



The Wellness Company

# Technogym launches SKILLRUN

## 泰诺健推出SKILLRUN

*A unique treadmill designed for performance training offering a complete solution for both cardio and power workouts*

一台为运动表现训练而设计的独一无二的跑步机，提供包括有氧锻炼和力量锻炼在内的一整套解决方案。

**Technogym** – the world leading producer of design and technology-driven fitness equipment and official supplier to the last six Olympic games - is proud to announce the launch of **SKILLRUN™**, the first treadmill to combine cardio and power training in a single solution designed to meet the training requirements of both elite athletes and fitness enthusiasts.

**泰诺健** – 全球领先的健身器材技术与设计制造商，是过去六届奥运会的官方供应商 – 非常自豪地推出 **SKILLRUN™**，这是首款以单一解决方案结合有氧及力量训练的跑步机，满足精英运动员和健身爱好者的训练需求。

**SKILLRUN™** sets a new benchmark in performance running and answers the needs of all runners, from sprinters to marathon runners and triathletes. Thanks to **unique MULTIDRIVE TECHNOLOGY™** (patent pending), **SKILLRUN™** offers both **cardio training** and **resistance workouts** to enhance power. The interactive **UNITY** console –the same platform and interface offered throughout the entire Technogym range - allows users to access a completely customised workout experience, engaging and motivating them through digital content, personalised training programmes and data tracking. When it comes to programmes, **SKILLRUN™** offers a wide range of innovative workouts including high intensity interval training, speed resistance training and neuromuscular training, as well as immersive and entertaining programmes to motivate the user.

**SKILLRUN™** 根据所有跑者的需要，从短跑运动员到马拉松运动员和铁人三项运动员，为体育表现跑步创建了新的黄金标准。**SKILLRUN™** 独特的 **MULTIDRIVE TECHNOLOGY™**（多重驱动技术，专利申请中）可提供有氧训练和阻力锻炼，增强力量。泰诺健所有产品系列都使用同一个平台和界面，即交互式 **UNITY** 控制台，能让用户获得完全定制化的锻炼体验，通过数字内容、个性化训练程序和数据跟踪来激励用户积极参与运动。**SKILLRUN™** 提供一系列广泛的创新锻炼方案，包括高强度间歇训练、速度阻力训练和神经肌肉训练和身临其境的娱乐选择来鼓舞用户。

**SKILLRUN™** includes some exclusive features specifically designed for athletic and performance training such as:

**SKILLRUN™** 包含了一些专为运动和体育表现训练设计的独家功能：

- **Fast Track Control:** adjust speed and incline on the fly while exercising
- **快捷键:** 训练过程中实时调整速度和坡度



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- **Maximum Training Space:** a wide belt (55cm/22") and streamlined frame
- **最大训练空间:** 宽跑带 (55cm/22") 和流线型框架
- **Speed and Incline:** up to 30km/h (18.6 mph) speed and incline ranging from -3% to +25%
- **速度和坡度:** 速度可达 30km/h (30km/h), 坡度范围从-3%到+25%
- **QUICKPAD:** change speed and gradient with just one touch thanks to dedicated buttons
- **QUICKPAD:** 通过专用按钮一键改变速度和坡度
- **Speed-shift:** create on-the-fly interval training profiles and switch from one speed to another with a simple touch of the Fast Track Control
- **速度切换:** 实时创建间歇训练分析, 通过快捷键一键切换速度

SKILLRUN™ allows the user to perform a variety of unique cardio and power workouts, such as:

SKILLRUN™ 可让用户进行各种独特的有氧和力量锻炼, 如:

- **Running Session:** the exclusive interactive technology **Biofeedback** (patent pending) tracks and monitors the main running parameters in real time, providing colour-coded feedback that enables the user to improve their performance.  
**跑步课程:** 独家互动技术 **Biofeedback** (生物反馈, 专利申请中) 实时跟踪并监控主要的跑步参数, 提供彩色编码反馈, 帮助用户提高运动表现。
- **Parachute training** (patent pending): users can strengthen the **resistive power** and **top-end speed** with parachute training that reproduces the feeling of outdoor running with a parachute. Resistance is minimal at the start and increases as the user gains speed.  
**跳伞训练** (专利申请中): 用户可通过跳伞训练加强**抗阻力量**和**最快速度**, 使用跳伞再现户外跑步的感觉。一开始阻力为零, 之后会随着用户速度的增加而增加。
- **Sled training:** allows users to train their **power**, and can reproduce the feeling of pushing a sled on grass. Resistance is high at the start and decreases to a constant rate.  
**雪橇训练:** 让用户得以训练力量, 再现了草地上推雪橇的感觉。初始阻力很高, 加速时则会降低到一个恒定速度。

SKILLRUN™ is also ideal for group training sessions in a class or studio environment. The solution SKILLRUN CLASS (patent pending) is perfect for those in search of a more effective and motivating group running class. Thanks to the new product features these dynamic classes will engage the most demanding users.

