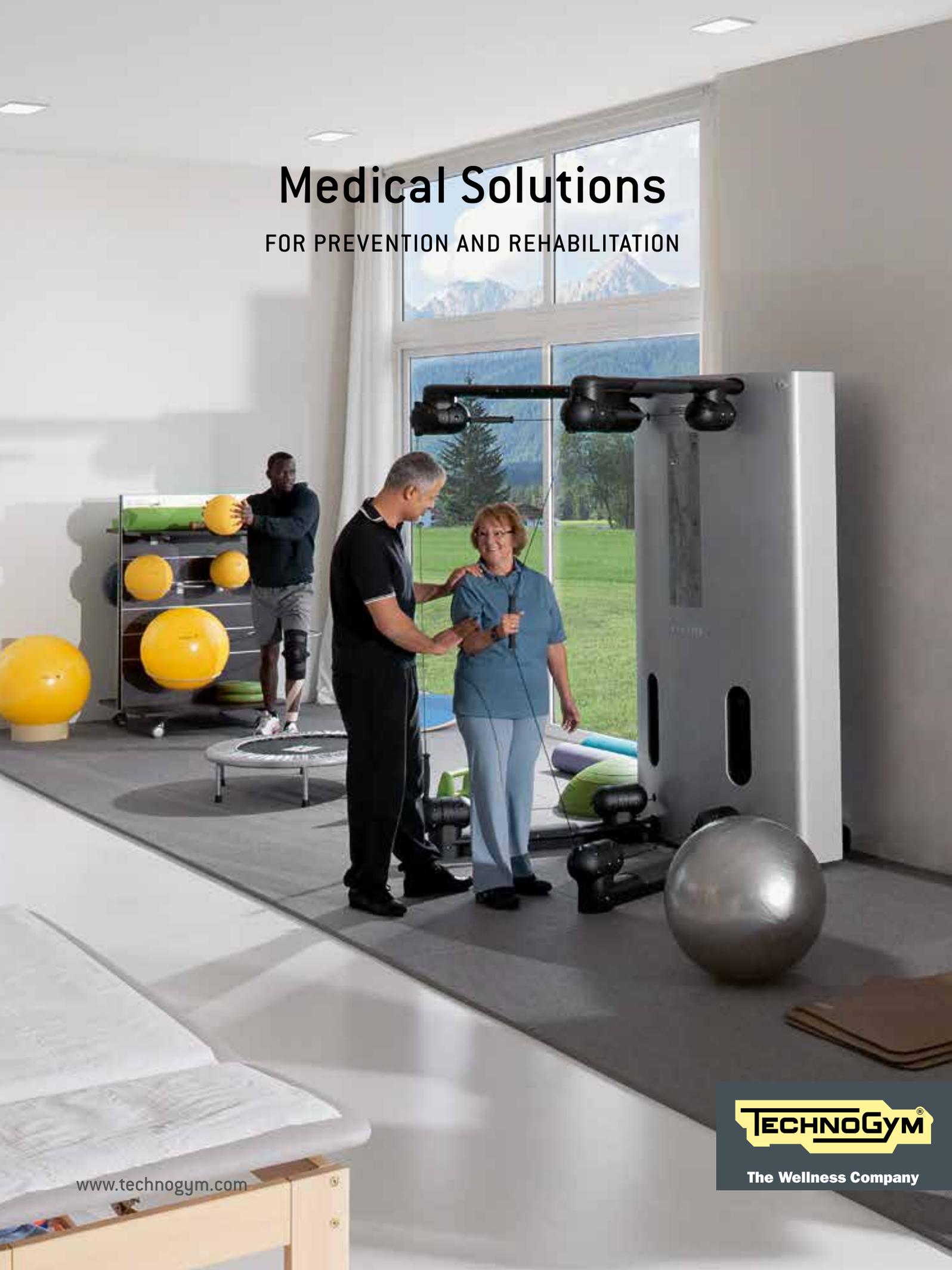


Medical Solutions

FOR PREVENTION AND REHABILITATION



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We create innovative solutions to help people achieve Wellness and we strive to make Wellness available to all, at all ages and in all places. We strongly believe that Wellness is an opportunity for everybody: for Governments to reduce health costs, for Companies to invest in team motivation and productivity and for all citizens to improve their health and daily lifestyle.

Nerio Alessandri

Chairman and Founder of Technogym® The Wellness Company

Nerio Alessandri

Healthy people, healthy planet.

For almost 30 years Technogym's guiding philosophy has maintained that the greater the number of people living in a situation of psychophysical wellbeing, the greater the world will be.

For this reason, our mission is to inspire more and more people to undertake physical activity and adopt a healthy lifestyle.

The welfare of the population and that of the planet go hand in hand.

Perfectly in line with its mission of bringing Wellness to the world, Technogym puts the health of our planet at the forefront, selecting systems and behaviours that protect the environment and its natural resources. The company utilises its own Environmental Management System, which completes the process of certification in terms of Total Quality and Social Commitment.

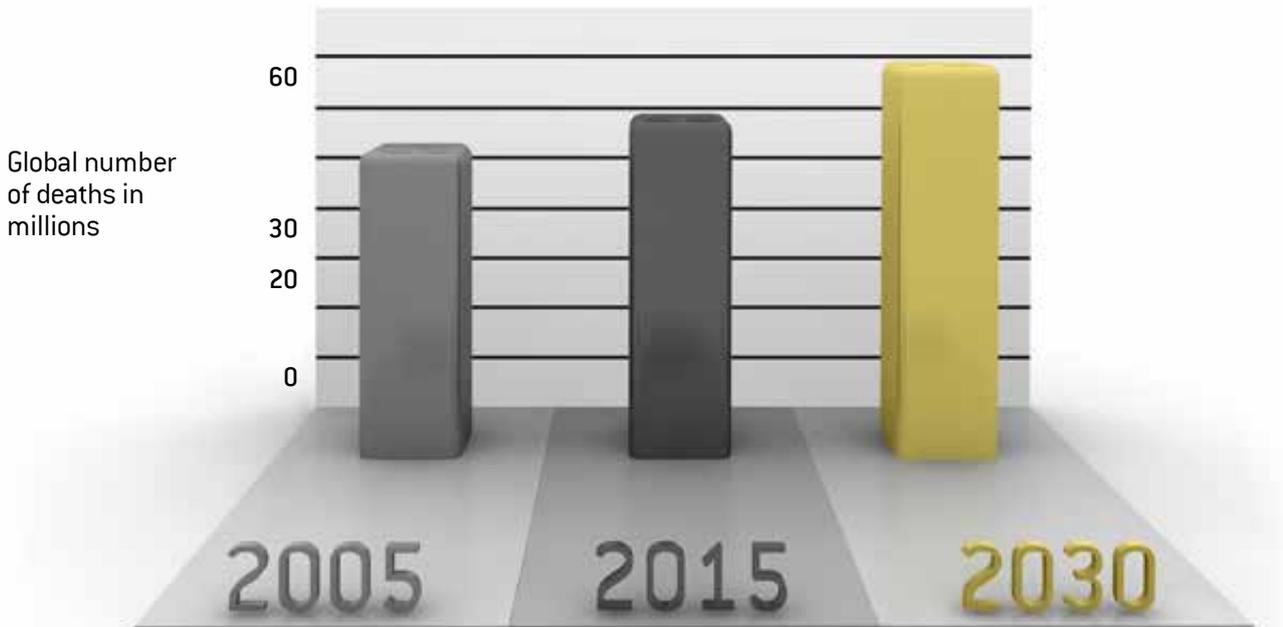


The mywellness key helps to acquire a healthier and more sustainable lifestyle.





The burden of physical inactivity.



Trend in deaths from chronic diseases from 2005 to 2030

A total of 57 million deaths occurred in the world during 2008; 36 million (63%) of which were principally due to cardiovascular and chronic respiratory diseases, diabetes, and cancer.

Scientific evidence has shown that physical exercise is currently the most effective way of actively preventing and fighting these diseases, which are associated with a sedentary lifestyle, bad eating habits, stress and an ageing population.

Despite this evidence, lack of exercise poses a serious problem and a considerable social and economic cost to individuals, their families, health systems and societies, both in the western world and other, developing countries.^[2]

million people die each year as a result of physical inactivity

2.6 million people die each year as a result of being overweight or obese

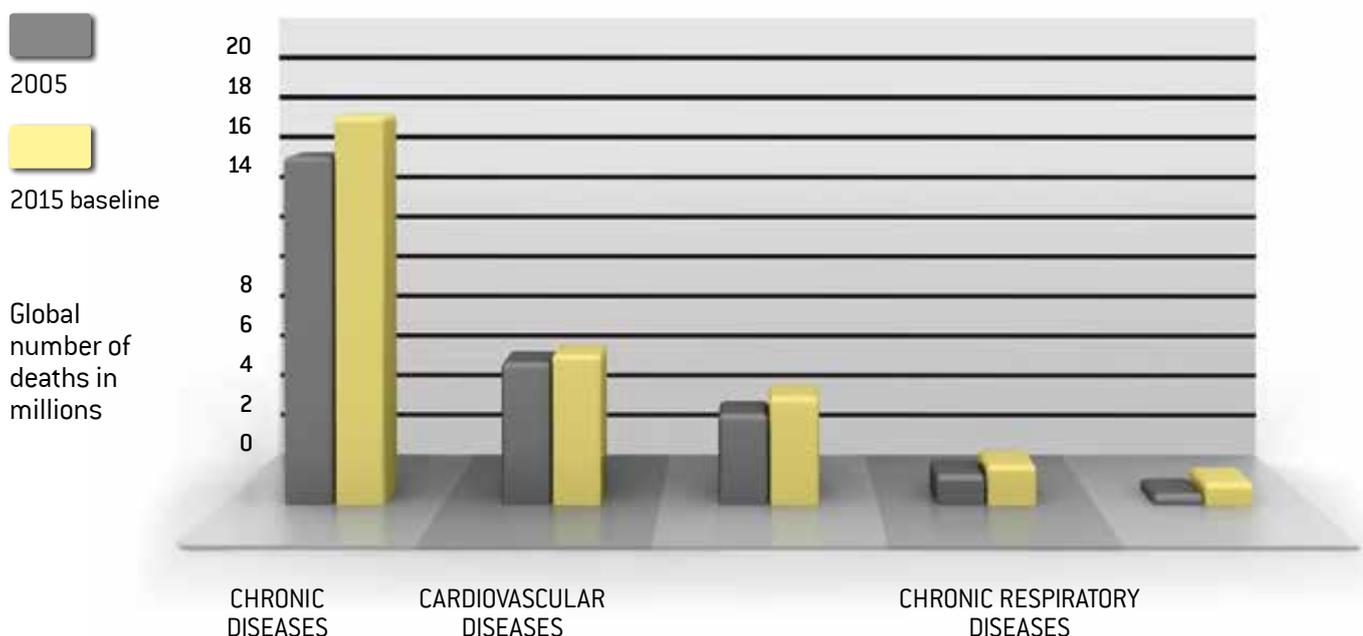
7.1 million people die each year as a result of raised blood pressure

4.4 million people die each year as a result of raised total cholesterol levels^[1]



80% of all heart disease, stroke and type 2 diabetes would be prevented; over 40% of cancer would be prevented through elimination of risk factors. ⁽¹⁾

Chronic diseases deaths, projected from 2005 to 2015 and with global goal scenario



Exercise is Medicine.

For a long time now Technogym has been promoting Wellness as a way of life and physical exercise as a preventive method and cure. For this reason, 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:

- Improves general health
- Reduces cardiovascular diseases: - 40%
- Reduces the risk of a stroke: - 27%
- Reduces incidence of hypertension: - 50%
- Reduces incidence of diabetes: - 50%
- Reduces mortality and risk of recurrent breast cancer: -50%
- Reduces the risk of colon cancer: - 60%
- 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





Promoting exercise through innovation.

Technogym has always been committed to research and innovation with the aim of helping people to live better, promoting the importance of physical exercise as an active form of disease prevention and treatment, using design and production criteria approved by certified bodies.

1984: ROM Device, to select maximum flexion and extension levels, and the Physiocam, to vary resistance in the range of motion

1988: CPR System, which allows the workload to be adjusted according to the user's heart rate

1992: REV 9000, the first isokinetic machine in the world featuring a 6-channel electromyography test, enabling the operator to carry out more in-depth analysis by making use of the diagnostic tests in isokinetic, isometric, isotonic and passive modes

1993: REV 7000 for rehabilitation of the knee, shoulder and ankle, plus the REV Circuit method, for prevention and rehabilitation on variable resistance equipment with a ROM (range of motion) limiting device

1996: Wellness System, an integrated hardware and software system for managing training programmes and CRM

1998: Biostrength, the first line of strength machines in the world to recognise the biometric characteristics of the user

2004: Kinesis, offering infinite motion possibilities thanks to FullGravity Technology

2007: FLEXability, new equipment complete with stretching method and assessment

2009: Exercise is Medicine, Technogym joins the global campaign to promote the benefits of physical activity as a form of medicine

2011: mywellness key enables the measurement of both structured exercise and physical activities carried out as part of the user's daily routine, making it a motivational aid.



1998 - Biostrength



2004 - Kinesis



2007 - FLEXability





1996 - Wellness System



1993 - REV 7000



1992 - REV 9000



1984 - ROM & Physiocam



1988 - CPR



2009 - Exercise is Medicine



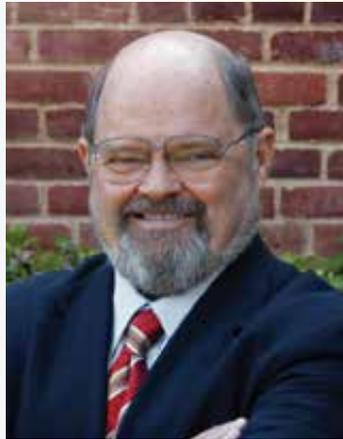
2011 - mywellness key

Products derived from scientific research.

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

The Technogym Scientific Advisory Board, headed by Prof. Steven Blair, is a group made up of individuals from the academic and medical worlds, which supports Technogym in the development of the most effective solutions for universal health through exercise.

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.



"...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..."

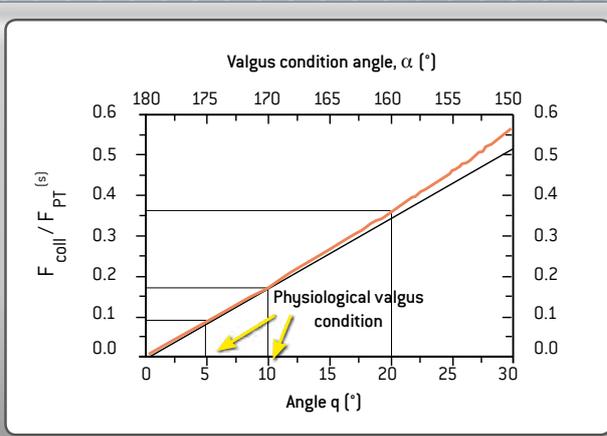
Prof. Steven Blair, epidemiologist and former President of the American College of Sports Medicine and Director of the Cooper Institute in Dallas

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 institutions Technogym collaborates with:
 - Alma Mater Studiorum, Bologna (ITA)
 - Arizona State University (USA)
 - Loughborough University (UK)
 - Manchester Metropolitan University (UK)
 - Università di Perugia (ITA)
 - Washington University, Seattle (USA)
 - Bristol University (UK)
 - Greenwich University (UK)
 - Cleveland Clinic (USA)

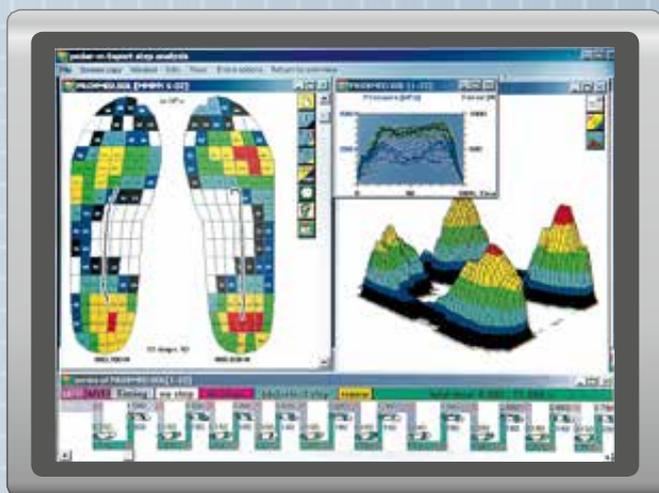
The science behind correct, safe movement.

