Medical Line
Index

4  Exercise is Medicine
6  The science behind movement
8  Excite Med
24  Selection Med
36  Ercolina Med
37  Kinesis One
38  Benches
Exercise is Medicine

For over 25 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

(http://www.exerciseismedicine.org/action.htm)

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.
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.

“...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

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

Run 1000 Med and 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 features is present on Run 600, 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.
Run 1000 Med

The medically certified* Run 1000 Med is conceived for cardiovascular training with different type of patients. The embedded testing protocols allows to perform standardised cardiovascular assessment procedure in maximal safety.

ECG and Metabograph compatible

Connection with external testing devices for Stress Testing (ECG) and Maximal Oxygen Consumption (Gas Analyser) thanks to compatibility with C-Safe, Trackmaster and Marquette communication protocols.

Fast Track Controls

The easy-to-reach controls enable safe and simple adjustment of speed and incline while ensuring a correct training posture.

Rear Step

This optional accessory enables users to step onto the treadmill more easily.

Code: A0000344

*Notified Body: CE 0476
Run 600 Med

The medically certified* Run 600 Med allows you to perform cardiovascular training safely. Thanks to the complementary handrails, Run 600 Med can be used by patients with any level of training or at any stage of rehabilitation.

**Maximum safety**

Visual warnings and automatic devices ensure maximum safety: the InMotion Safety Light includes a red light advising users not to step onto the treadmill until the belt stops; the Runner Detection System automatically brings the belt to a halt when the treadmill is free.

**Extended handrails kit**

This optional accessory helps to make the treadmill appealing to a broader range of users and enhances safety. By grasping the handrails, users can benefit of a firm support when stepping on and during their workout for speed and incline adjustment.

Code: A0000623

**Tactile numbering and raised icons**

Tactile icons on seat settings and Fast Track Controls enable visually impaired users to easily adjust settings and change exercise intensity.

*Notified Body: CE 0476
The medically certified Vario Med provides a unique cardiovascular workout by offering the user the opportunity to self-adapt the movement and the stride length and shape, providing an effective full-body cardio exercise with a natural elliptical movement.

**Adaptive stride**

Adapting stride dynamically and automatically, from 0 to 83 cm / 32.7 in, Vario Med suits user’s size and movement. Its fluid and natural movement prevents bouncing motion during the movement and ensures a more comfortable workout.

**Safe knee flexion angle**

Thanks to the adaptive stride, users can vary the knee flexion angle up to a maximum of 80°, following their specific capabilities.

**Optimal Start**

Getting started is extremely easy thanks to the reduced height of the pedals from the ground, the lateral hand supports and the Self Starting System (patented) that avoids potential pedal blocking when you begin to exercise.
Synchro Med

The medically certified Synchro Med provides a safe and effective cardiovascular exercise, with a natural elliptical movement and a lower impact on joints.

Joint-safe movement

Enjoy a natural, no-impact movement thanks to the rear drive that ensures a fluid elliptical trajectory. The contact between the feet and pedals remains constant throughout the whole range of movement, without stressing the joints.

Ergonomic handlebars

Grab the handlebars at the top to perform more effective pushing pulling movements for better upper body engagement. With the Fast Track Controls you can adjust the intensity level directly from the handlebars.

Convenient heart rate monitoring

Both the upper body levers and fixed handgrips are fitted with Hand Sensors to monitor heart rate in all training situations.
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.

**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.

**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
Recline Med

The medically certified Recline Med offers cycling exercise with added comfort to users with limited mobility or looking for moderate cardio activity.

Totally accessible

The wide walk through enables users to enter and exit the recumbent bike more comfortably. The 2.5 in / 6.5 cm step-over height simplifies access for less mobile and larger users. The central handlebar serves as an additional support when sitting down or getting up.

Smart pedals

The 10 degree pedal incline towards the ground makes it easier to slide the feet inside the pedals from a seated position.

