TRAINING OLYMPIC ATHLETES FOR GOLD SINCE 2000

The official supplier of fitness equipment to 6 Olympic and Paralympic Games, from Sydney 2000 to Rio 2016, and partner to the world’s best teams and athletes, Technogym® has established itself as the benchmark in the sports world. Technogym® possesses firsthand knowledge of the training methods and systems required to create thousands of champions in over 100 different disciplines worldwide.
Designed in collaboration with athletes, trainers and academic research institutes, the SKILL LINE improves performance using the SKILLATHLETIC TRAINING method which develops work capacity and enhances abilities in total safety.

Featured products include SKILLMILL™, the first all-round equipment for training Power, Speed, Stamina and Agility, and SKILLROW™, the first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution.

PATENT PENDING DESIGN
UNLEASH THE ATHLETE INSIDE YOU

POWER  AGILITY  STAMINA  SPEED

Technogym's Olympic heritage is at the heart of SKILLATHLETIC TRAINING, a highly effective method that enables everyday athletes to improve their Power, Speed, Stamina and Agility and enjoy the benefits of professional sports training in a safe, engaging and effective way.
NEW PRODUCT CATEGORY
Technogym® launches SKILLMILL™, the only non-motorized product in the market that combines Power, Speed, Stamina and Agility training.

NEW TRAINING METHOD
The SKILLATHLETIC TRAINING method helps trainers create high intensity workouts that improve performance.

NEW TRAINING FORMATS
The methodology enables operators to offer new training formats with a variety of program solutions to maximize their investment.
LOOK AND FEEL LIKE AN ATHLETE

If you demand nothing but the best and want to stand out in a challenging market, adopt SKILLATHLETIC TRAINING, and transform your members into peak performers.
DRIVE YOUR PERFORMANCE

Thanks to its patent pending MULTIDRIVE TECHNOLOGY™, SKILLMILL™ allows your users to experience the full speed-resistance spectrum.
VARIABLE RESISTANCE

The MULTIDRIVE TECHNOLOGY™ enables users to select different levels of reactive resistance, from zero to max. By simply shifting the lever, athletes can quickly switch from resistance-free running to an all-out sled push.

INCREASED METABOLIC RATE

Adding resistance increases oxygen consumption: power walking with resistance on SKILLMILL™ raises energy expenditure significantly compared with walking at the same speed on a traditional treadmill or a non-motorized treadmill without resistance.

MAXIMUM MUSCLE ACTIVATION

Electromyography studies* reveal a significantly higher activation of the posterior chain muscles, in particular the glutes and hamstrings, compared to traditional treadmills. The sled pushing exercise shows levels of activation as high as glute-targeted exercises such as kneeling squats, deadlifts and sumo deadlifts.

* Sports & Rehab Engineering Lab. University of Padova, Italy
SPORT-SPECIFIC DESIGN

DUAL HANDLEBAR
Used in combination with MULTIDRIVE TECHNOLOGY™ resistance, the DUAL HANDLEBAR enables users of different body sizes to assume the correct position for performing high pushes and low pushes, maximizing muscle activation and workout variety.
NON-MOTORIZED
SKILLMILL™ is operated and controlled exclusively by the force applied by its users. To speed up, they move to the front of the surface and to slow down, they move to the back. It accelerates quickly from a cold start and goes the same pace athletes go. The ideal solution for a sustainable facility, it helps reduce electricity costs and carbon footprint.

BUILT TO RESIST
SKILLMILL™ has been designed and engineered so users can work hard in a completely safe environment. The ergonomic design combined with the high quality components and materials produces a solid, compact product with a versatile nature that endures well beyond the normal usage to ensure maximum durability and reliability.
SUPERIOR USABILITY AND PERFORMANCE
PERFORMANCE MONITORING*
The console enables monitoring of performance data from all exercise positions.

PERFORMANCE TRACKING**
The cloud-based mywellness® platform allows tracking and storage of all workout data for evaluation.

* available on SKILLMILL™ Console and Connect versions
** available only on SKILLMILL™ Connect version

SKILLMILL™ ACCESSORY KIT
The SKILLMILL™ Accessory Kit allows for a variety of pulling and pushing exercises through handles or an optional waist belt.

EASY-TO-MOVE
The front wheels and integrated grips at the rear end make it easy for staff to move the product to create specific layouts.