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



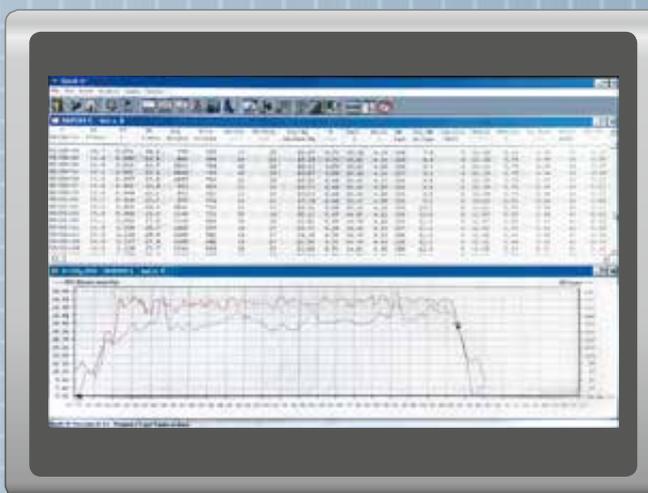
BIOMECHANICAL ANALYSIS:

a mathematical model for estimating pressure on the joints



BAROPODOMETRY:

to measure the amount of pressure applied on the ground



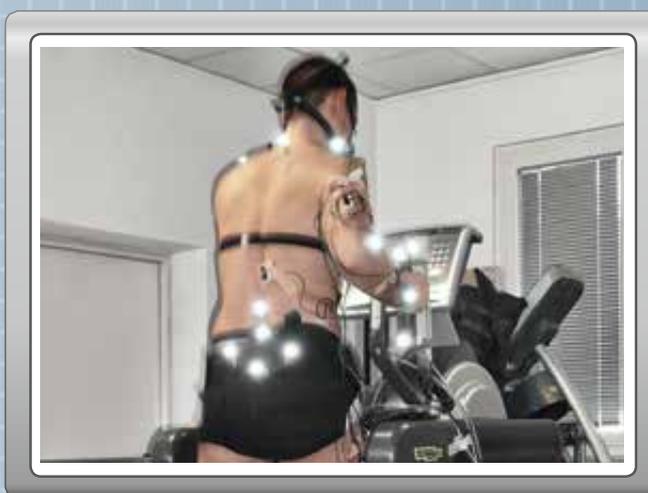
ANALYSIS OF OXYGEN CONSUMPTION:

Enables the development of an equation for estimating calorie consumption



EMGS ANALYSIS:

measures the muscular activation of each exercise



KINEMATIC ANALYSIS:

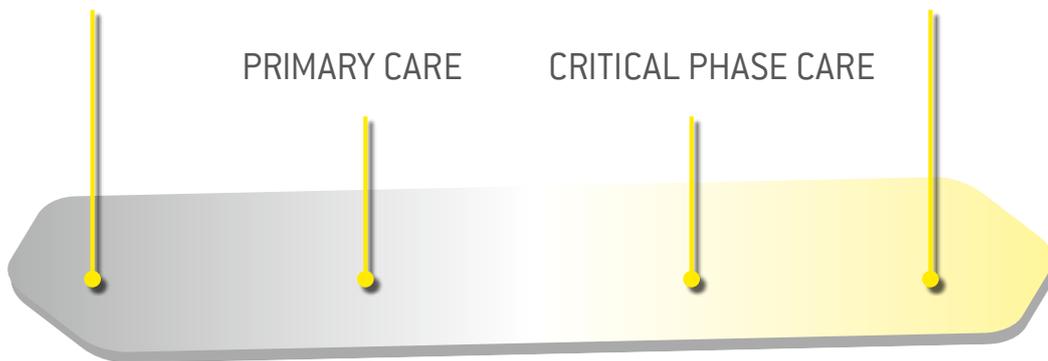
establishes the kinematics of the joints

Managing therapeutic continuum with an integral method.

Technogym provides complete solutions for managing the therapeutic continuum that allows the operator to develop, test and apply to their patients personalised therapy programmes and protocols based on the evidence found.

RISK PREVENTION AND REDUCTION

CHRONIC PHASE CARE / DISORDER MANAGEMENT



Integrated patient management

Solutions for managing the therapeutic continuum

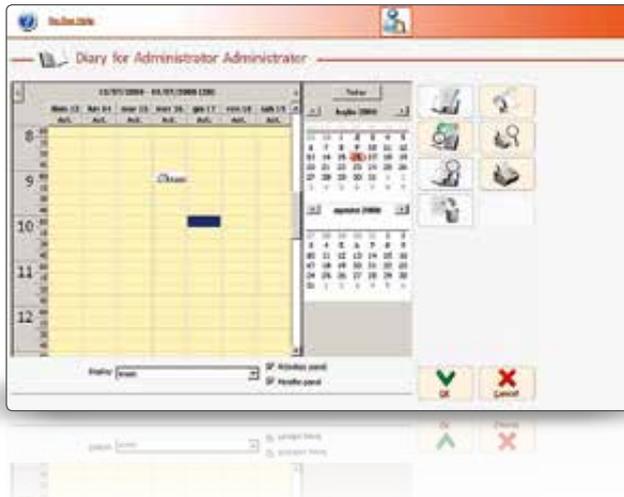


Diagnose and prescribe appropriate/suitable exercise



Monitor indoor workout data and record results with Wellness System

WELLNESS

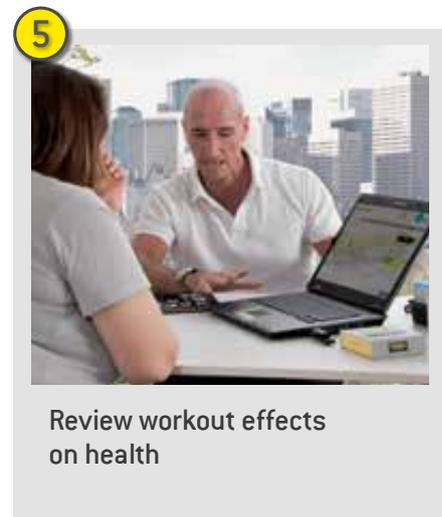
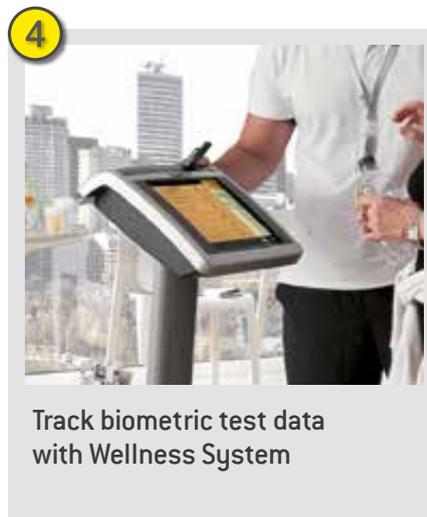


- Stores all patient information in a central archive for review, analysis and comparison
- Enables to share all information relating to physical activity and the patient's state of health between operators (general practitioner, specialist centre, physiotherapist)
- Verifies effectiveness of the treatment by measuring its outcome (biometric exams carried out before and after checking in at the centre)
- Provides a readily available series of pre-structured programmes for the treatment of specific disorders, all based on scientific evidence.

MYWELLNESS PORTAL



- Monitors both structured physical exercise carried out within the centre, and daily physical activity in order to gain a complete picture of all the patient's physical activity
- Encourages the user to become more active by showing the progress achieved each day
- Monitors the results, set new targets and keep track of the biometric parameters by inserting the **mywellness key** into a personal computer and accessing an internet portal.



A global and in-depth approach: the Total Wellness Solution.

Technogym is equipped to meet the specific needs and requirements of the medical sector thanks to the Total Wellness Solution, which deals with all issues relating to the provision of wellness solutions.

INTERIOR DESIGN

Our engaging and attractive solutions will grow the attraction and prestige of your health centre and create the perfect environment where to achieve health and relaxation. Highly skilled Technogym professionals from different fields of expertise will deliver the best solution to fit your space needs and maximise your investment, starting from the analysis of your needs.

EQUIPMENT

Our equipment is the final product of a deep understanding of biomechanics and ergonomics and of a long-time practical experience. Our ever-expanding range of innovative products offers inclusive and certified products to meet the training needs of the medical sector.

APPS, DEVICES & CONTENTS

Our software wireless integrated system and its applications offer specific solutions for managing health plans and for sharing data amongst all interested parties. It allows to carry out all the activities necessary to develop, apply, monitor and review medical plans and protocols in a simple and effective way.

FINANCIAL SERVICES

Our wide range of services and tailor-made leasing and financial solutions make your acquisition of fitness equipment as simple and affordable as possible. We can help you “trade-in” and capitalise on your existing equipment, taking care of all the removal details and freeing you to focus on your business, knowing everything is being taken care of.

PROGRAMMES & EDUCATION

Our ready-made programmes and educational tools are intended to support you and your staff in the application of protocols and programmes based on the most up-to date standards.

MARKETING SUPPORT & BRANDING

Our comprehensive package of marketing and educational tools can help you familiarize your patients with important health issues and illustrate the benefits of physical activity to prevent and treat many conditions.

AFTER SALES

Our After Sales Service is on hand 24/7 for lasting performance, safety and reliability. We offer a professional service, guaranteeing safe, optimum installation, as well as technical support and maintenance with a network of authorised technical support centres to resolve any problems that may occur with your equipment.



INTERIOR DESIGN



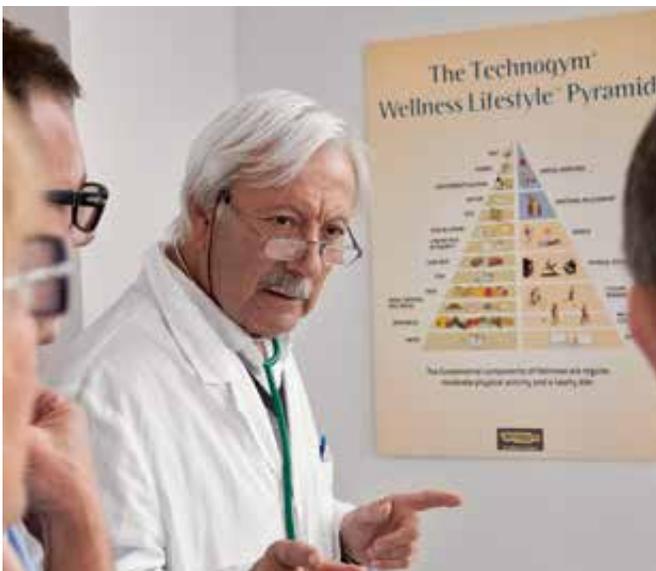
APPS, DEVICES & CONTENTS



FINANCIAL SERVICES



PROGRAMMES & EDUCATION



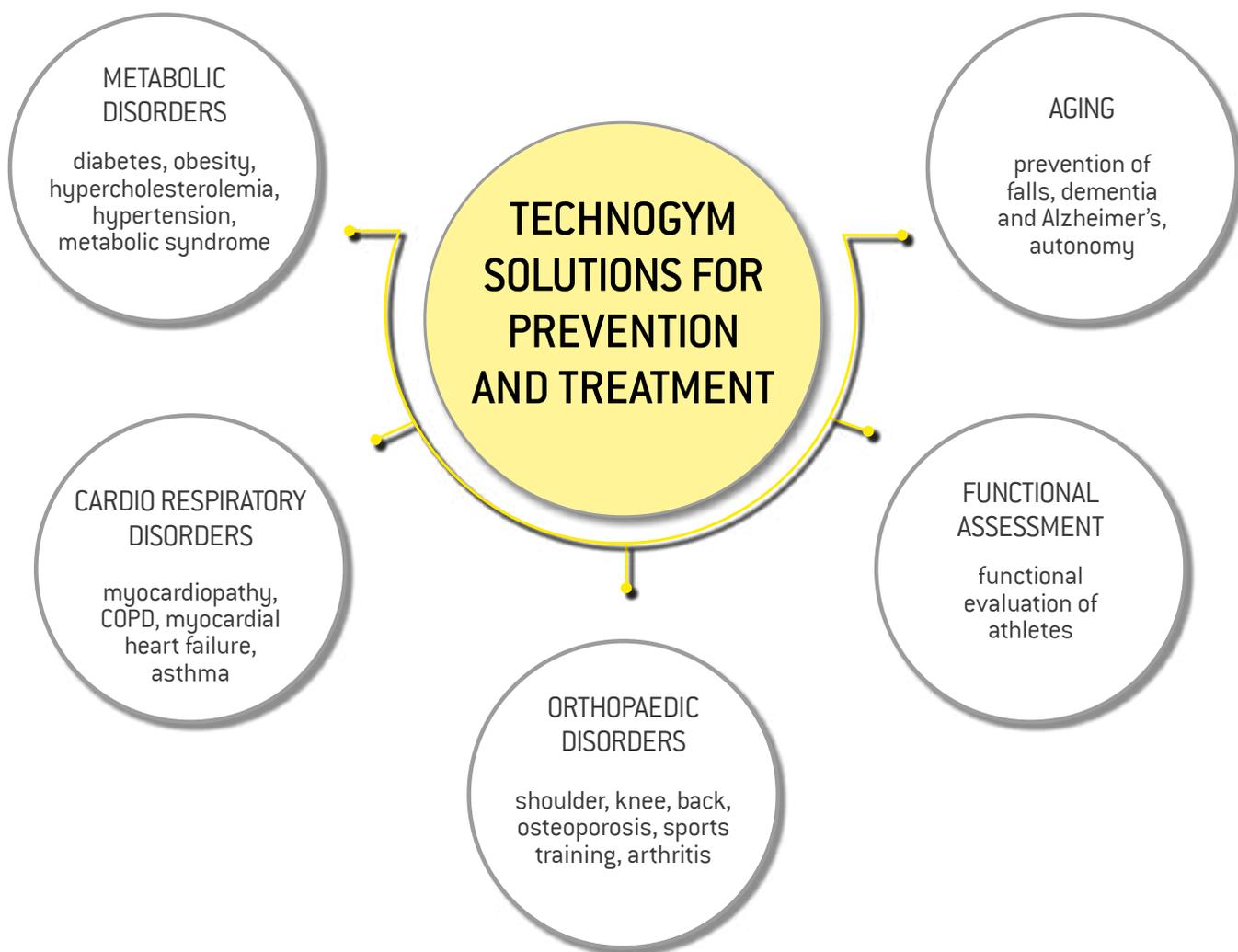
MARKETING SUPPORT & BRANDING

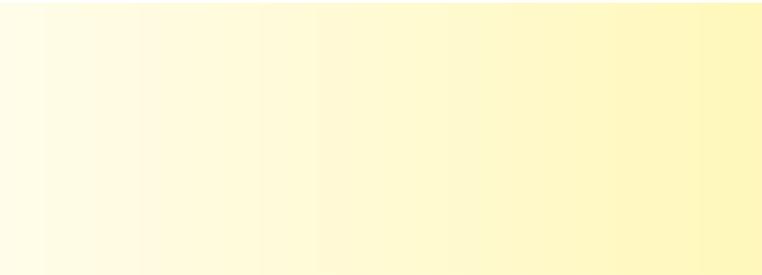


AFTER SALES

Tailored solutions for the prevention and treatment of major disorders.

Technogym's wide range of certified products, the experience it has gained during the development of its programmes and solutions and its leadership in the field of exercise-therapy make the company an ideal partner for the medical sector. In particular, Technogym is able to support the work of operators at every phase, from prevention to rehabilitation, assessment and the creation of protocols.





METABOLIC DISORDERS



CARDIO RESPIRATORY DISORDERS



ORTHOPAEDIC DISORDERS



FUNCTIONAL ASSESSMENT



AGING

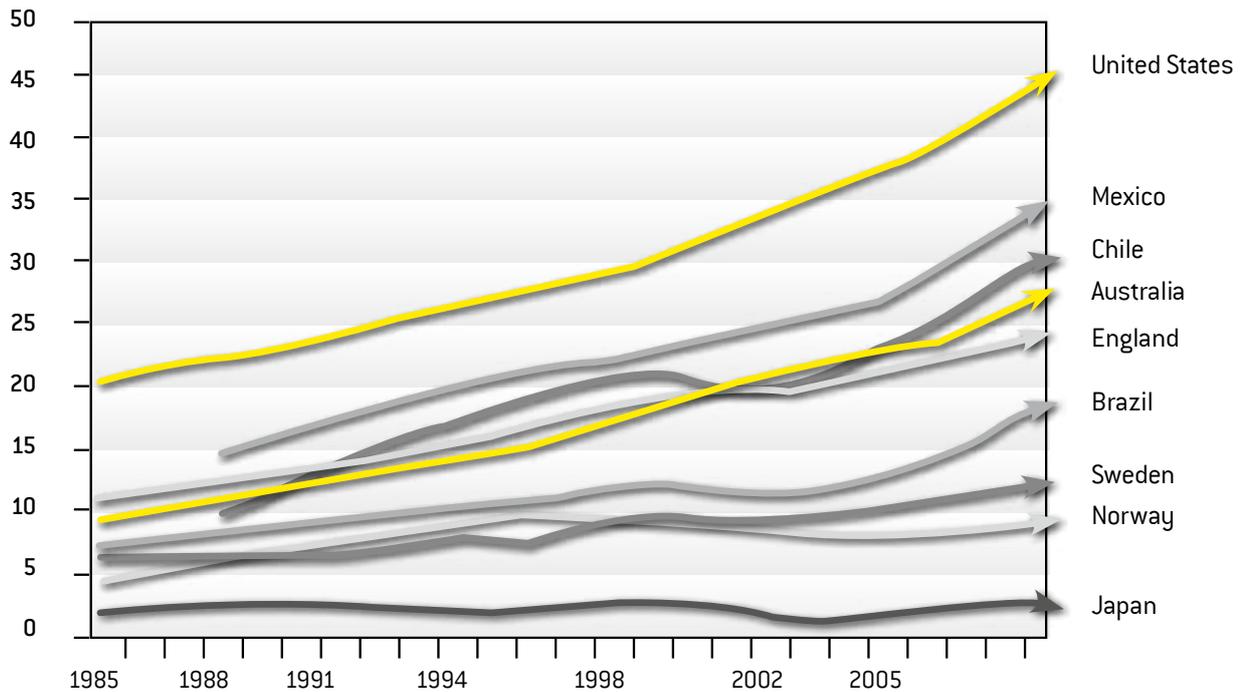


Metabolic disorders



Metabolic disorders.

The increase in metabolic disorders around the world.



% Prevalence of adult obesity

The benefits of physical activity.