Easy set-up and stability

As optional accessories, the colour-contrasted adjustable pedal straps with heel adjustment enable easy set-up and add stability during workout. Code: A0000496
Climb Med

The medically certified Climb Med boosts your muscle activation, for a maximum calorie burn exercise on a stair climbing equipment.

Train with confidence
Climb Med’s lower profile makes it less intimidating and more inviting also to less confident patients.

Step on easily
The 26.5 cm/10 in low Courtesy Step™ (patent pending) automatically repositions itself at the lowest height at the end of the workout to simplify getting on for users of all heights.

Maximum safety
The ToeSmart Design™ enables use of the entire step surface without fear of pinching your toes between steps, regardless of foot size. The innovative design maximizes available space, offering the deepest step surface on the market (28 cm/11 in), with at least 3 steps always available.
Top Med

Top Med can be used standing up or seated for maximum comfort and support. Alternatively, it is accessible to a wide variety of wheelchairs by installing specific optional accessory platforms.

Wheelchair-friendly

Suited for many applications, including sport and rehabilitation, Top Med provides an optimal upper body training and allows users to maintain cardiovascular efficiency even in presence of lower limb limitation.

Varied and balanced workout

The rotating handles engage different muscle groups, distributing the load according to the user’s needs and preferences while the forward-backward resistance enables users to achieve a more balanced workout and the complete involvement of a shoulder and torso.

Adjustable telescopic arms

Telescopic arms enable use in all positions and at different heights. By varying the length of the arms, users can choose the level of the involvement of the torso.
# Excite Med Tech Specs

## Run 1000 Med

<table>
<thead>
<tr>
<th>TECH SPECS</th>
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</tr>
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<tbody>
<tr>
<td>Dimensions (L x W x H)*</td>
<td>2190 x 960 x 1951 mm / 86 x 38 x 61 in</td>
</tr>
<tr>
<td>Weight</td>
<td>195 kg / 430 lbs</td>
</tr>
<tr>
<td>Max user weight</td>
<td>220 kg / 485 lbs</td>
</tr>
<tr>
<td>Speed range</td>
<td>0.4 - 27 km/h (0.2 - 16.8 mph) at 220 Vac</td>
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<tr>
<td></td>
<td>0.4 - 22 km/h (0.2 - 13.7 mph) at 110 Vac</td>
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<tr>
<td>Incline</td>
<td>0 - 18%</td>
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<tr>
<td>Running surface (LxW)</td>
<td>1520 x 520 mm / 60 x 20.5 in</td>
</tr>
<tr>
<td>Power Requirement</td>
<td>200 - 240 Vac (&quot;E&quot; version); 90 - 240 Vac (&quot;A&quot; version); 16A dedicated socket each machine</td>
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<tr>
<td>HR monitoring</td>
<td>Hand Sensors, Telemetry**</td>
</tr>
<tr>
<td>Compatibility with external devices (communication protocols)</td>
<td>YES (C-Safe, Trackmaster, Marquette)</td>
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## Run 600 Med

<table>
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<tbody>
<tr>
<td>Dimensions (L x W x H)*</td>
<td>2000 x 859 x 1481 mm / 83 x 34 x 58 in</td>
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<tr>
<td>Weight</td>
<td>164 kg / 362 lbs</td>
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<tr>
<td>Max user weight</td>
<td>200 kg / 440 lbs</td>
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<tr>
<td>Speed range</td>
<td>0.4 - 20 km/h (0.2 - 12.4 mph)</td>
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<tr>
<td>Incline</td>
<td>0 - 15%</td>
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<tr>
<td>Running surface (LxW)</td>
<td>1520 x 510 mm / 60 x 20 in</td>
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<tr>
<td>Power Requirement</td>
<td>200 - 240 Vac (&quot;E&quot; version); 90 - 240 Vac (&quot;A&quot; version); 16A dedicated socket each machine</td>
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<tr>
<td>HR monitoring</td>
<td>Hand Sensors, Telemetry**</td>
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## Vario Med