SKILLRUN™ 也是班级团体训练课程或工作室团体训练课程的理想方案。SKILLRUN CLASS (专利申请中) 解决方案是那些寻求更高效率和更加激励人心的团体跑步班级的完美之选。这款新产品的功能十分适合这类动态训练班级, 吸引一批最为挑剔的用户。

This new product is part of the **SKILL LINE**, a collection of products created to address the **SKILLATHLETIC TRAINING**, a method developed by Technogym and Olympic champions for everyone who wishes to improve their athletic performance. It includes **SKILLMILL**, the only non-motorised product that combines power, speed, stamina and agility training, and **SKILLROW**, the first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution.



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这款新产品属于 **SKILL LINE**，该系列专用于泰诺健及奥林匹克冠军共同研发的训练方法 **SKILLATHLETIC TRAINING**，满足那些想要提高体育表现的人群的需求。

**SKILLRUN** features 4 different patents:

**SKILLRUN** 拥有 4 项不同的专利：

- The MULTIDRIVE technology (patent pending) is a ground-breaking innovation that makes it possible for users to change the equipment mode from cardiovascular training to power training.
- MULTIDRIVE 多重驱动技术（专利申请中）是一项开创性的创新，让用户得以改变器材模式，从有氧训练切换到力量训练。
- PARACHUTE TRAINING KIT (patent pending) is an innovation created to reproduce the feeling of outdoor running in optimised conditions. The kit consists of a steel frame support equipped with an ergonomic adjustable belt that users can place around their waist to perform parachute resistance training.
- PARACHUTE TRAINING KIT 跳伞训练工具包（专利申请中）是一次创新，在优化条件下使用跳伞再现户外跑步的感觉。该工具包中有一个钢架支撑，同时配备可调节的人体工学腰带，让用户在腰部安装跳伞进行跳伞阻力训练。
- BIOFEEDBACK (patent pending) is the exclusive interactive technology by Technogym that tracks and monitors the user's main running parameters in real time, providing colour-coded feedback that enables the user to improve their performance.
- BIOFEEDBACK 生物反馈（专利申请中）是泰诺健一项独家互动技术，能实时跟踪并监控主要的跑步参数，提供彩色编码反馈，帮助用户提高运动表现。
- SKILLRUN CLASS (patent pending) is a totally new and innovative format that allows to operators to create a more effective and motivating group running workout seamlessly from booking to results management.
- SKILLRUN CLASS（专利申请中）是一种全新的创新形式，可让经营者创建一个从预定到结果管理都更加高效和更激励人心的团体跑步锻炼方案。

### About Technogym

*Founded in 1983, Technogym is a world leading international supplier of technology and design driven products and services in the Wellness and Fitness industry. Technogym provides a complete range of cardio, strength and functional equipment alongside a digital cloud based platform allowing consumers to connect with their personal wellness experience anywhere, both on the equipment and via mobile when outdoors. With over 2,000 employees and 14 branches globally, Technogym is present in over 100 countries. More than 80,000 Wellness centers and 200,000 private homes in the world are equipped with Technogym. Technogym was the official supplier for the last six editions of the Olympic Games: Sydney 2000, Athens 2004, Turin 2006, Beijing 2008, London 2012 and Rio 2016.*

### 关于泰诺健

泰诺健创办于1983年，如今已成为一家全球领先的全面健康和健身领域的产品技术与设计的国际供应商，提供一系列完整的有氧训练、力量训练和功能训练器材，通过基于云的数字平台在设备及手机客户端让客户即便在室外也能随时获得个人健身服务。泰诺健拥有超过2000名员工，遍布全球14个分公司，产品出口至100多个国家，在全球范围内为超过8万个全面健康中心和20万个私人住宅提供服务。泰诺健是前六届奥运会的官方供应商：2000年悉尼奥运会、2004年雅典奥运会、2006年都灵冬奥会、2008年北京奥运会、2012年伦敦奥运会和2016年里约奥运会。