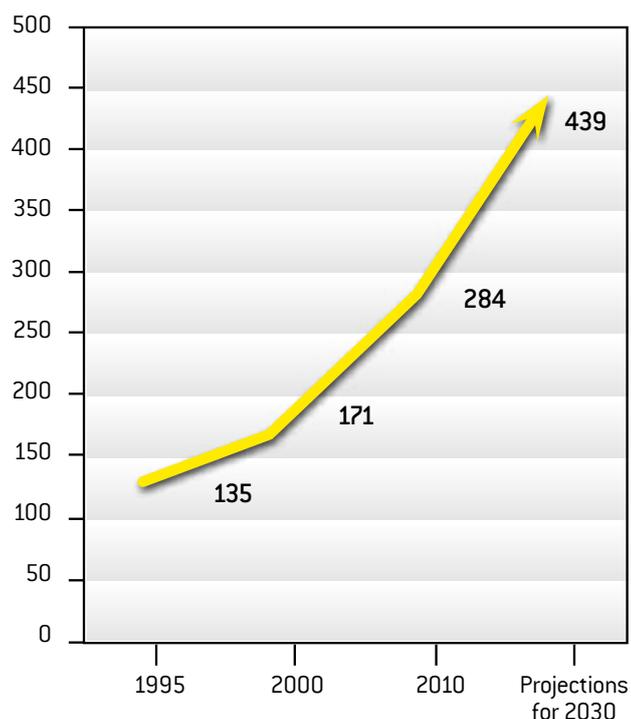
There is firm and consistent evidence that programs of increased physical activity and modest weight loss reduce, in a dose response fashion, the incidence of type 2 diabetes in individuals with Impaired Glucose Tolerance. Structured exercise offers additional benefits; in particular, interventions with more vigorous aerobic exercise programs result in greater reductions in HbA1c, greater increases in V'O2 max, and greater increases in insulin sensitivity. The effects of both aerobic and resistance exercise are well established, and combining aerobic and resistance training seems to promote additional changes in HbA1c, beyond those observed with either type of exercise alone.

Italian Diabetes Exercise Study.

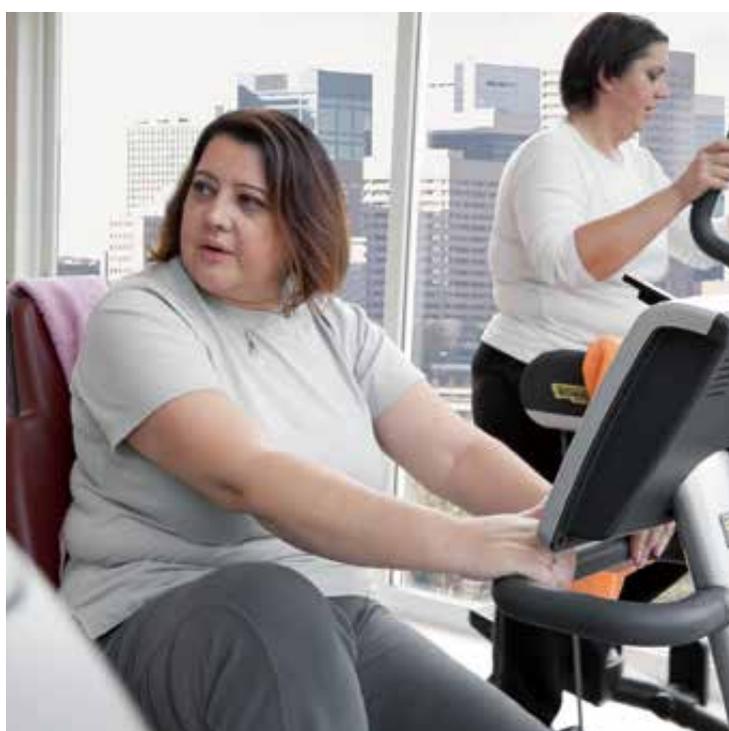
The vast majority of studies which show the effectiveness of physical activity in the treatment of type 2 diabetes include aerobic type exercise of moderate intensity, such as walking. However, since 2004 the American Diabetes Association has advised patients to use strength exercise as well as aerobic exercise, unless inadvisable for the treatment of type 2 diabetes. Several studies have shown that strength training is able to improve metabolic control and body composition in patients with type 2 diabetes.

Technogym was among the main contributors to a research project designed to evaluate the effectiveness of physical exercise in patients with Metabolic Syndrome and type 2 diabetes.

The aim of the IDES (Italian Diabetes Exercise Study) was to evaluate whether the effects of a structured



 Total number of people with diabetes worldwide in millions



exercise programme (aerobic and strength training) on modifiable cardiovascular risk factors (hyperglycaemia, hypertension, dyslipidemia, obesity, a sedentary lifestyle) were superior to those achieved through physical activity as part of traditional Exercise Counselling.⁽³⁾

Type of Study: Randomised control trial

Population studied: 600 sedentary subjects trained in 20 diabetes treatment centres around the country.

Results: Structured exercise (aerobic – strength training) is more effective than simple physical activity in improving metabolic control and reducing the cardiovascular risk profile.



Prevention and treatment of metabolic disorders.



1 HEALTH ASSESSMENT

<p>RISK FACTORS</p> <ul style="list-style-type: none"> • Glycaemia/HbA1c • BMI • Blood pressure • Exercise level • Waist circumference 	<p>SOLUTION FACTORS</p> <ul style="list-style-type: none"> • Wellness System • mywellness key 	<p>OUTCOME</p> <p>Acquiring and storing information on patient health including physical exercise.</p>
--	--	---



2 ADVANCED ASSESSMENT

<p>MEASURED PARAMETERS</p> <ul style="list-style-type: none"> • Muscular strength • Cardiovascular efficiency • Flexibility 	<p>SOLUTION FACTORS</p> <ul style="list-style-type: none"> • Run Med • Chest Press, Leg Press, Lat Machine • FLEXability • Cardiomemory • Wellness System 	<p>OUTCOME</p> <p>Testing and evaluation of patient's physical efficiency parameters.</p>
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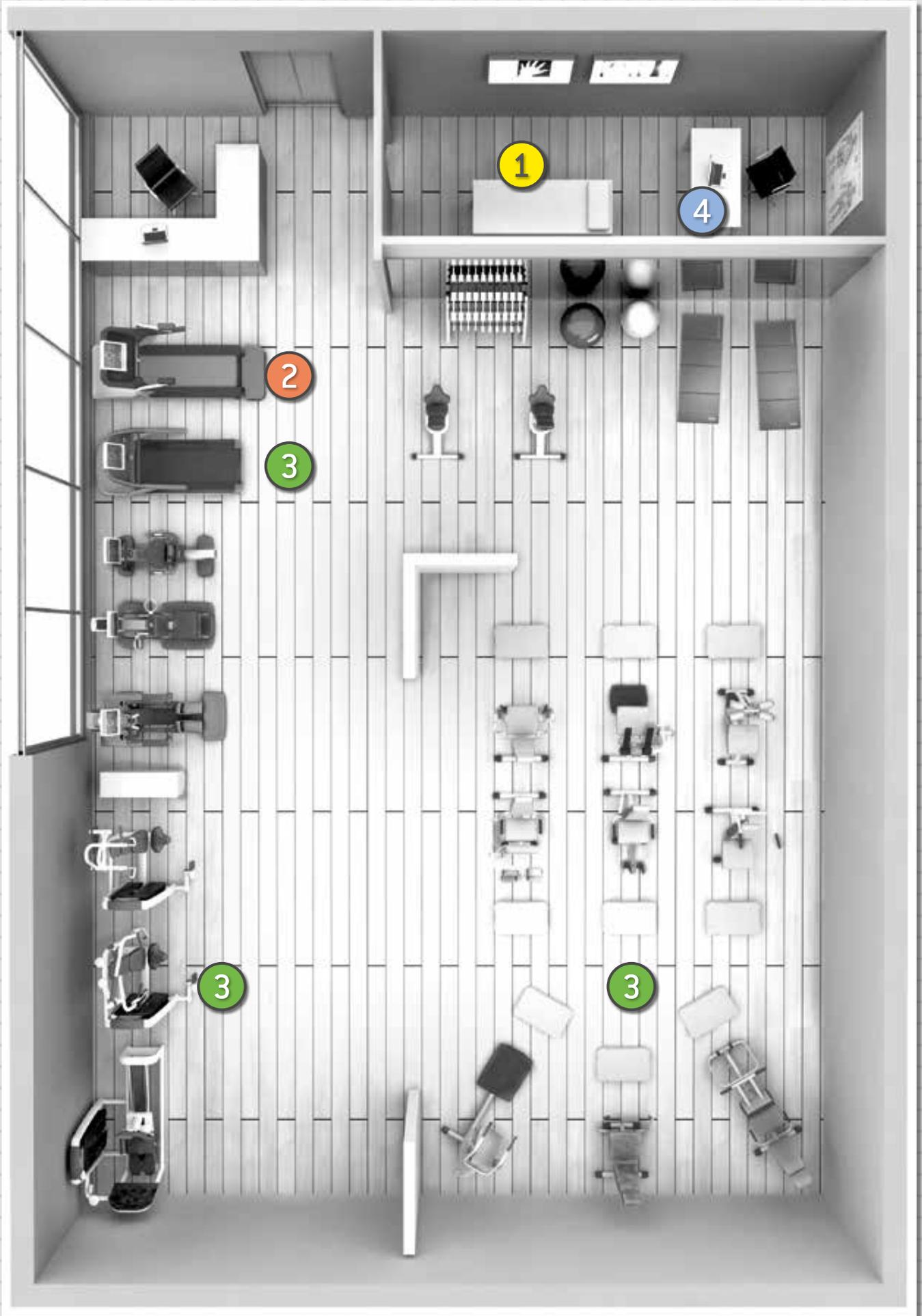
3 PRESCRIPTION

<p>PROGRAMMES</p> <ul style="list-style-type: none"> • Personalisable programmes 	<p>SOLUTION FACTORS</p> <ul style="list-style-type: none"> • Specific programme library 	<p>OUTCOME</p> <p>Application of medical protocols from the Wellness System.</p>
--	---	---



4 OUTCOME REVIEW

<p>MONITORING</p> <ul style="list-style-type: none"> • Reporting • Sharing 	<p>SOLUTION FACTORS</p> <ul style="list-style-type: none"> • Wellness System 	<p>OUTCOME</p> <p>Accurate measurement of the obtained results and sharing of the acquired evidence with the doctor.</p>
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170 sq. m

Health assessment and outcome review.

The management of clinical data and information is vitally important to guarantee the effectiveness of patient treatment. A thorough assessment of the patient's initial health condition makes it possible to prescribe a customised work programme.



MACHINE ASSESSMENT PROTOCOLS

Run Med 700 enables doctors, physiotherapists or exercise trainers to use pre-set maximal or sub-maximal testing protocols (Astrand, Bruce, Bruce mod. Naughton, Balke etc.) to measure patient cardiovascular efficiency ($V'O_2$ max). After evaluating the patient's $V'O_2$ max, a customised aerobic training prescription can be prepared.



TEST DATA MANAGEMENT AND STORAGE

With the **Cardiomemory** monitoring software it is possible to plot the test performance trend in real time. Thanks to integration with the **Wellness System**, all the data produced during the test can subsequently be stored. Additionally, thanks to the compatibility of the **Wellness System** with a range of other testing equipment (weighing scales, bio-impedance analysers, pressure monitors), it is possible to keep track of all the patient biometric information and thus monitor the programme outcome.

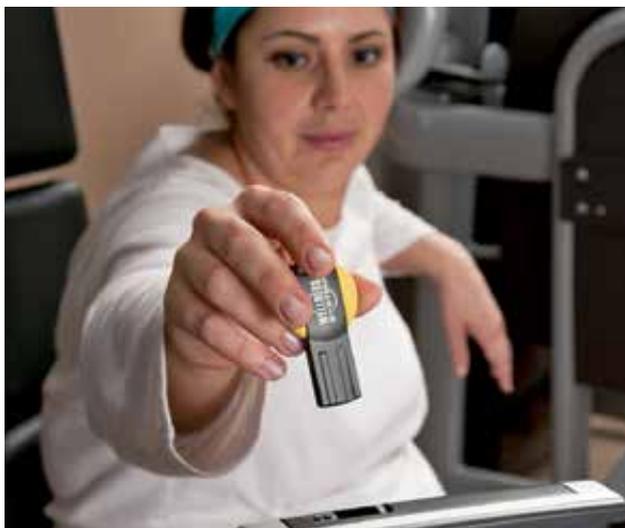


LIFESTYLE AND EXERCISE ANALYSIS

The **mywellness key** device allows a critically important parameter to be added to the patient's clinical picture: the level of weekly exercise. If worn for seven consecutive days, it will analyse the wearer's movement patterns producing an evaluation of the performed exercise level at the end of monitoring period. This evaluation must be added to the health evaluation along with other known risk factors. The possibility to produce detailed reports on the patient's health and on the prescription followed by the patient allows for continuous result monitoring by the operator and ensures scientific validation of the treatment effectiveness.

Prescription of treatment: aerobic exercise.

In metabolic disorders, training cardiovascular efficiency plays a critical role. Daily physical activities (walking or climbing stairs) should therefore be combined with structured aerobic exercise.



TRAINING PROTOCOLS

The training protocols comprised in the **Wellness System** (Diabetes Aerobic Resistance Exercise, Italian Diabetes Exercise Study and others) include aerobic training sessions of growing intensity, which can be prescribed and stored on the **Wellness System key** or **mywellness key**.



WALKING AND RUNNING IN COMPLETE SAFETY

Walking and running are the cardiovascular activities par excellence. **Jog Now** allows for easy access to the running surface and, thanks to a minimal starting speed (0.4 Km/h, 0.2 mph), makes it possible for severely deconditioned users to start training without any health risk.



PERIPHERAL NEUROPATHY AND SEVERE OBESITY

A typical complication of type 2 diabetes, peripheral neuropathy can cause foot ulcers. **Recline** and **Top** have been designed for aerobic training also in the presence of these complications and in case of extreme obesity - to prevent lower limb joint overloading. Thanks to its low impact on joint areas, **Vario** also allows obese patients or patients with complications to be trained by reproducing a pattern of movement similar to walking/running, triggering metabolic activation and significant caloric expenditure.

Prescription of treatment: muscular strength training.

The most recent scientific evidence has demonstrated the beneficial role played by muscular strength training exercises prescribed to metabolic syndrome sufferers. Exercise improves non-insulin mediated glucose cell uptake - thus contributing to glycaemia control. ⁽⁴⁾



ASSESSMENT PROTOCOLS

Chest Press, Leg Press and Vertical Traction are machines designed to perform closed kinetic chain exercises to train pectoral, dorsal and quadriceps muscles - among the most important muscle groups in the body.

With **Wellness System** and **Wellness Mate** a sub-maximal strength test protocol can be set up. Technogym offers a strength testing profile meeting the following requirements:

- involvement of the major muscle groups obtained by performing movements in a closed kinetic chain;
- use of isotonic cam design machines to improve load distribution over the whole movement range;
- a safe training posture, reducing stress applied to the lumbar area under peak effort conditions.



TESTING FOR ALL TYPES OF USERS

This procedure is suitable for all patients, as the selected exercises do not require special co-ordination skills or performance abilities. The test results can be used to calculate workloads as maximal percentages. With these three simple exercises, it is possible to test the strength of the three main kinetic chains in our body: the upper limb chain is tested with one pushing and one pulling exercise, activating most of the muscle groups of the trunk. The use of the **Selection** equipment reduces the likelihood of muscular and tendon injuries and ensures ergonomic support for the patient during the performance of the required movements.

Circuit training.

Circuit training is a training technique designed to simultaneously improve cardiovascular efficiency and muscular strength. Typically, a circuit consists of alternating muscular resistance exercises and aerobic exercises without any pauses - in order to maintain a steady-state heart rate and ensure optimum cardiovascular training.

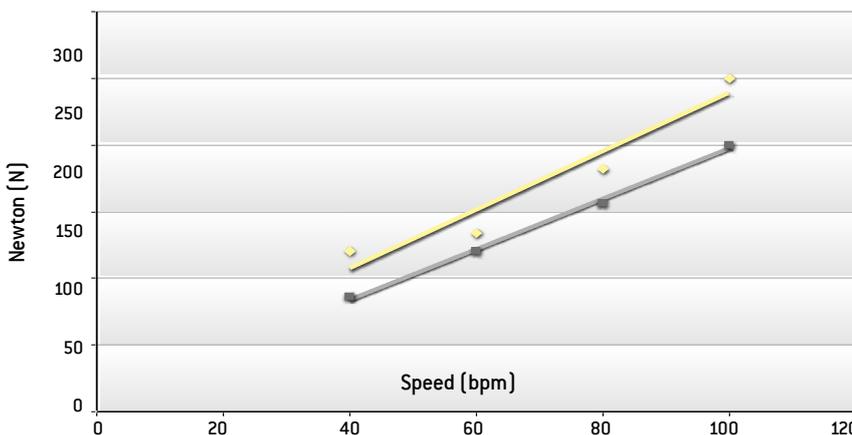


METABOLIC RATE BOOST

The **Easy Line** circuit is user-friendly, has no adjustment requirements and a minimum overload and can easily be used by all types of patient to boost their metabolic rate. Studies carried out by the Technogym Medical and Scientific Research Department on a sample of sedentary women showed that an **Easy Line** circuit, performed for 30 minutes at low intensity, produces an average caloric expenditure of 190 Kcal - roughly equivalent to a 30-minute walk at 6.4 km/h (4 mph) for an individual weighing 80 kg (176 lbs see Table 1). The load curves of each hydraulic piston show a typically linear trend: as the performance rate increases, the resistance offered by the piston also increases (see Graph 1). This helps the patient set a resistance target which best suits their abilities.

	V'O2 l/min	V'O2 ml/kg/min	V'O2 %max	FC bpm	FC %max	Energy kcal
EASY LINE	1.26 ± 0.24	18.2 ± 2.9	57 ± 6.5	129 ± 11.6	72 ± 5.8	187 ± 38.4

Table 1
Results of the Easy Line circuit caloric expenditure research protocol.