<table>
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<tbody>
<tr>
<td>Dimensions (L x W x H)*</td>
<td>1940 x 730 x 1700 mm / 73 x 28 x 67 in</td>
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<td>Weight</td>
<td>200 kg / 441 lbs</td>
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<td>Max user weight</td>
<td>160 kg / 353 lbs</td>
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<td>Min. pedal height from the ground</td>
<td>270 mm / 11 in</td>
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<td>Min.-max stride</td>
<td>0 - 830 mm / 0 - 33 in</td>
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<td>Difficulty levels</td>
<td>1 - 25</td>
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<tr>
<td>Resistance at 70 SPM (Watts)</td>
<td>50 - 500</td>
</tr>
<tr>
<td>HR monitoring</td>
<td>Double Hand Sensors, Telemetry**</td>
</tr>
</tbody>
</table>

## Synchro Med

<table>
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<th>TECH SPECS</th>
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</thead>
<tbody>
<tr>
<td>Dimensions (L x W x H)*</td>
<td>2040 x 700 x 1600 mm / 81 x 28 x 63 in</td>
</tr>
<tr>
<td>Weight</td>
<td>150 kg / 330 lbs</td>
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<tr>
<td>Max user weight</td>
<td>180 kg / 397 lbs</td>
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<tr>
<td>Difficulty levels</td>
<td>1 - 25</td>
</tr>
<tr>
<td>Resistance at 120 SPM (Watts)</td>
<td>40 - 500</td>
</tr>
<tr>
<td>HR monitoring</td>
<td>Double Hand Sensors, Telemetry**</td>
</tr>
</tbody>
</table>

## Tests

### Submaximal
- (3) Fitness Test, Single stage, Multistage
- (8) Technogym Maximal test, Custom maximal test, Bruce, Bruce modified, Naughton, Balke & Ware, Anstrand Modified, Costill & Fox

### Military

### Optional Accessories
- A0000344 Rear step.
- A0000623 Extended handrails kit.

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*Dimensions (L x W x H)*: Length x Width x Height.

**Telemetry**: Compatibility with external devices for communication protocols.

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*Medical Line*
### Bike Med

**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: Double Hand Sensors, 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**
- A00004371 Adjustable pedal cranks.
- A0000553 Bike saddle adapter
- A0000914 Bike Med saddle (grey)
- A0000496 Adjustable pedal straps

### Recline Med

**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: Hand Sensors, 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

### Climb Med

**TECH SPECS**
- Dimensions (L x W x H)*: 1300 x 770 x 1890 mm / 51 x 30 x 74 in
- Weight: 190 kg / 419 lbs
- Max user weight: 180 kg / 400 lbs
- First step height from the ground: 265 mm / 10.4 in
- Number of steps always available: 3
- Speed: 24-165 smp
- Difficulty levels: 1 - 30
- Power requirement: 100 - 240 Vac 50/60 Hz
- HR monitoring: Double Hand Sensors, Telemetry**
- Step-over height: 6.5 cm (2.5")

**Tests**
- Submaximal (3)
  - Fitness Test, CPAT, WFI
- Maximal (4)
  - Technogym maximal test, Custom maximal test, Astrand, McArdle
- Military (3)
  - AIR Force PRT, Navy PRT, Borg 15

**Optional Accessories**
- A0000496 Accessory Holders

### Top Med

**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)

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* 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 Options

**Trend**

- **Frame**
  - Anthracite

- **Inlay**
  - Anthracite

- **Guard**
  - Black

- **UI Frame**
  - Black

**Class**

- **Frame**
  - Aluminium

- **Inlay**
  - Silver

- **Guard**
  - Quicksilver

- **UI Frame**
  - Black

Actual product colours may differ from colours shown on this catalogue due to printing.
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 safety

The line has earned the 93/42/EEC that guarantees the highest standards of quality and reliability. The new safety guards 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 monopodalic 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.