INTEGRATED PHONE HOLDER
The built-in cradle allows users to view exercise videos on their smartphone while training.
SKILLATHLETIC TRAINING

This new methodology is founded on the Technogym Ability Training approach which exploits a set of principles guiding exercise programming. The objective of SKILLATHLETIC TRAINING is to increase physical performance by developing work capacity and enhancing abilities in total safety.

DEVELOP WORK CAPACITY  ENHANCE ABILITIES  ENSURE FULL SAFETY
SKILLATHLETIC TRAINING
DEVELOP WORK CAPACITY

Work capacity is the ability to perform work, which determines an athlete’s physical fitness level. It can be expanded by reinforcing the main physical skills - Power, Speed, Stamina and Agility. SKILLATHLETIC TRAINING provides a highly effective approach to High Intensity Interval Training (HIIT) to achieve more from your training.

HIGH INTENSITY INTERVAL TRAINING

SKILLATHLETIC TRAINING can offer similar principles to HIIT, alternating short periods of intense anaerobic exercise with less-intense recovery periods, while preserving the quality of movement execution. These energetic workouts provide greater aerobic and anaerobic capacity, and fat burning thanks to the EPOC effect, which increases the body’s oxygen intake to correct the “oxygen debt” brought about by intense exercise.
REINFORCE MAIN PHYSICAL SKILLS

**POWER**
You need to be both strong and fast to be powerful. SKILLMILL™ allows users to increase dynamic and resistive lower body power by pushing into the surface and moving it away and behind them. Suggested exercises include low, high and lateral pushes, and pulling.

**SPEED**
Being able to perform a motor skill as quickly as possible is an essential quality in many sports. SKILLMILL™ allows users to accelerate quickly from a walking pace, to a jogging pace, to a full sprint without making any adjustments.

**STAMINA**
Exercising continuously for extended periods of time without getting tired builds endurance. SKILLMILL™ allows users to increase both their aerobic and anaerobic capacity by performing specific workouts for speed and stamina.

**AGILITY**
Agility drills improve neuromuscular coordination and specific sports skills. SKILLMILL™ allows users to perfect movement efficiency. Suggested exercises include Carioca drills, high knees, and heels-to-bottom.
Thanks to the wide range of exercises that users can perform on SKILLMILL™, trainers can program many basic variations and combinations of fundamental movements and progressively add in more challenging exercises to increase complexity.
SKILLATHLETIC TRAINING helps athletes perform and refine fundamental movements, ensuring well-rounded fitness programs and long-lasting benefits in sports and everyday life.
To help athletes improve performance in complete safety and enable trainers to monitor vital parameters during high intensity training, we developed a highly intuitive and easy to read on-board console* that measures wattage, resistance level, time, speed and distance, and heart rate via Bluetooth® Smart.

* available on SKILLMILL™ Connect and Console
The format is ideal for operators of high-energy fitness studios looking for innovative performance-oriented programming. Under the trainer’s supervision, participants are organized in large groups and perform complete functional sessions following their set heart rate target to become stronger, faster, leaner and more agile.
This professional app is part of the mywellness® product family.

**WHAT YOU NEED**

- SKILLROW™, SKILLMILL™, Olympic Power Rack, Kinesis® One, Plyoboxes, Kettlebells, OMNIA³
- UNITY™ SELF kiosk
- Heart rate device assignment accessory
- Class antenna
- TEAMBEATS™ professional app to:
  - Display participants’ heart rate, % heart rate, heart rate zones, MOVEs and calories on large screen
  - Show each participant his/her individual progress over time
  - Adjust the workout intensity
  - Manage the timer
  - Manage trainer’s music and microphone
  - Display individual progress over time in the mywellness® account

**ADDITIONAL SUPPORT**

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education
The format allows a higher level of personalization and is therefore ideal for smaller groups, as in Personal Training, Strength and Conditioning, and Rehabilitation. Participants enjoy a varied functional training experience following the heart rate target set by the trainer as well as they can to improve Power, Speed, Stamina and Agility in a motivating environment.
Teambeats

This professional app is part of the mywellness® product family.