Graph 1
Easy Line piston load curve trend.



NOTE:

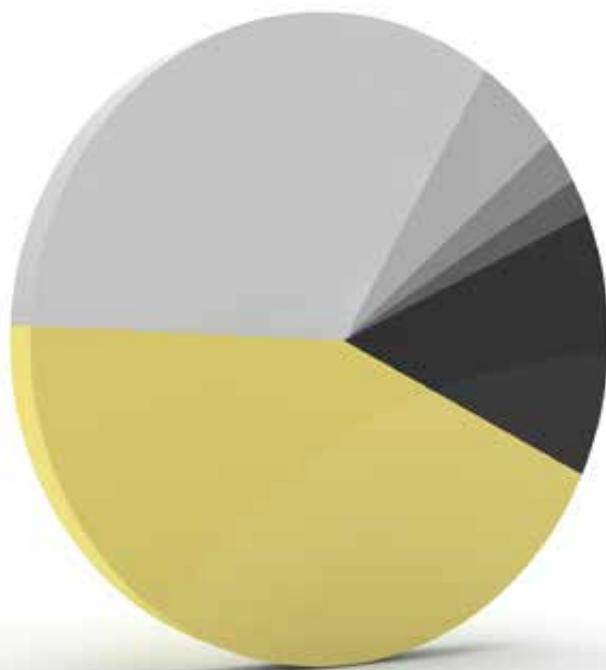
It is important to bear in mind that only concentric contractions can be achieved with this type of overload training. This will lead to a higher caloric expenditure than in traditional concentric/eccentric training.





Cardio respiratory disorders

Cardio respiratory disorders.



Global death from CVD (2002)

Total deaths: 16.7 million

- Stroke (5.5 m)
- Hypertensive heart disease (0.9 m)
- Inflammatory heart disease (0.4 m)
- Rheumatic heart disease (0.3 m)
- Other forms of heart disease (2.4 m)
- Coronary heart disease (7.2 m)

Cardio respiratory disorders: a social problem.

According to the World Health Organisation, cardiovascular diseases include hypertension or high blood pressure, coronary disease, stroke, peripheral arterial diseases, heart failure, rheumatic heart disease, congenital heart diseases and cardiomyopathy⁽⁵⁾. Together, they are the primary cause of morbidity and mortality globally. It has been calculated that every year, cardiovascular diseases account for 16.7 million deaths. In the United States alone, the direct and indirect costs of cardiovascular diseases have been estimated at about \$475.3 billion.

The benefits of physical exercise.

According to the World Health Organisation definition, cardiac rehabilitation is a multi-factorial active and dynamic process aimed at establishing clinical stability, reducing disease-induced disability and helping patients regain and maintain an active role in society - ultimately reducing the occurrence of subsequent cardiovascular events having a positive overall effect on survival rates.

Physical inactivity doubles the risk of developing coronary disease, while regular physical exercise protects against cardiovascular diseases. Daily physical activity should be encouraged as part of an active lifestyle. Additionally, structured physical exercise used as a therapeutic tool has become one of the key elements of cardiac rehabilitation and secondary prevention.

Physical exercise and cardiac rehabilitation.

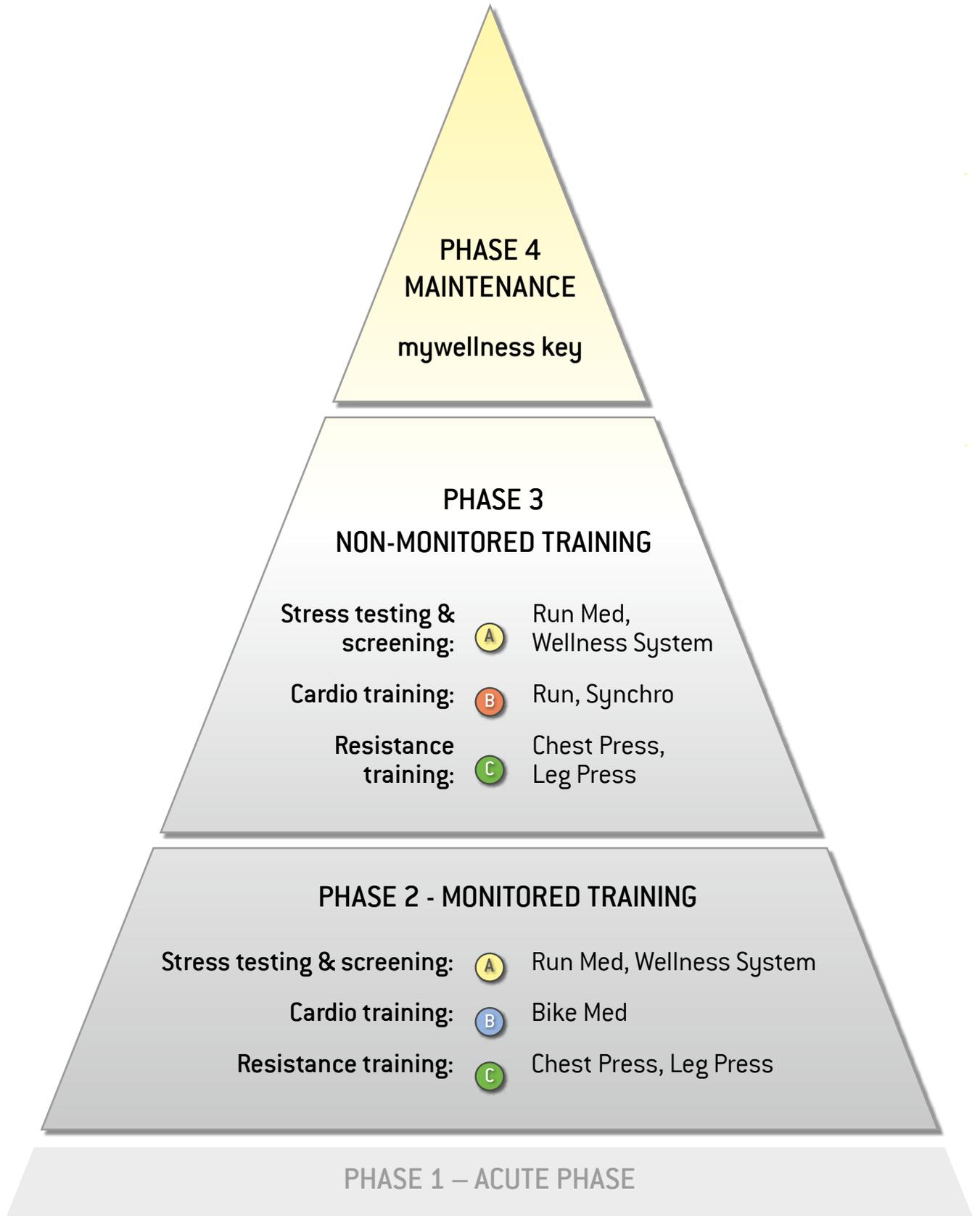
A number of studies have demonstrated that physical exercise alone can improve physical performance, muscular strength and dyspnoea and angina symptoms ^[6]. Cardiac rehabilitation includes 4 phases:

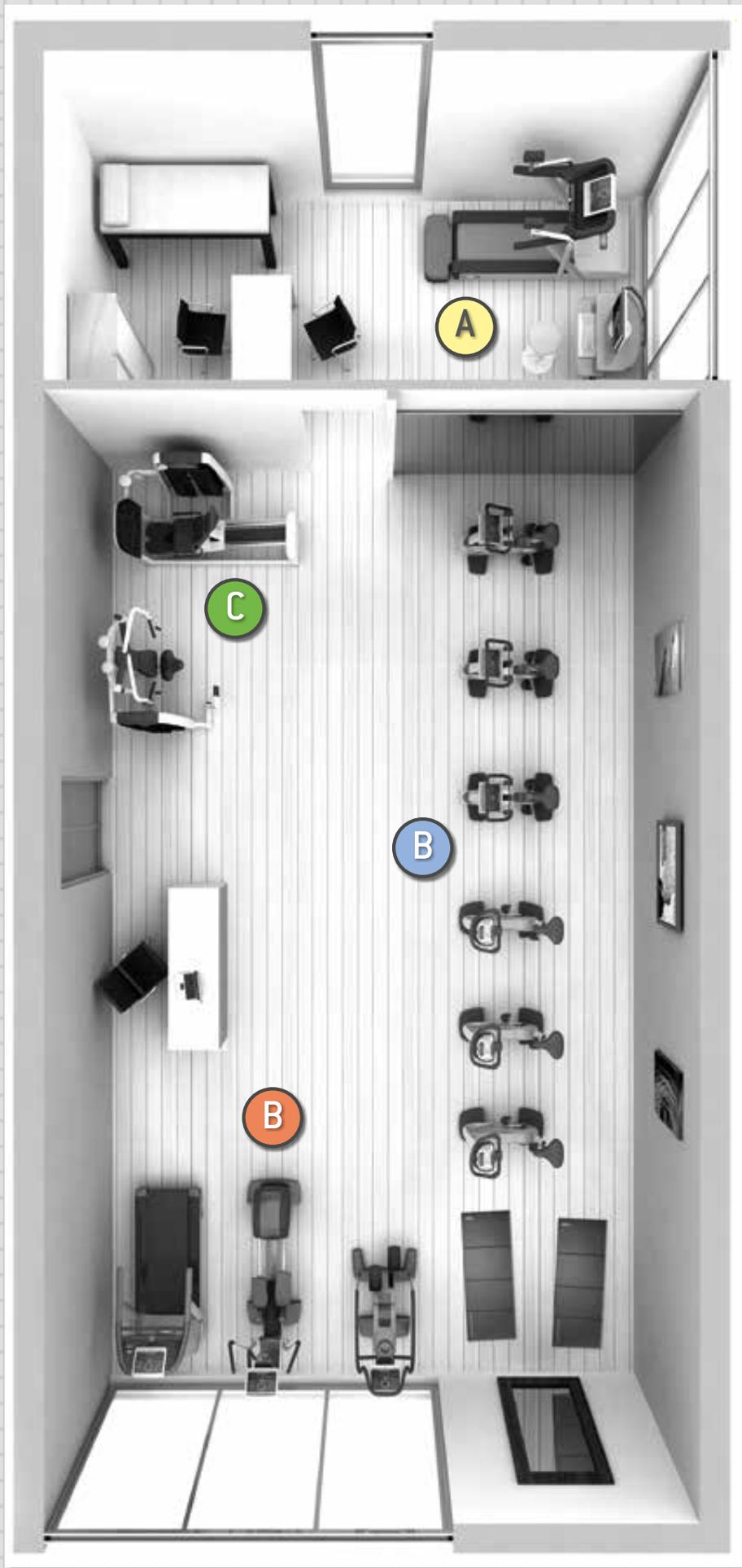
- Phase 1: acute phase
- Phase 2: monitored training
- Phase 3: non-monitored training
- Phase 4: maintenance

The proposed solution allows patients to be managed through all the phases steps with a view to guaranteeing therapeutic continuum and helping them adopt an active lifestyle - effectively preventing recurrence.



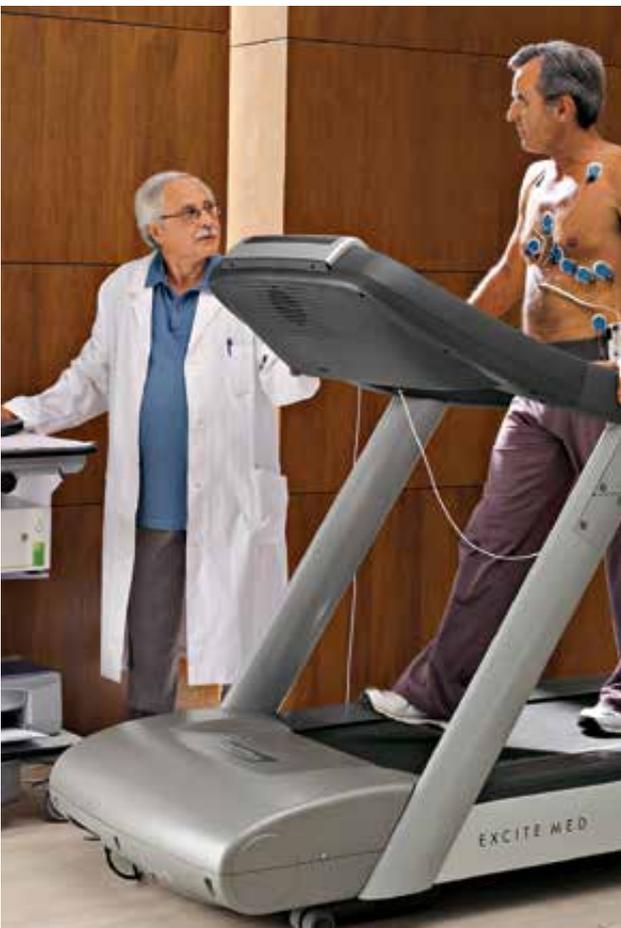
Prevention and treatment of cardio respiratory disorders.





95 sq. m

Assessment: stress testing and screening.



CARDIOVASCULAR EVALUATION PROTOCOL

A stress test and eco-cardiogram are recommended for high risk patients and/or before prescribing a high-intensity training programme and/or to document any residual ischemia and ventricular function as required.

ECG AND METABOGRAPH COMPATIBILITY

Run Med can interact with most commonly available electrocardiographs (ECG) through the following communication protocols: Trackmaster, Ergoline, C-Safe. After connection, **Run Med** can be directly controlled via the electrocardiograph software which, according to the selected test protocol, will adjust its speed and gradient. The machine is supplied with factory-set maximal and sub-maximal test protocols; it is also possible to create and store personalised protocols.

CREATE AND STORE TEST PROTOCOLS

By using the **Wellness System Health Edition** it is possible to create test protocols to store to the Wellness System key. After inserting the key, **Run Med** will automatically set the test steps, making the whole procedure faster and more consistent. It is also possible to store test results on the Wellness System archives to be used for reference during the training prescription phase.

Cardiovascular training.



PHASE 2: MONITORED TRAINING WITH THE CYCLE ERGOMETER

Acute phase (Phase 1) is followed by ECG-monitored training (Phase 2). In this phase, the most commonly used ergometer is the cycle ergometer because of its remarkable user-friendliness, allowing gradual workloads to be applied. With **Bike Med** it is possible to set a minimum resistance of 10 W to be increased by 1 W at a time.

PHASE 3: NON-MONITORED TRAINING WITH CPR

In this phase, cardiovascular training can be carried out with other equipment implying a higher level of muscular involvement, such as **Synchro** and **Jog Now**. By using the **CPR** (Constant Pulse Rate) programme, and a telemetric chest band, a training protocol can be worked out on the basis of the patient's heart rate; in other words, a training frequency is set and the machine adjusts the resistance (wattage or speed and gradient) accordingly to make sure that the safety range is not exceeded.

Muscular resistance training.



MUSCULAR RESISTANCE TRAINING FOR A FULLY ACTIVE LIFE

The importance of muscular resistance training, during Phase 2 and Phase 3 of cardiac rehabilitation, is widely acknowledged by the scientific community today. Since most professional and household activities imply the application of lower and upper limb strength, improving muscular endurance will help patients return to fully active lives⁽⁷⁾.

BENEFITS OF RESISTANCE TRAINING IN HEART FAILURE PATIENTS

Resistance training was established to be a safe and effective option even in the heart failure patients, women and the very elderly. Congestive heart failure patients can present with generalized skeletal myopathy due to medication side effects, muscle disuse or oxidative stress. Prescribed Resistance training can be a safe option in these populations to combat muscle weakness without disturbing the already compromised LV function⁽⁸⁾. **Leg Press** and **Chest Press** allow for safe performance of resistance training exercises benefiting all major muscle chains.

Maintenance phase.



LIFESTYLE IMPROVEMENT

The purpose of a rehabilitation course is to restore functionality and help patients maintain a healthy lifestyle.

The **mywellness key** enables the programme to be extended beyond the treatment facility, thus ensuring remote monitoring of the patient's progress thanks to the Wellness System. It creates awareness of the importance of an active lifestyle, motivating users to achieve their daily targets by filling up the white progress bar on the display unit.

It can be used to carry out all the **Wellness System Key** functions, enabling the monitoring of structured physical exercise performed with the machines. The **mywellness portal** means that patients can keep track of the progress they have made with regard to physical training.





Orthopaedic disorders



Orthopaedic disorders.

From traditional physiotherapy to functional rehabilitation.

Any kind of injury is viewed and perceived as a true disability by the patient, so the first and immediate reason for rehabilitation is to resolve the clinical symptoms and signs. It is important to appreciate that an athlete or a normal patient demands more than just relief of symptoms: return to activity is the real goal.

In the last fifteen years, injury rehabilitation methods have shifted from traditional physiotherapy techniques to 'functional rehabilitation'. The goal of functional rehabilitation exercise is to restore the injured person's functional abilities, working on the kinetic chain, 'core' stability, neuromuscular efficiency and integrated movements that can be transferred to sports or real life.

A functional rehabilitation programme may lead into a prehabilitation programme, a maintenance programme designed to preserve physiological and biomechanical fitness and decrease occurrence of future injury.

Rehabilitation phases to full recovery.

Physiotherapists, athletics trainers and sports therapists, nowadays have a plethora of rehabilitation techniques and equipment at their disposal to help them achieve each of the following rehabilitation goals:

Maintenance of cardiovascular efficiency.

The cardiovascular system supplies oxygen to all body tissue, therefore keeping it fit will ensure faster recovery. Moreover, maintaining high levels of cardiovascular efficiency during the rehabilitation process helps the patient return to their activity much sooner.

Restore muscle strength, endurance and power.