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

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

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 R.O.M (Range of Motion) offers a maximum flexion of 110° and a maximum extension of 0°.

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.
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 R.O.M (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
- Gastrocnemius
- Soleus

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

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

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

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

* 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)
Medical Line - Strength

**Adductor Med**
Code CL17

**Muscles:**
- Adductors

**TECH SPECS**
- Dimensions (L x W x H)*: 1421 x 850 x 1195 mm
- Machine weight: 208 kg (Standard: 70 kg, Plus: 100 kg)
- Weight Stack: 56 x 33 x 47 in (459 lbs, 140 lbs, 200 lbs)

**Lower Back Med**
Code CL58

**Muscles:**
- Quadratus
- Lumborum
- Sacrospinal

**TECH SPECS**
- Dimensions (L x W x H)*: 1210 x 1030 x 1485 mm
- Machine weight: 218 kg (Standard: 65 kg, Plus: 95 kg)
- Weight Stack**: 48 x 41 x 58 in (481 lbs, 130 lbs, 190 lbs)

**Abdominal Crunch Med**
Code CL57

**Muscles:**
- Rectus Abdominis

**TECH SPECS**
- Dimensions (L x W x H)*: 1280 x 1050 x 1485 mm
- Machine weight: 213 kg (Standard: 65 kg, Plus: 95 kg)
- Weight Stack**: 50 x 41 x 58 in (470 lbs, 130 lbs, 190 lbs)

**Rotary Torso Med**
Code CL50

**Muscles:**
- Internal and External Oblique
- Quadratus Lumborum
- Sacrospinal

**TECH SPECS**
- Dimensions (L x W x H)*: 1185 x 1129 x 1485 mm
- Machine weight: 203 kg (Standard: 65 kg, Plus: 95 kg)
- Weight Stack**: 47 x 44 x 58 in (448 lbs, 130 lbs, 190 lbs)
Shoulder Press Med
Code CL69

**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

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

Upper Back Med
Code CL46

**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

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

Chest Press Med
Code CL70

**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

Muscles: Pectorals, Deltoids, Triceps

Low Row Med
Code CL80

**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

Muscles: Latissimus Dorsi, Biceps, Rhomboids

* 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

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

**Vertical Traction Med**

Code CL71

**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
- Muscles:
  - Latissimus Dorsi
  - Biceps

**Lat Machine Med**

Code CL12

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

**Colour Options**

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<tr>
<th>UPHOLSTERY</th>
<th>V. Black</th>
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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 range. Consequently, the actual load is different to the selected range. 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
- Machine weight: 149 kg
- Weight Stack: Standard: 40 kg, Plus: 90 kg

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

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**Kinesis One**
Code M5800

**TECH SPECS**
- Dimensions (L x W x H): 1650 x 1405 x 2120 mm
- Machine weight: 360 kg
- Weight Stack: Standard: 39.5 kg, Plus: 95 kg 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.) *Not compliant to 93/42/EEC.

**COLOUR OPTIONS:**
Available in Black or Carbon Grey configuration.

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### Benches

**Crunch Bench Med**
Code CPA03

**TECH SPECS**
- Dimensions (L x W x H)*: 1436 x 697 x 1108 mm
- Bench weight: 44 kg

**Horizontal Bench Med**
Code CPA07

**TECH SPECS**
- Dimensions (L x W x H)*: 1725 x 1606 x 1302 mm
- Bench weight: 59 kg

**Adjustable Bench Med**
Code CPA04

**TECH SPECS**
- Dimensions (L x W x H)*: 1198 x 697 x 1312 mm
- Bench weight: 36 kg

**Lower Back Bench Med**
Code CPA05

**TECH SPECS**
- Dimensions (L x W x H)*: 1069 x 757 x 769 mm
- Bench weight: 36 kg