WHAT YOU NEED

- SKILLROW™, SKILLMILL™, Olympic Power Rack, Kinesis® One, Plyoboxes, Kettlebells, OMNIA³
- UNITY™ SELF kiosk
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  - Manage trainer’s music and microphone
  - Display individual progress over time in the mywellness® account

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education
The solution is ideal for operators wanting to increase their service offer and maximize SKILLMILL™ usage during non-supervised hours. Users can choose from a set of virtual training video programs either individually or as part of a class.
WHAT YOU NEED

- SKILLMILL™
- UNITY® SELF kiosk
- SKILLMILL™ professional app to:
  - Display virtual training workouts on large screen
  - Display participants’ heart rate, % heart rate, heart rate zones, MOVEs and calories on large screen
  - Create customized workouts with the PRESCRIBE app
  - Manage the timer

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education
END-USER SUPPORT

Technogym® provides a variety of intuitive tools that enable users to obtain visual training guidance, monitor their performance data and track their results.

**PERFORMANCE GUIDANCE FROM SMARTPHONE**

Users access ready-made virtual training programs on a mobile website by scanning SKILLMILL’s QR code.

Users choose from Technogym’s extensive library of exercises to train Power, Speed, Stamina and Agility.

Users access both ready-made and customized training programs by downloading the mywellness® app and logging into their mywellness® account.

Users choose from Technogym’s extensive library of exercises or perform workouts created by trainers using the Prescribe app [not included].

**PERFORMANCE MONITORING FROM CONSOLE**

Users monitor vital parameters in real time from the on-board console to improve safety and performance.

- Resistance level from 0 to 10
- Speed in km/h or mph
- Power output in watts
- Total calories
- Time and distance
- Bluetooth® Smart heart rate monitoring
USER ID enables members to log in with their smartphone via Bluetooth® Smart (patented), QR code reading (patented), NFC technology or Technogym® devices. By signing in, they can track their performance data and save it to their mywellness® account.

Users save workout data to the mywellness® cloud platform and can monitor their progress over time.

HEART RATE MONITORING FROM PERSONAL DEVICES

Users wear their personal device to monitor their heart rate. The TEAMBEATS™ professional app is compatible with ANT+ and Bluetooth® Smart heart rate devices from multiple brands.
GROUP EXERCISE SUPPORT

Thanks to UNITY™ SELF with SKILLMILL™ professional app, trainers can deliver ready-made and customized training programs, set up timing and monitor class data in real time to motivate participants.

VIRTUAL TRAINING

UNITY™ SELF with integrated SKILLMILL™ professional app delivers Technogym® virtual training workouts that users can view on a large screen.

MY ROUTINES

Trainers can create customized workouts and upload them to the UNITY™ SELF in just a few clicks. Only in combination with the Prescribe app.

TIMER

Trainers have three available options:
- Pre-set Tabata workouts
- Customizable intervals
- Countdown

CLASS DATA (only on SKILLMILL™ CONNECT)

Trainers can visualize performance data and display it on large screen to motivate users and improve results.
Thanks to UNITY™ SELF with TEAMBEATS™ professional app, trainers can create and manage high intensity classes and circuits based on heart rate frequency.

SKILLMILL CLASS AND SKILLATHLETIC CLASS
UNITY™ SELF WITH TEAMBEATS™ PROFESSIONAL APP

TIMER
Trainers have three available options:
- Countdown
- Intervals
- Custom timer

MY MUSIC
Trainers can choose the tunes from playlists on their personal devices via USB or Bluetooth®. They can adjust the volume, and manage the music and the microphone from the UNITY™ SELF.

JOIN WITH ONE TAP
With a simple tap on the avatars displayed on the UNITY™ SELF screen, trainers can add participants, even after the class has already started, without interrupting the workout.

CLASS SETTINGS
Trainers can visualize performance data such as heart rate, % heart rate max, MOVEs and calories, and change metrics on the fly and display results on a large screen to motivate participants.
The SKILLMILL™ Accessory Kit allows for a variety of pulling and pushing exercises and consists of a frame that attaches to the back of the SKILLMILL™, two adjustable pulling straps with spring dampers and two short handles.