Muscle weakness and muscle imbalance are the usual consequences of injuries. Performing strengthening exercises is key to restoring muscle mass and avoiding joint malalignment.

Restore neuromuscular control and proprioception.

The goal of neuromuscular control is to elaborate peripheral information coming from the joint and translate it into coordinated motor actions. This activity is essential for protecting the joints from overloads and preventing further injury.

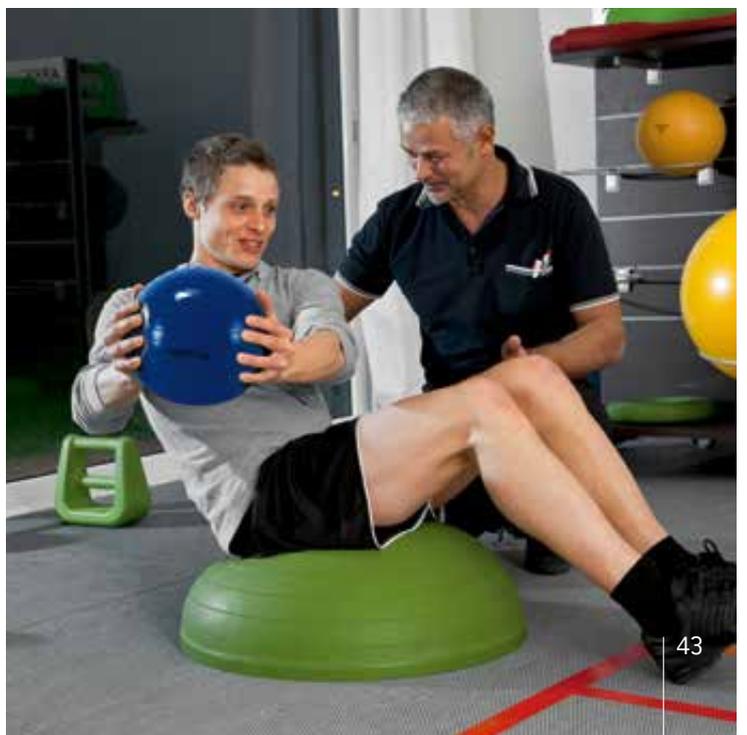
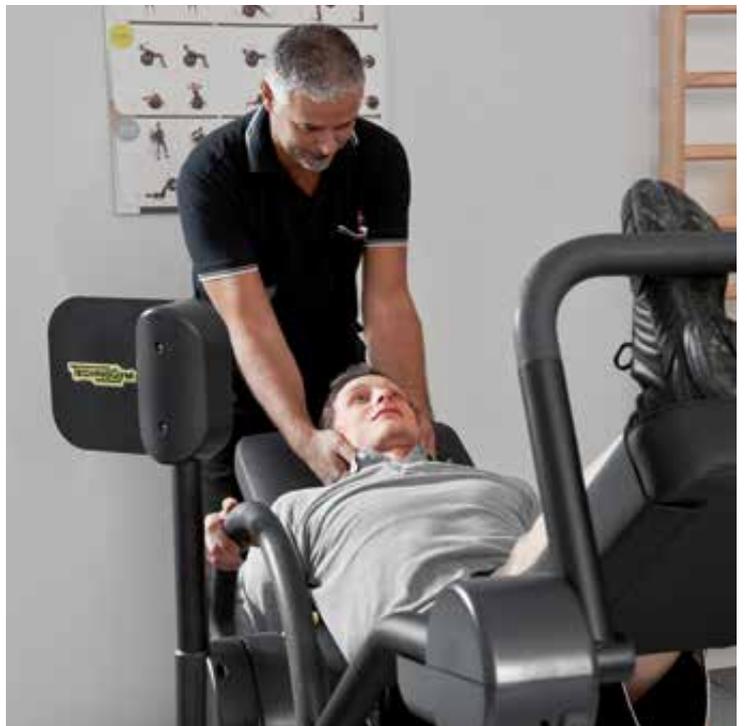


Restore joint mobility and muscle flexibility.

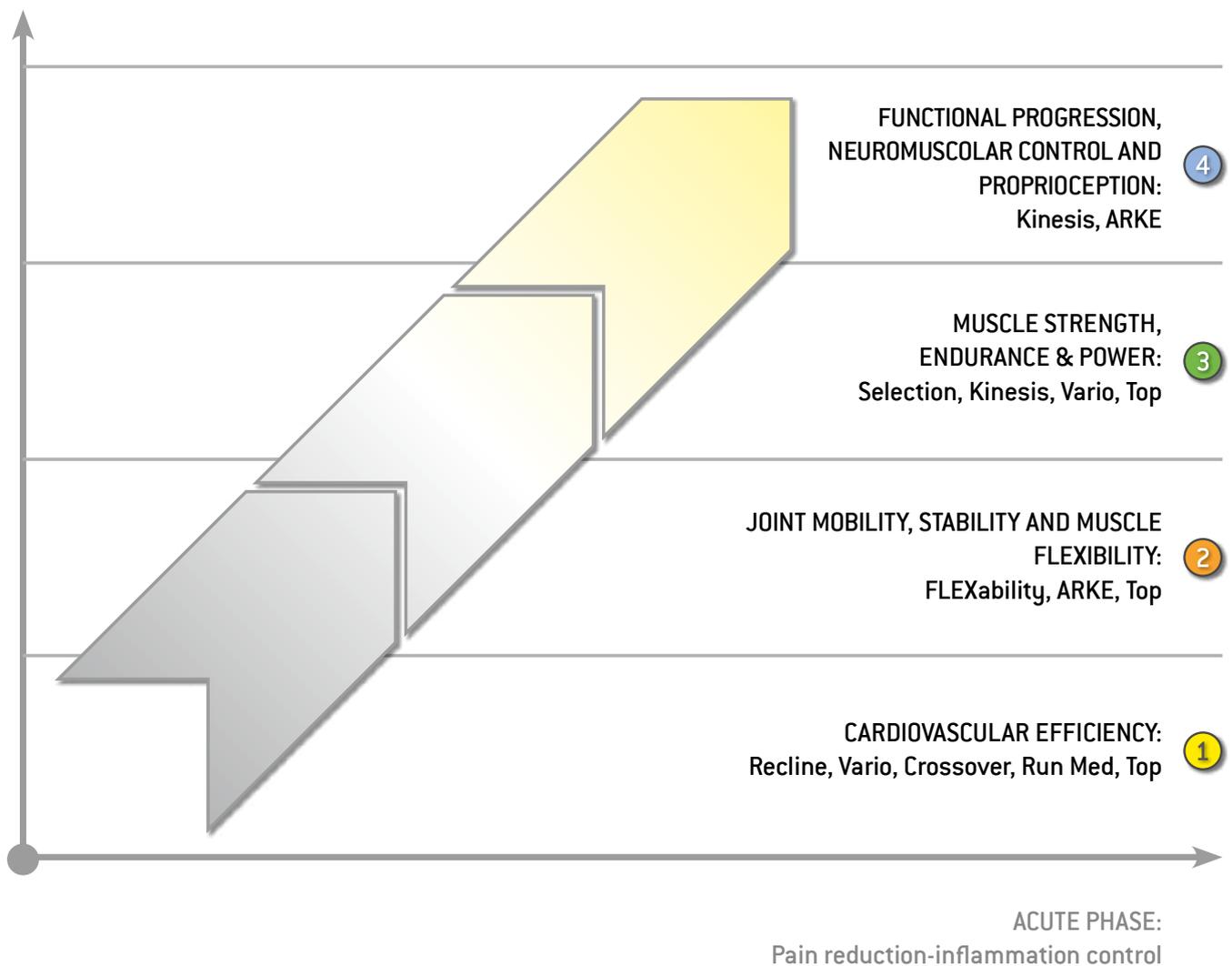
All injuries are associated with loss of joint mobility and muscle stiffness. This may lead to poor posture and affect the efficiency of the entire body. Reinstating joint mobility and muscle flexibility is a crucial step toward ensuring a full recovery and preventing relapses.

Functional progression – Return to activity.

In order to be effective, a rehabilitation protocol should include functional exercises that stimulate the whole body, working on the main kinetic chains involved in sport or daily life. An integrated approach should aim at restoring overall functionality of the patient, rather than just treating the symptoms.



Functional rehabilitation programme:

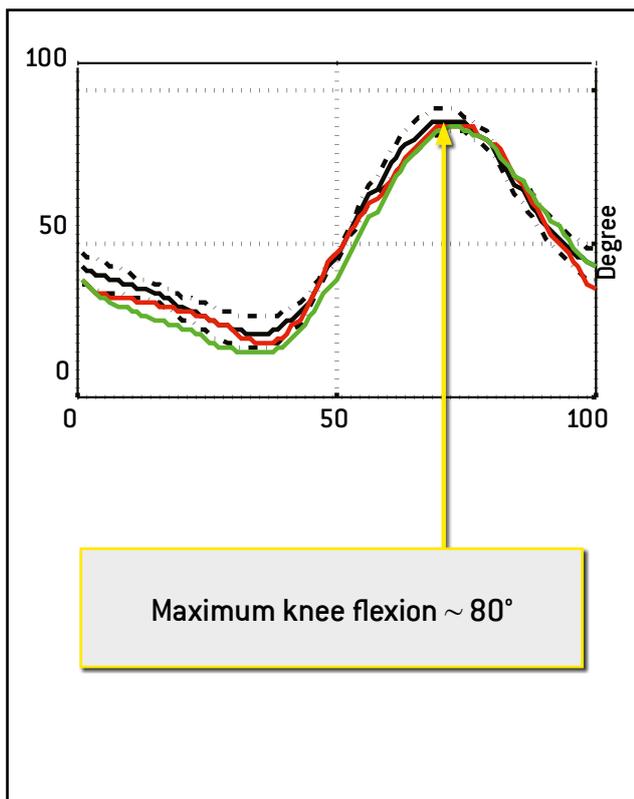




150 sq. m

Maintaining cardiovascular efficiency.

During rehabilitation of any joint injury (shoulder-back-knee-ankle), maintaining an efficient cardiovascular system is vital. The sooner aerobic training is included the better.



TOTAL BODY WORKOUT IN COMPLETE BIOMECHANICAL SAFETY

Kinematic analysis conducted by the Bioengineering Faculty at the University of Bologna (Italy) on Vario has shown that, on average, the maximum knee flexion allowed is about 80° and occurs in the second phase of the cycle, during the foot recall phase in which there is no load.

Thanks to the variable stride, this parameter can be actively controlled by the subject, who can adapt the stride to their specific capability in the presence of functional limitations.

Moreover, electromyography studies have demonstrated that lower body muscle groups are activated continuously, in order to stabilise the knee joint. Higher activation of vastus medialis was recorded. This shows that a closed kinetic chain exercise is performed. The adaptable stride allows for training of walking and running patterns with reduced joint impact.



CARDIOVASCULAR EFFICIENCY DURING INITIAL PHASE OF LOWER BODY REHABILITATION

During the first phase of lower body rehabilitation, when the subject cannot fully use their body weight, **Top** can be used to maintain cardiovascular efficiency. **Top**, used in a standing position, allows the subject to perform more functional exercises that stimulate the activation of trunk muscles, very important for stability and posture.

In the case of shoulder injuries, **Top** can be used from the very beginning of the rehabilitation process. It can be used with the uninjured arm stimulating muscle cross-activation. Progressing through the injury recovery phases, **Top** can be used to actively mobilise the shoulder joint, and thanks to its numerous regulation settings, working in a safe range of motion is possible at all times.

Top includes different training programs [Constant Speed (Isokinetic)-Constant Power-Constant Torque] that offer a variety of training stimuli to the patient.



SAFE ROM

Recline, thanks to its adjustable crank, allows knee-injury subjects to perform cycling exercises. Kinematic analysis has shown that the flexion allowed at the knee for subject height ranging from 155 cm (61") to 197 cm (78") varies between 63° and 162°. This ensures a safe ROM also in the presence of hip or knee limitation.



Muscle strengthening and flexibility.

Working on muscle strength is a crucial part of any rehabilitation process. It helps to prevent loss of muscle mass, muscle imbalance and weakness. In the very early stages, the focus should be on single muscle activation followed by integration.



CLOSED KINETIC CHAIN EXERCISE IN LOWER BODY REHABILITATION

During the early phase of lower body rehabilitation, closed kinetic chain exercises are preferable.

Leg Press offers all the advantages of closed kinetic chain exercise and, at the same time, it ensures good stability and reduces spine overload. Moreover, it allows one to train with loads inferior to body weight and one leg at the time.

The large platform allows to change feet position to activate different muscle groups. Different accessories can be applied to increase the difficulty of the exercises.

At a later stage, **Leg Extension** and **Leg Curl** can be introduced. Camme design ensures correct load distribution throughout the full range of motion.

Wellness Mate helps track the Range of Motion of each repetition giving biofeedback to the user.



MULTI-PURPOSE UPPER BODY REHABILITATION

With **Vario Pulley**, a large number of rehabilitation exercises can be performed for shoulder-injury patients.

Vario Pulley also has four elastic bands that guarantee progressive workload. This kind of resistance can be used during the last phase of rehabilitation to perform explosive exercises to improve power and speed.



SAFE STRETCHING

Key to a full recovery after an injury is correct posture and working on compensatory tightness in the muscles.

FLEXability Posterior works on the muscles that are custom to shortening (hamstrings, lower back), generating poor posture and low back pain. The operator can apply different stretching techniques depending on the treatment phase (Fascial, static, PNF).

FLEXability Anterior, focusing mainly on anterior muscle groups, can be used specifically on patients with ileo-psoas shortening that affects lumbar spine and generates low back pain.

The onboard **FLEXability** index gives valuable information to the operator and visual feedback to the user.

Functional training.

The purpose of this phase is to “bridge the gap between rehabilitation and return to activity”. Functional exercise can be defined as “Integrated, multi-planar, multi-directional movement that involves joint acceleration, stabilisation and deceleration, with the intent of improving core strength, movement ability, reactive neuromuscular control, dynamic stabilisation and proprioceptive awareness”. In this phase, it is important to focus on exercises that involve major kinetic chains and, at the same time, stimulate balance, stability and proprioception. ⁽⁹⁾



A VERSATILE SOLUTION FOR DIFFERENT REHABILITATION NEEDS

Thanks to its versatility, **Kinesis One** can be used to treat different kinds of patients (athletes, elderly people, etc.) and injuries (shoulder, knee, back).

Kinesis One can be used from the very beginning to the end of the rehabilitation process. Here are some examples:

- Shoulder rehabilitation: from basic exercises for internal and external rotators to scapular muscle activation.
- Knee: thanks to a selection of accessories (ankle strap, leg strap) knee stability and strengthening exercises can be designed. Eccentric exercises can be performed as well.
- Back: lower body stability and strengthening is always stimulated. **Kinesis One** allows one to perform mobility exercises. Moreover, many postural exercises can be performed for kyphosis, scoliosis and excessive lumbar lordosis.



GRADUAL FUNCTIONAL PROGRESSION

The **ARKE** tools will provide the user with great variety and make it possible to progress from a basic level of exercise to a challenging training experience. The tools can be used either for bodyweight exercises, by themselves or in conjunction with other equipment; e.g. adding an unstable surface to a strength exercise performed with **Kinesis**.

ARKE is composed of 4 main product families that allow for gradual functional progression.

A combination of unstable surfaces, medicine balls, water balls and innovative tools, such as the pendulum, guarantee an endless combination of exercises.

The Visual Learning DVD and the Movement Guide Manual simplify the work of the operator providing more than 250 exercises to create functional progression.

Functional Assessment



Functional assessment.

Exercise stress testing.

Exercise stress testing is one of the cornerstones of ergometry and the means by which physician and exercise physiologist can measure important parameters related to overall health and specific sport performances.

Exercise testing in sports.

Measuring an athlete's performance-related capacity requires specific tests performed under a strict protocol in a sports performance lab or medical centre. Measuring maximal oxygen uptake ($\dot{V}O_2$ max), lactate threshold and anaerobic threshold accurately, requires specific ergometers and the execution of an all-out effort test. These measurements constitute the best indicator of an athlete's cardiovascular fitness and aerobic endurance. To make these evaluations, exercise speed or intensity has to be increased according to a specific protocol. Using devices in which the protocols can either be customized or embedded is of paramount importance. At the same time, the testing devices need to be easy to use, highly reliable, safe and stable. Maximal oxygen uptake can be measured with a direct test - Technogym treadmills and bikes offer compatibility with the major gas analyzers - or estimated via an indirect test that can be automatically driven by the machines.

Clinical exercise testing.

Cardiopulmonary exercise testing (CPET) is a fundamental clinical tool to evaluate exercise capacity and predict outcome in patients with heart failure and other medical conditions. It provides assessment of the integrative exercise responses involving the pulmonary, cardiovascular and skeletal muscle systems, which are not adequately reflected through the measurement of individual organ system function. CPET is being used increasingly in a wide spectrum of clinical applications to evaluate undiagnosed exercise intolerance and to objectively determine functional capacity and impairment. CPET is often carried out while monitoring the heart's electrical activity with an ECG. Indications for this procedure are broadly based and include various general categories:

- Diagnostic
- Prognostic
- Functional
- Therapeutic



The main indications for exercise testing in screening for cardiac disease in adult individuals encompass:

- Diagnosis of obstructive coronary artery disease in adults with an intermediate pretest probability of coronary disease
- Risk assessment and prognosis in patients with symptoms or a prior history of coronary heart disease, including those who have undergone revascularization and after myocardial infarction
- Assessment of exercise capacity and response to therapy in patients with heart failure who are being considered for cardiac transplantation
- Therapeutic decision making, including issues such as the need for revascularization in patients with coronary heart disease and the treatment of exercise-induced arrhythmias.



