFID Reader	Yes	Yes	Yes
Bluetooth® 5.0	Yes	Yes	Yes
LAN	Yes	Yes	Yes
Entertainment			
TV	Yes	Yes	Yes
Apps	Yes	Yes	Yes
Internet browsing	Yes	Yes	Yes
Electrical specifications			
Power requirement	100-240 Vac ± 10% 50/60 Hz		
Utilities			
Quick and easy access	Yes	Yes	Yes
Anterior wheels for easy transport	Yes	Yes	Yes
USB port	Yes	Yes	Yes
Customizable settings	Yes	Yes	Yes
Remote software update	Yes: with Asset Management		
Certifications			
UL certificate	Yes	Yes	Yes
CE Mark	Yes	Yes	Yes
EAC Mark	Yes	Yes	Yes

*Length x Width x Height while working on the equipment