**SKILLMILL™ ACCESSORY KIT** A0000882

Items that can be purchased separately:

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<th>Item</th>
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<tr>
<td>SKILLMILL™ pulling accessory frame</td>
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<td>Adjustable pulling strap (set of 2)</td>
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**SET OF 3 SOFT PLYOBOXES** A0000745

Items that can be purchased separately:

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UNITY™ SELF

**SKILLMILL™ PROFESSIONAL APP**

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<th>Hardware</th>
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<tr>
<td>Capacity</td>
<td>Up to 20 SKILLMILL™</td>
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<tr>
<td>Licensing</td>
<td>Included in UNITY™ SELF</td>
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<tr>
<td>UNITY™ SELF compatibility</td>
<td>UNITY™ SELF V15 (E0204V15, E0202V15) version or higher</td>
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</table>

**NETWORK CONNECTIVITY**

| Wi-Fi® | Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network) | | |
| Lan - Ethernet | Yes | | |

**AVAILABLE CONTENT**

| Guide Me exercise explanation | Yes | | |
| 6 SKILLMILL™ Virtual Training Workouts | Yes | | |
| Class data | Class management from pro.mywellness.com | | |
| Personalized workouts – (with PRESCRIBE app) | Yes, on mywellness® platform | | |

**TEAMBEATS™ PROFESSIONAL APP**

<table>
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<tr>
<th>Hardware</th>
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<tr>
<td>Capacity</td>
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<tr>
<td>Licensing</td>
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<tr>
<td>UNITY™ SELF compatibility</td>
<td>UNITY™ SELF V15 (E0204V15, E0202V15) version or higher</td>
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<tr>
<td>Heart Rate device compatibility</td>
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<tr>
<td>Technical requirements</td>
<td>Class antenna in two product versions LAN (POE) or Wi-Fi® and heart rate device assignment accessory</td>
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</tbody>
</table>

**NETWORK CONNECTIVITY**

| Wi-Fi® | Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network) | | |
| Lan - Ethernet | Yes | | |

**AVAILABLE CONTENT**

| Real-time personal data | HR, % HR, HR Zones, MOVes, Calories | | |
| Class Timer | Custom, Countdown, Interval | | |
| Music | USB key or personal device (mobile phone, PC) via Bluetooth® | | |
| Performance progress | MyProgress Index in mywellness® account | | |
| Class management | from pro.mywellness.com | | |

**KETTLEBELL SET - PAIRS**

| Weight (Kg) | 4 | 8 | 12 | 16 | 20 |
| No. of items | 2 | 2 | 2 | 2 | 2 |

**OLYMPIC TRAINING PLATE SET**

| Weight (Kg) | 2.5 | 5 | 10 | 15 | 20 | 25 |
| No. of items | 2 | 2 | 2 | 2 | 2 | 2 |

**7’ OLYMPIC POWER BAR**

| Weight: | Kg 20 | lbs 44 |
| Length: | mm 2200 | in 87 |
| Diameter: | mm 50 | in 2 |
Technogym® helps operators create the ideal layout for every business model with a visually powerful environment that will inspire and motivate members.

Technogym® can design a large class layout that enables trainers to perform a variety of sessions and fosters an inspirational training environment.

Technogym® can develop a circuit layout suited to different operator needs, suggest the equipment solution that enables trainers to perform well-rounded sessions and encourages members to perform their very best.

Technogym® can provide an effective, space-saving layout that enables operators to deliver non supervised training to individual members and groups.
Technogym® provides a wide range of promotional and educational tools to help you engage your members:

- Guidelines for facility branding
- Visual images for wall covering
- Promotional and educational tools (flyer, posters, banners, cards)
- Sheet for class booking
- T-shirt
- Customer referral card
- Images and video clips for social networks
- Web banners to promote your facility offer

View the complete list of available tools at www.technogym.com/marketingsupport. Follow instructions to download and customize the tools with your facility logo.
FINANCIAL SERVICES

Our extensive knowledge of the needs of the fitness sector enables us to develop solutions to suit all of your specific requirements, guaranteeing complete peace of mind:

• Certainty of financing costs, with no surprises
• Payment schedules designed to meet your cash flow needs
• Access to the best international credit partnership network thanks to the reliability of Technogym® brand
• Knowledge of the best ways to preserve capital and keep funds in your business
• One-stop partner providing you with all the services you need to grow your business.

www.technogym.com/financialservices

AFTER SALES

Just as the best products work to attract new users, After Sales Service works to keep the best products up and running to preserve their value over time. Extend the benefits of your factory warranty by choosing our Performance Service Contract.

With Performance coverage you can forget about purchase orders for repairs, budget approvals and invoice management: your fee is fixed for the duration of the contract.

www.technogym.com/aftersales