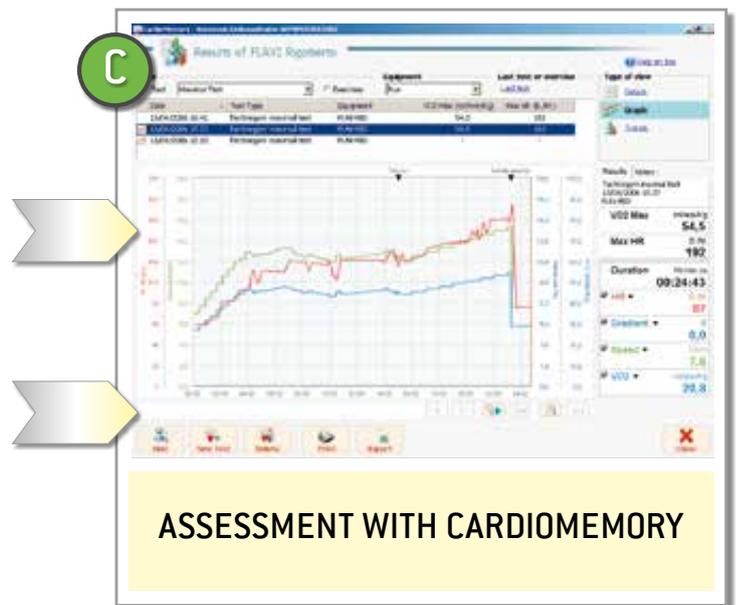
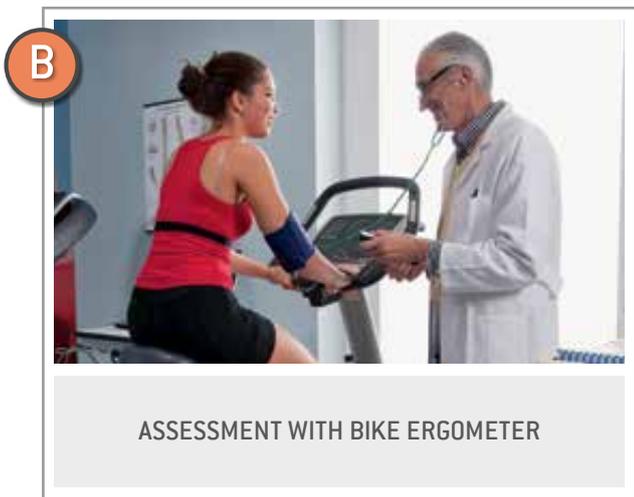
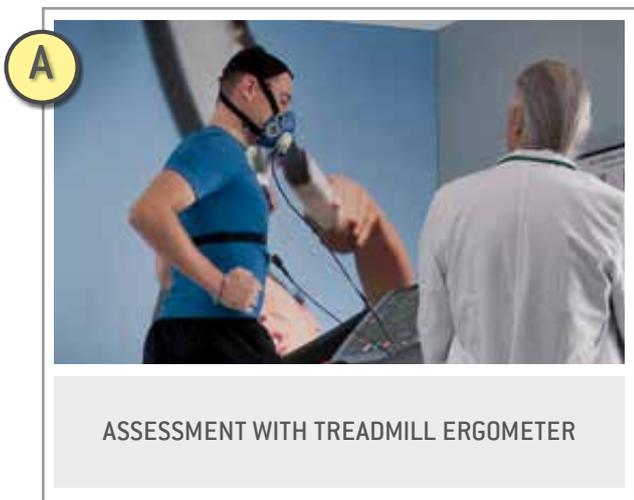
Complete cardiovascular assessment.

Maximum aerobic power can be measured directly using sophisticated and costly equipment that continuously monitors oxygen consumption, carbon dioxide production, pulmonary ventilation and heart rate (HR).

As an alternative, maximum aerobic power can be measured indirectly. The correlation between $\dot{V}O_2$ and heart rate has led to the development of indirect methods that require simple, less costly and therefore more widely accessible equipment. These methods are useful for reliable, large-scale checking of aerobic metabolism efficiency.

Moreover, the tests can be divided into:

1. Maximal Tests, where the protocol is interrupted only when the parameter being tested reaches its maximum value or when the subject reaches muscular exhaustion.
2. Sub Maximal Tests where, on the other hand, you try to achieve a steady state, by administering one or more submaximal workloads, in order to extrapolate maximal data from heart rate.





33 sq. m

Assessment with Run Med.

Run Med allows you to use different protocols already embedded in the machine, so that the procedure can be easily standardised.



Run Med applies the following test protocols:

MAXIMAL PROTOCOLS

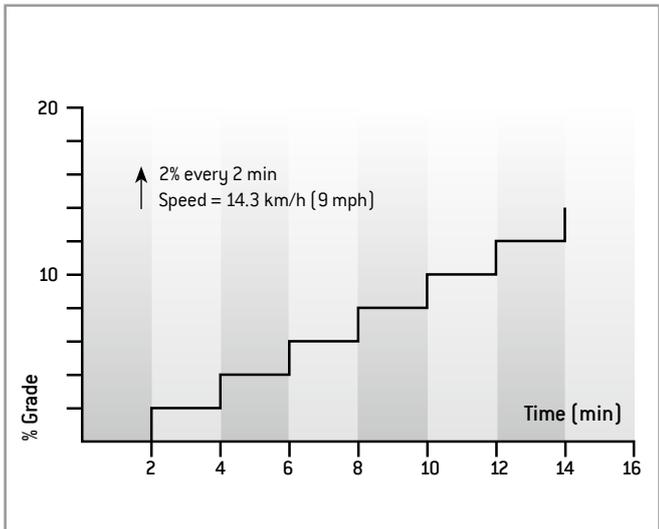
- Technogym Maximal Test
- Custom Maximal Test
- Bruce
- Bruce modified
- Balke and Wave
- Astrand modified
- Costill and Fox
- Naughton

Moreover, customised maximal testing protocols can be created by setting up the starting speed, establishing incremental rates and single step duration.

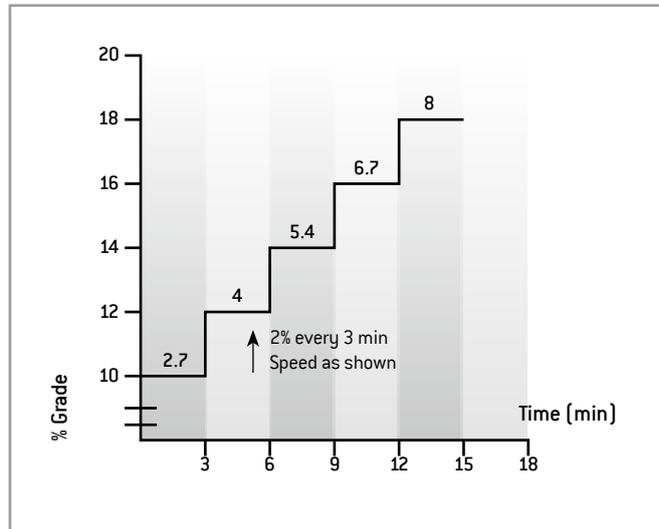
SUB MAXIMAL

- Fitness Test
- Single Stage
- Multistage

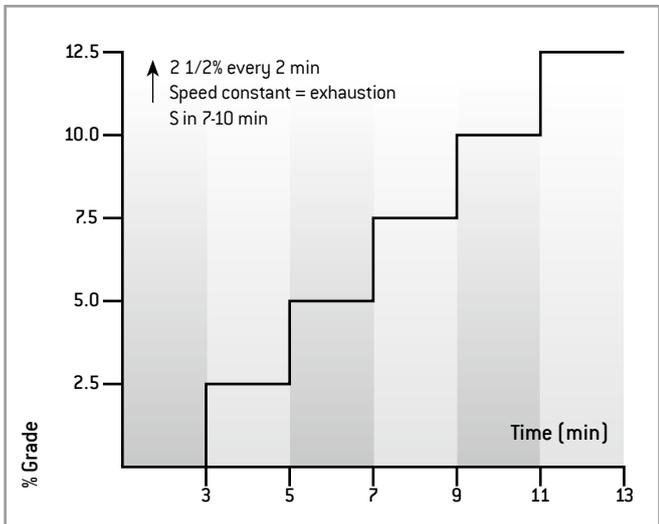
The Sub Maximal Test protocols are based on the linear relationship between heart rate, $V'O_2$ and workload. Therefore these tests must be performed wearing a heart rate belt. Using the Constant Pulse Rate (CPR) the treadmill sets the external workload (speed and slope) according to protocol.



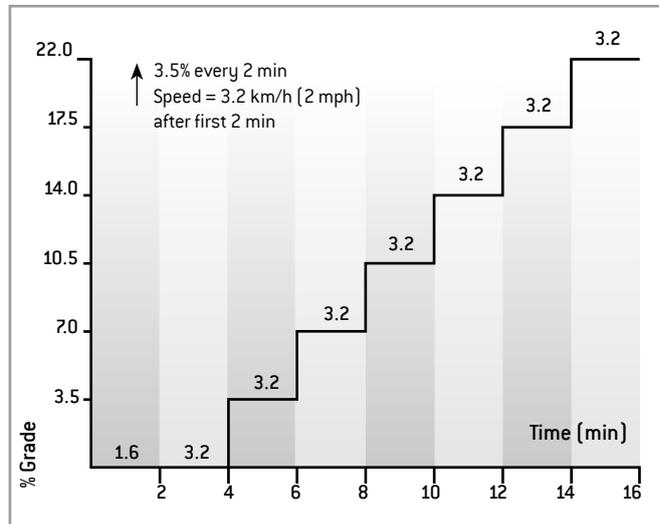
Costill and Fox (1969)
 For: highly trained - Warmup: 10 min walk or run
 Initial work load: 14.3 km/h (9 mph), 0%, 2 min



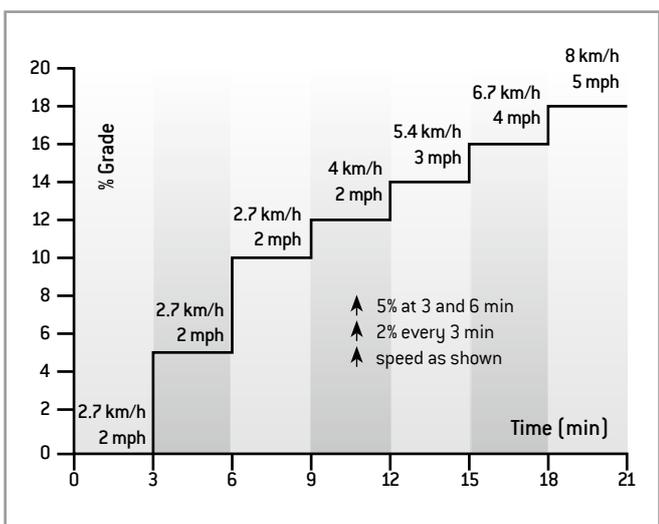
Bruce et al. (1973) Initial work load:
 For: normal and high risk
 2.7 Km/h (2 mph), 10%, 3 min = normal
 2.7 Km/h (2 mph), 0-5%, 3min = high risk



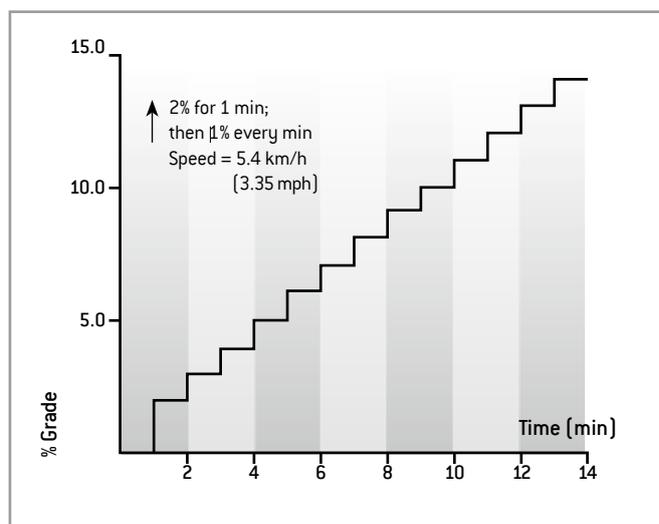
Modified Astrand (Pollock et al. 1978)
 For: highly trained - Warmup: 10 min walk or jog
 Initial work load: 9.3 km/h (6 mph), 0%, 3 min



Naughton et al. (1964)
 For: cardiac and high risk
 Initial work load: 1.6 km/h (1 mph), 0%, 2 min



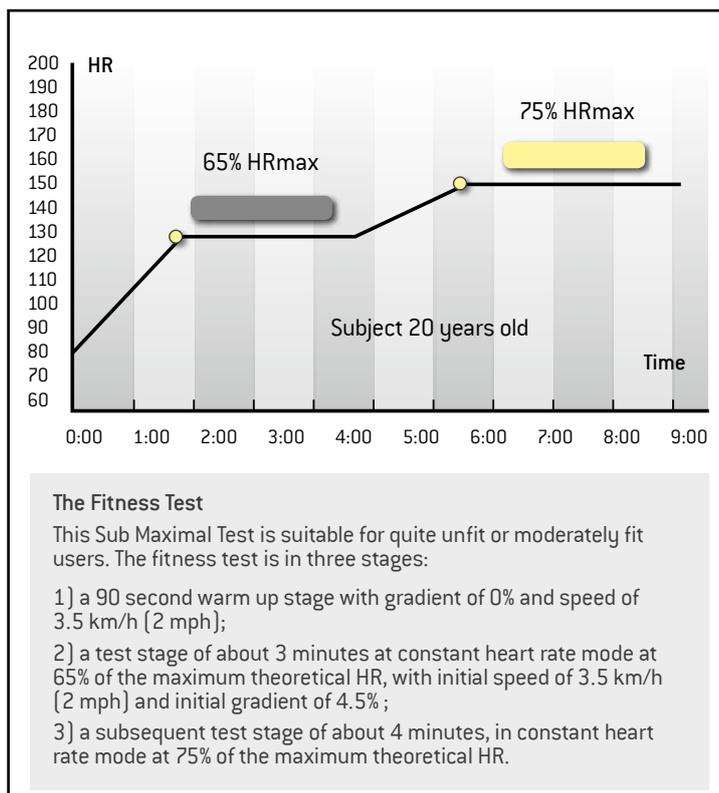
Modified Bruce (Lerman et al. 1976)
 For: normal and high risk
 Initial work load: 2.7 km/h (2 mph), 0%, 2 min



Balke and Ware (1959)
 For: normal risk
 Initial work load: 5.4 km/h (3 mph), 0%, 1 min

Assessment with Bike Med.

Cycle ergometer is the most widespread ergometer because it is easy to use and, therefore, suitable for any type of subject and has a limited footprint. **Bike Med** has an electromagnetic brake that allows electronic adjustment of the workload, in the Custom Mode 1 Watt.



Bike Med applies the following test protocols:

MAXIMAL PROTOCOLS

- Technogym Maximal Test
- Custom Maximal Test
- Astrand modified
- MacArdle
- Anaerobic Power Test

It is important to underline that besides testing cardiovascular efficiency, with **Bike Med** you can also perform Anaerobic Power Test (Wingate Protocol) to evaluate maximal anaerobic output, especially for athletes.

SUB MAXIMAL PROTOCOLS

- Fitness Test
- Single Stage
- Multistage
- PWC Test
- PWC Test modified
- Test YMCA

Cardiomemory software.

Both **Run Med** and **Bike Med** can be interfaced with different measuring devices and also be guided by them. The Excite Med line is compatible with Electrocardiograph and Gas analysers made by major producers using Trackmaster, Ergoline and C-Safe communication protocols.



Cardiomemory enables real time acquisition, display and storage of all data relevant to tests or training sessions.

This **Wellness System** Compatible software enables a wide range of functions also providing a useful tool for customer relationship management (CRM) and health profile management:

- Management of client's personal information database
- Analysis of training result trends
- Report processing with visual graphics, evaluations and benchmarking
- Customisable printouts
- Data from tests and training sessions can be exported for processing by other software (i.e. Excel)

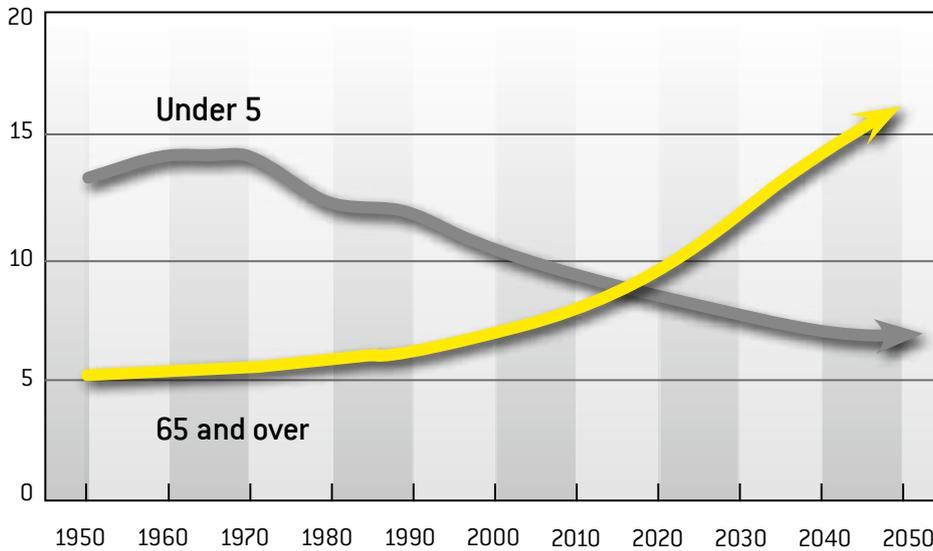
Aging





Aging.

Young Children and Older People as Percentage of Global Population: 1950 to 2050



- Population over 60 is growing more than twice as fast as the total population
- By 2025, the median age will be 51 in Italy, 47 in Germany and 50 in Japan
- As population ages, chronic disease incidence will increase significantly

Increased disability jeopardises quality of life.

Today the number of people over 60 years of age is constantly increasing and this number is growing at millions per year worldwide. However, living longer does not mean living a relatively healthy and happy aging process. Major chronic diseases, as well as serious problems relating to cognitive impairment, become more frequent. Increased disease and disability may reduce the ability of older people to perform everyday tasks, and jeopardise independent living and quality of life. Physical activity and exercise can help the aging population to live a healthier and happier life.

The role of physical activity and exercise.

Mobility: recent trials and prospective studies concluded that physical activity is associated with reduced subsequent functional disability, increasing strength and aerobic capacity.

Falls and fractures: regular strength training using external weights or body weight (resistance exercises) has been shown to be highly effective in increasing or preserving muscle strength, and decreasing falls and subsequent fractures.

Interestingly, older people have similar gains in relative muscle strength to those observed in young adults.

Osteoporosis: exercise can produce a beneficial bone response at all adult ages, relating also to fall prevention and reduced fractures.

Emotional and mental well-being: exercise is associated with reduced symptoms of depression and anxiety, and improvement of mood and general well-being.

Prevention of cognitive impairment: prospective studies show that high levels of physical activity offer protection against problems of serious cognitive impairment such as Alzheimer's disease and dementia.

A case study: The Better Aging Study.

The Better Aging Study was an E.U. funded research project involving eight research partners across Europe*. The study investigated the causes of frailty of the human locomotory system from single muscle cells to whole body structure, function and control, and assessed the impact of an innovative, targeted, 12-month physical activity programme on frailty prevention, well-being and daily functioning. The study was led by the Manchester Metropolitan University and the exercise sessions were executed at an exercise centre fully equipped and supported by Technogym.

The Better Aging Study addressed a very wide range of questions through various articles published in scientific literature, showing the effects of exercise on:

1. Reducing muscle weakness in old age
2. Improving strength, power and motor control
3. Changes in structural and contraction specific factors
4. Effects on mechanical properties of the tendon
5. Improving performance in common daily activities
6. Recovery of several motor functions, thanks to physical training
7. Improvement in the perceived state of well-being and daily functioning.

* Manchester Met. University, UK; Università di Pavia, Italy; Université Libre de Bruxelles, Belgium; Université de Bourgogne, France; King's College, UK; Università degli Studi di Milano, Italy; Salvatore Maugeri Foundation, Italy; University of Bristol, UK.



A comprehensive method for healthy aging.

This programme addresses the physical and social dimensions of wellness. It is designed to improve:

Cardiovascular efficiency

a complete range of cardiovascular equipment with easy accessibility and proven effectiveness.

Muscle strength and bone density

Selection Line for complete circuit training, intuitive and user-friendly.

Mobility and Flexibility

FLEXability Line encourages correct muscle chain stretching to improve mobility and posture.

Cognitive function

VISIOWEB includes mental games that help prevent cognitive impairment.

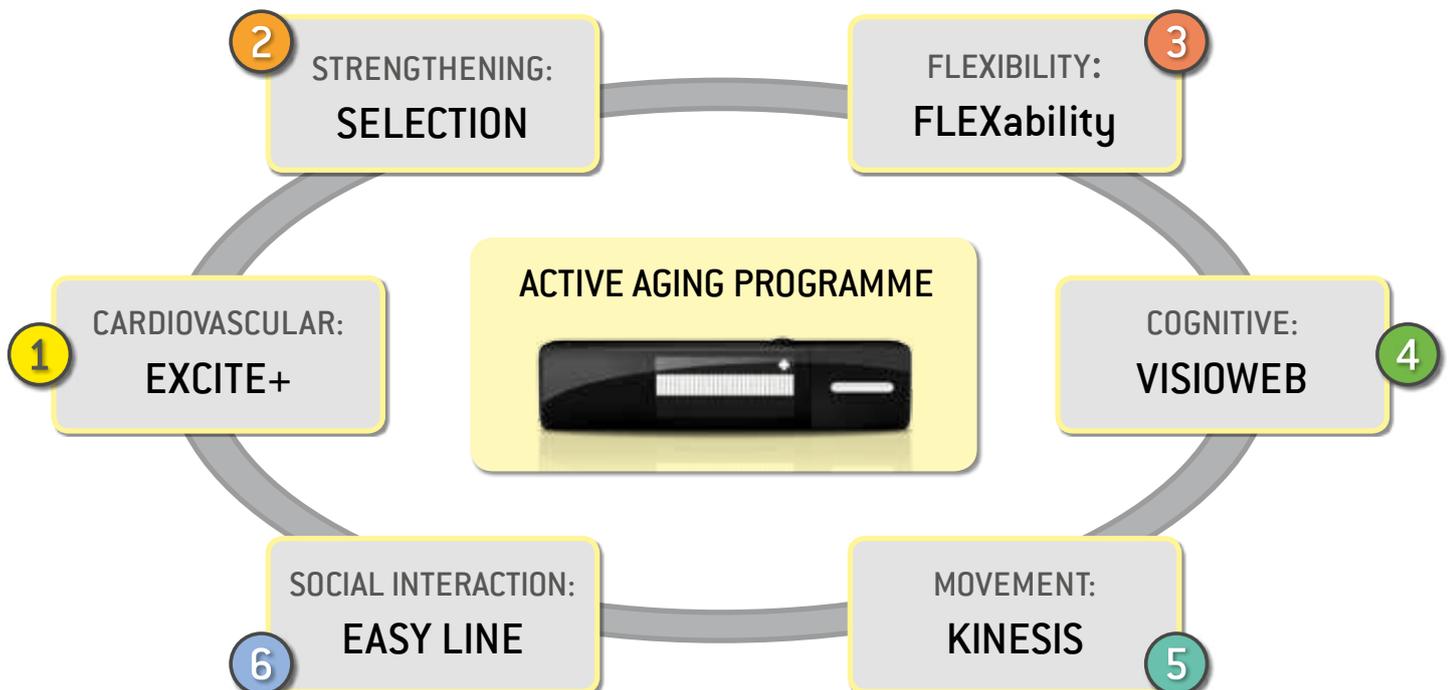
Balance and overall functional ability

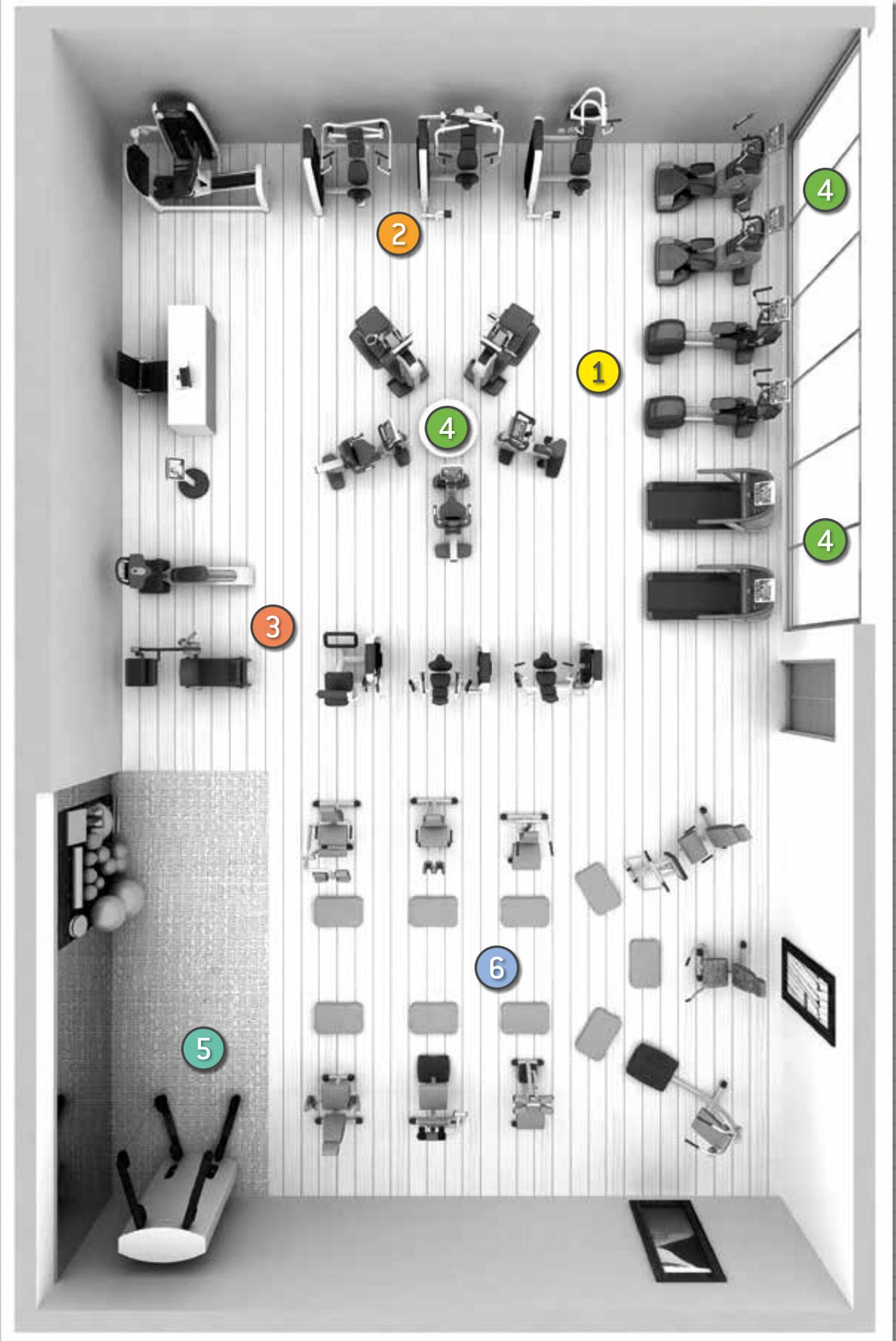
dedicated fall reduction programmes with Kinesis One, improve balance and functionality.

Social Interaction

Easy Line gives you the chance to create group classes increasing social interaction among participants, targeting particularly frail older adults to active seniors.

Outcome can be tracked and monitored with the help of **mywellness key** and **Wellness System**. Outcome measurement is fundamental to show program effectiveness and monitor the health status of the participants.





195 sq. m

Beyond cardiovascular efficiency.

According to the American College of Sports Medicine's latest guidelines on older adults ^[10], "to promote and maintain health, older adults need moderate-intensity aerobic physical activity for a minimum of 30 min. on five days each week or vigorous- intensity aerobic activity for a minimum of 20 min. on three days each week".

The best way to fulfil these guidelines is to combine a structured equipment-based cardiovascular programme with daily physical activity.



EASY, ACCESSIBLE AND EFFICIENT CARDIOVASCULAR TRAINING

Recline provides optimal user accessibility, thanks to its wide walk through. Seat and backrest regulation enables people with mobility impairment to find the best exercise position.

The reduced deck height of **Jog Now** improves accessibility and the very low starting speed (0.4 km/h, 0.2 mph) also makes **Jog Now** suitable for particularly frail elderly people.

Top allows upper body cardiovascular workout. Thanks to its different adjustment possibilities, it facilitates shoulder and elbow mobility. Warm-up embedded programme is the fastest way to a complete upper-body warm-up.

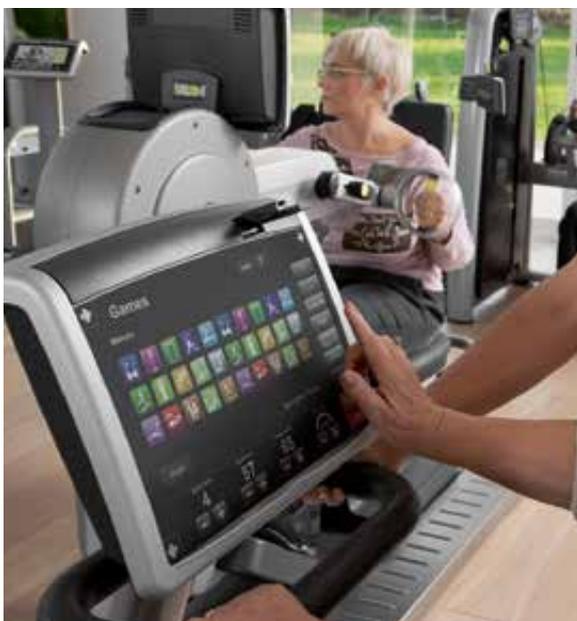
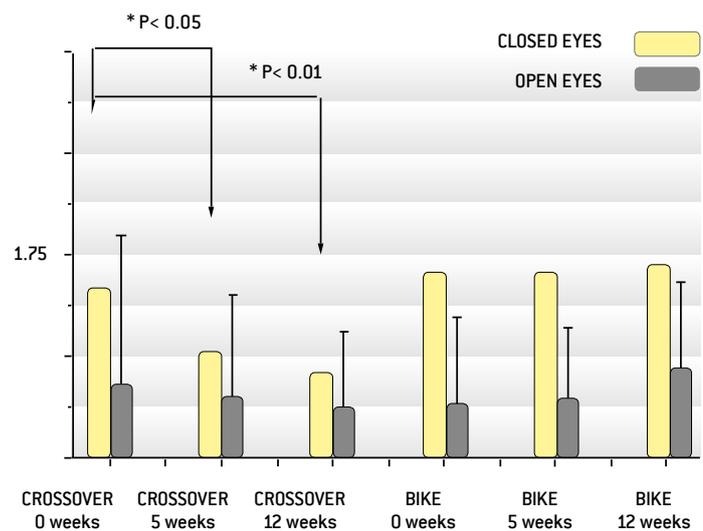
Crossover is the only cardiovascular machine that is designed to stimulate balance and proprioception, strengthen lower body muscles and improve cardiovascular efficiency.

Research conducted by the University of Perugia on 20 elderly women demonstrated the effect of **Crossover** on balance, compared to traditional bike exercise, during a 12-week training programme.



Results showed that **Crossover** represents powerful proprioceptive training for balance control, while biking, not requiring significant postural adjustment, produces only limited effects on balance. Furthermore, a significant improvement in lower leg power was evident.

CoP velocity (Centre of Pressure) cm/sec



IMPROVE COGNITIVE ABILITIES

It is a well documented fact that exercise has a strong impact on preventing and improving cognitive impairment with regard to memory, attention, reaction time, crystallised and fluid intelligence.

VISIOWEB features, amongst other functions, specific games that stimulate cognitive tasks: Sudoku, Pairs, Majong. Moreover, access to the internet allows the use of web sites offering brain training. The "Guide Me" application helps keep the use of the cardio machine very simple, giving basic explanations on how the machine works and about the benefits it provides.

Communicator is the **VISIOWEB** application that enables the facility to promote products and services or advertise third-party products. The operator can display messages regarding special offers and other activities available at the facility to generate additional revenue.

Strengthening muscles and bones.

Human muscle strength reaches its peak between the second and third decades, shows a slow or imperceptible decrease until about 50 years of age and begins to decline thereafter at the rate of approximately 12% to 15% per decade, with more rapid losses above the age of 65 ⁽¹¹⁾. Therefore, a well designed strength programme becomes a crucial part of any training session. Strength training should target entire body muscle groups.



EASE OF USE

Muscle strength of the upper body, especially arm muscle strength, is useful in the context of daily living activities, such as carrying bags or getting up from a chair. The Easy Start allows a safe exercise starting position, especially for upper body pull and push exercises (**Chest Press, Shoulder Press, Vertical Traction**).



LOWER BODY TRAINING

Leg Press is key to improving the strength and the power of the lower body, improving bone density and preventing falls.

Wellness Mate also allows you to track strength training results, guiding the user during the execution of the exercise.



COMFORT AND SAFETY

Ergomultigrip, especially in the presence of shoulder limitation, allows you to perform the exercise safely on the scapular plane.



BIOMECHANICS

Physiocam allows variable resistance to accommodate the specific strength curve of the specific muscle group being trained. The user perceives consistent resistance throughout the entire exercise. Furthermore, the low initial load, enabled by the cam design, is beneficial to all users, especially to the elderly.

Importance of mobility and flexibility.

Flexibility activity is recommended to maintain the range of motion necessary for daily activities and physical activity.






<p>ANTERIOR</p> <ul style="list-style-type: none"> • Iliacus • Psoas • Quadriceps (globally) • Rectus femoris • Tibialis anterior • Gluteals contralateral • Peri-articular hip muscles 	<p>POSTERIOR</p> <ul style="list-style-type: none"> • Spine muscles • Low back muscles • Gluteals • Semitendinosus • Biceps femoris • Peri-articular hip muscles • Gastrocnemius • Soleus • Foot plantar flexors
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SAFE AND EFFECTIVE STRETCHING

At least 10 min. of flexibility activities are recommended, based upon the time required for a general stretching routine involving major muscle and tendon groups with 10–30 sec. for a static stretch and 3–4 repetitions for each stretch.

FLEXability works on the main muscle groups simultaneously. It maximises effectiveness by reducing the duration of the exercise.

Furthermore, with **FLEXability**, thanks to the visual feedback provided, a safe and accurate flexibility assessment can be performed.

Circuit training.

Circuit training is designed to improve both cardiovascular efficiency and muscle strength. Moreover, this methodology is designed in a way that it facilitates social interaction among people.



PSYCHOPHYSICAL WELL-BEING

Social and interpersonal relationships are relatively important to the physical, mental and emotional health of older people. Studies show that social involvement has a positive effect on an elderly person's emotional well-being and physical health, and leads to a lower risk of death.

Easy Line circuit is highly suitable for deconditioned users and for older adults. Thanks to its features (hydraulic resistance, no regulation, easy seat) **Easy Line** is also suitable for frail elderly people.

Functional movement and balance training.

According to ACSM guidelines, “to reduce risk of injury from falls, community-dwelling older adults with substantial risk of falls (e.g. with frequent falls or mobility problems) should perform exercises that maintain or improve balance”.



BALANCE MAINTENANCE AND IMPROVEMENT

The fall reduction programme conceived for **Kinesis** is designed to reduce the risk of falling and suffering fall-related injuries. The programme focuses on specific Kinesis movements that minimise the risk of falling by improving strength, balance, coordination and flexibility. Weight-bearing resistance movement training is one of the most important fall-prevention measures. It improves bone health, increases muscle mass and reflex response. This is especially important for older adults and people who have been diagnosed with osteoporosis.

In addition to **Kinesis One**, **ARKE** allows for advanced balance exercises and proprioception training.

The mywellness key and Wellness System.

The use of technology in senior communities is an increasing trend. The best way to fulfil ACSM guidelines is to combine a structured cardiovascular programme using equipment with daily physical activity.



PHYSICAL ACTIVITY AND STRUCTURED EXERCISE

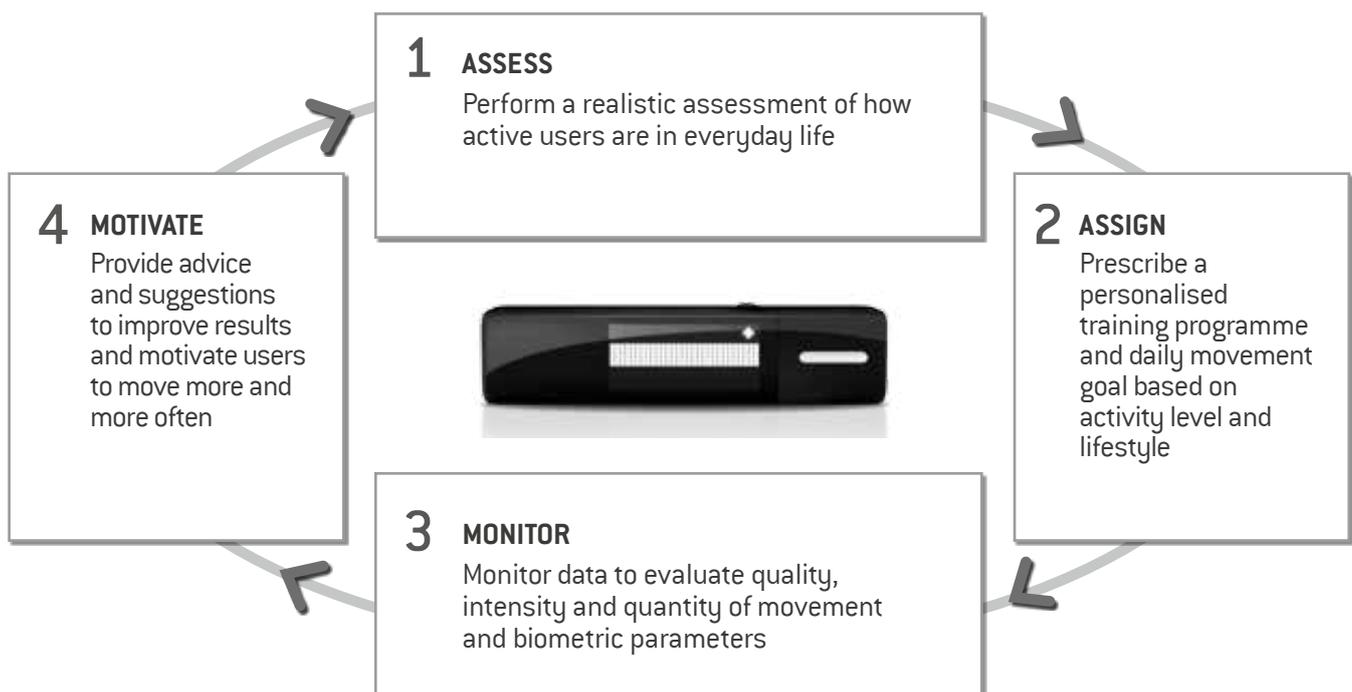
The **mywellness key** allows you to extend the programme outside the facility, monitoring daily physical activity as well as recording all the exercise data coming from the equipment.

After an initial physical activity level assessment, the **mywellness key** assigns an automatic movement goal based on users' habits.

The operator can offer wellness coaching services, combining a structured programme in the gym with other activities available in the community (golf, dancing, walking, hiking, aerobic classes).

Furthermore, thanks to **mywellness portal** and **Wellness System**, the operator can monitor the results of the resident adult remotely at all times.

Wellness System technology helps manage training programmes, record biometric parameters and create specific reports. Data stored in the **Wellness System** can be leveraged to make better therapeutic decisions regarding what to offer in terms of programming and with regard to evaluating the success of the programme itself.



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Wellness System

Wellness System was and is the first wireless Customer Relationship Management Solution to be integrated within state-of-the-art equipment. **Wellness System** allows patient management from the evaluation to the prescription stage.



BENEFITS OF THE WELLNESS SYSTEM KEY

This device enables to create and manage personalised programmes, support and help users during their workout, track and monitor workout results.

- Easy to use electronic programmes
- Video guide showing how to perform exercises
- Set up the equipment automatically and support workout
- Track results and store health data
- Monitor and provide feedback.



MYWELLNESS PORTAL

The **mywellness portal** is the on-line **Wellness System** module that connects users and operators, allowing data relating to any given physical activity to be shared for a joined up approach.

- Stay in touch with the facility from anywhere
- Review training results
- Member access and use of their personal training programme in all facilities of the same chain (roaming user feature)
- Send and receive messages
- Check biometric parameters.



HEALTH EDITION

This special version of the **Wellness System** offers specific health and medical features. It allows the operator to manage:

- Collect patients' personal and medical data
- Record parameters and measurements
- Perform functional tests
- Create tailored training programmes
- Review training results and reports
- Record and set up appointments.

mywellness key

The **mywellness key** is a small, portable device that tracks every movement that is performed in the gym and in everyday life. Users are assigned a personalised activity goal based on personal parameters and lifestyle. The goal can be assigned automatically or customised. All users need to do is register and wear the key every day.



MEASURE PHYSICAL ACTIVITY

The **mywellness key** measures both the quantity and intensity of movement using the Move index. This index is associated with vertical body acceleration and acceleration is correlated to energy expenditure, thus the Move is related to energy expenditure but is independent from body weight. Users are assigned a personalised Move goal and every movement they perform during the day is translated into Move points. As they progress towards their goal, the white bar fills up until it reaches the + sign, which signifies the goal has been reached.



BENEFITS OF THE MYWELLNESS KEY

The **mywellness key** plays an important role in health programmes management. It helps you to:

- Assess how active patients are
- Develop personalised programmes based on lifestyle and needs
- Monitor and register all indoor and outdoor activities 24/7
- Stay in touch with your patients at all times
- Provide both direct and remote support.



MYWELLNESS PORTAL

- The information concerning all activities carried out at the gym, outdoors and manually added ones, is shown on the **mywellness portal**
- When your patients connect to the **mywellness portal** to download their results, you get the full picture of their progress throughout the day and the week
- This can help you to review their training programme and to motivate them with specific advice based on their performances.

Run MED

Run Med equipment adheres to the most rigorous safety standards as well as the essential requirements of TÜV GM medical certification. It is an accurate tool to carry out data measurement, evaluation and recording and can be connected to external measuring devices to be guided by them through performance.



TECHNICAL SPECS.

D847M

Dimensions (LxWxH)*:	2190 x 940 x 1500 mm	86" x 37" x 59"
Weight:	195 kg	430 lbs
Max user weight:	220 kg	485 lbs
Speed:	0.4 - 25 km/h	0.2 - 15.5 mph
Incline:	0 - 18 %	
Running surface:	1520 x 520 mm	60" x 20.5"
Power requirement:	180 - 265 Vac; 16A dedicated socket each machine.	

*Length x Width x Height

ASSESSMENT AND EVALUATION WITH CARDIOMEMORY

This software package is provided with every Excite Med product. It is the intelligent solution for clubs, sport teams, rehabilitation clinics and for whoever requires an effective but easy-to-use tool for real time monitoring of training and testing.

ECG AND METABOGRAPH COMPATIBLE

Run Med is able to interface with the most popular external testing instruments for Stress Testing (ECG) and Maximal Oxygen Consumption (Gas Analyser), thanks to compatibility with C-Safe, Ergoline e Trackmaster communication protocols.

CUSTOM PROTOCOLS AND TESTING

The versatility of the equipment software enables doctors, physiotherapists and sport trainers to devise and implement in real time a wide range of test protocols and personalised training routines that can also be stored in the equipment memory. **Run Med** also provides an extensive library of Maximal, Submaximal and Military Tests to assess each client with the most appropriate tool for his/her condition and needs.

OPTIONAL ACCESSORIES

Specific accessories enhance the rehabilitation potential and versatility of Run Med:

- axillary supports ⁽¹⁾ A0000346
- adjustable handrails ⁽²⁾ A0000345
- rear step ⁽³⁾ A0000344

Run MD Inclusive

Run is the state of the art in treadmill technology and design, reproducing the natural sensation of running on a cushioned surface in total safety and comfort of use.

Specific IFI compliant version available for the UK market only.
Codes: C446E (500) / C448E (700).



TECHNICAL SPECS. DA46M (500 MD Incl.) / DA48M (700 MD Incl.)

Dimensions (LxWxH)*:	2190 x 940 x 1500 mm	86" x 37" x 59"
Weight:	195 kg	430 lbs
Max user weight:	220 kg	485 lbs
Speed: 700 MD	0.8 - 25 km/h	0.5 - 15.5 mph
500 MD	0.8 - 20 km/h	0.5 - 12.4 mph
Incline:	0 - 15%	
Running surface:	1520 x 520mm	60" x 20.5"
Power requirement:	180 - 265 Vac ; 16A dedicated socket each machine.	

*Length x Width x Height

SAFETY AND COMFORT

The design of **Run** ensures any user will feel safe and comfortable whilst training. Special adaptations made to the Inclusive product allow users, with differing levels of disability, the possibility to train on the best treadmill on the market.

STANDARD FEATURES TO FACILITATE IDENTIFICATION AND USAGE:

- High visibility easy colour coding to allow easy identification of the main controls
- Tactile icons on the Fast Track Control: a tactile icon via a paddle shift allows the user to change the speed and incline with ease
- The console shows the countdown, which is accompanied by audible beeps when the belt is starting and stopping
- The colour contrast between belt and platform and the high visibility belt markings aid the visually impaired and are a key safety feature for all users
- Compliant to 93/42/EEC.

INCLUSIVE FITNESS INITIATIVE (IFI) COMPLIANT

The modified **Run** is specifically designed to meet the IFI Stage 2 Equipment Standards.

OPTIONAL ACCESSORIES

- Step for easy access A0000437

Jog Now MD

Jog Now is a brand new treadmill that truly responds to the need for simplicity, comfort and motivation. Exceptionally easy to use and sporting a variety of innovative features and the new **VISIOWEB** entertainment mecca and digital platform, **Jog Now** is a highly versatile piece of equipment and is ideal for commercial use.



TECHNICAL SPECS.

DAK2M

Dimensions (LxWxH)*:	2100 x 859 x 1481 mm	83" x 34" x 58"
Weight:	164 kg	362 lbs
Max user weight:	220 kg	485 lbs
Speed:	0.4 - 18 km/h	0.2 - 11.2 mph
Incline:	0 - 15 %	
Running surface:	1510 x 510 mm	59" x 20"
Power requirement:	180 - 265 Vac (version "E"); 100 - 120 Vac (version "1"). 200 - 240 Vac (version "2"). 16A dedicated socket each machine.	

*Length x Width x Height

REDUCED DECK HEIGHT AND STARTING SPEED

Jog Now allows for easy access to the running surface and, thanks to a minimal starting speed (0.4 Km/h, 0.2 mph), makes it possible for severely deconditioned users to start training without any health risk.

ERGONOMIC DISPLAY

The new position offers an enhanced viewing experience to users of all sizes and maintains correct posture.

LASER PERMANENT MARKING

Stays fast throughout the entire life cycle of the belt and ensures continuous safety to all users.

LONG LIFE DECK

Operators will benefit from the improved sturdiness and durability of its deck and the 4HP motor, coupled with lower operating costs.

PROVEN USER INTERFACE

Available functions: direct Cool Down function⁽¹⁾, Calorie Coach⁽²⁾ and Constant Heart Rate monitoring.

The high-visibility graphics and controls improve vision and ease of use.

The Cool Down button enables direct access to the function for extra comfort.

Compliant to 93/42/EEC.

Extended Handrails Kit for Jog

The **Extended Handrails Kit** helps to make the Jog appealing to a broader range of users and enhances safety through a simple solution.

TECHNICAL SPECS

A0000623*

Jog with Extended Handrails kit installed

Dimensions (LxWxH)**:	2100 x 980 x 1481 mm	83" x 39" x 58"
Weight:	185 kg	408 lbs

* code for Extended Handrails Kit only.

**Length x Width x Height



By grasping the handrails, users can benefit of a firm support when stepping on Jog, during their workout and whenever they need to adjust the training parameters on the display.

The Kit is in family feeling with Excite+ Line design and it fits all Jog models previously released***.

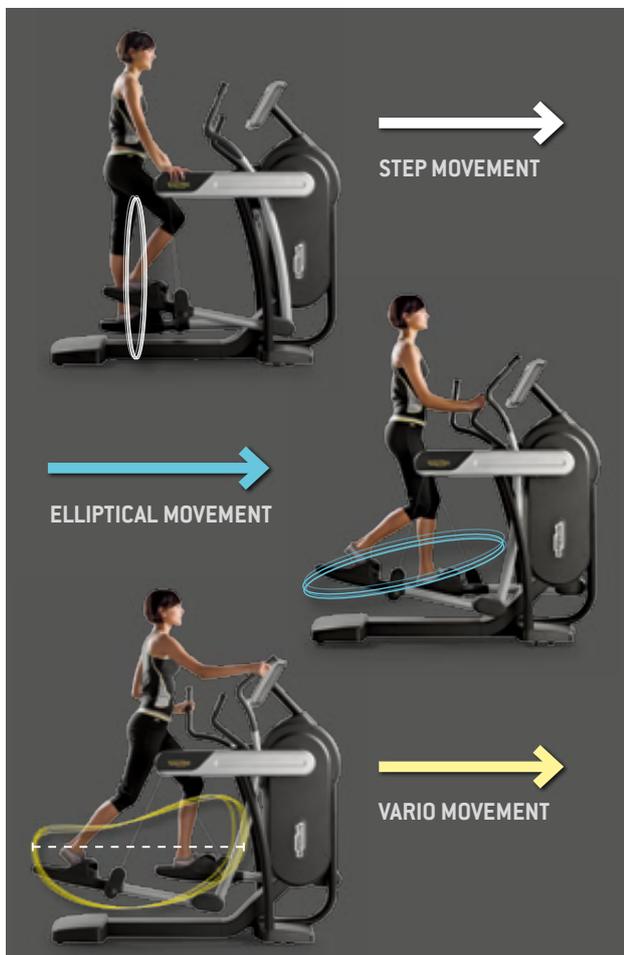
The 500 MD version of Jog maintains the 93/42/ CEE certification even with the Extended Handrails Kit installed.

*** By installing the Kit on Excite+ Jog Now 700 version, it will not be possible to keep the InMotion feature on the product anymore.



Vario MD

Vario is the latest piece of equipment in the Excite+ cardio line. Its unique and innovative movement provides a variety of exercises, the shape and stride length of which are determined by the user.



TECHNICAL SPECS.

DAF5M (500 MD) / DAF7M (700 MD)

Dimensions (LxWxH)*:	1940 x 730 x 1700 mm	73"x 29"x 67"
Weight:	200 kg	441 lbs
Max user weight:	160 kg	353 lbs
Resistance at 90 SPM:	30 - 500 Watts	
Min - Max stride:	0 - 830 mm	0 - 33"
Min. pedal height from the ground:	270 mm	11"
Power requirement:	100 - 230 Vac 50/60 Hz	

*Length x Width x Height

VARIABLE STRIDE

Vario provides a unique cardiovascular workout by offering the user the opportunity to determine the movement, and the stride length and shape; from a vertical step to a simple walk, to a long stride with the feel and freedom of running.

TOTAL BODY OR LOWER BODY

Vario allows you to choose a total body workout, incorporating the upper component now so popular with exercisers. Alternatively, a great lower body-only experience is available by grasping the central handlebars or the lateral supports.

NATURAL AND PERSONALISED MOVEMENT

Vario is able to optimise the stride dynamically and automatically, in relation to the user's height. The resulting fluid and natural movement, as well as the wide stride length from 0 to 83 cm (from 0 to 33"), make **Vario** extremely satisfying to use. It can replicate the natural stride of users with a maximum height of 210 cm (82").

MAXIMISE TRAINING EFFECT

The biomechanical studies on posture and movement trajectories, ensure **Vario** offers a perfectly balanced distribution of the work load, resulting in a reduction in perceived effort, whilst maintaining calorie consumption at the highest in its category.

MAXIMISE ACCESSIBILITY

The reduced height of the pedals from the ground and the lateral supports for the hands make **Vario** easy and safe to use, even for beginners. Getting started on **Vario** is extremely easy with the Self Starting System (patent pending) device developed by Technogym.

NO IMPACT MOVEMENT

The range of different movements that can be performed on **Vario** is fluid and low impact, ensuring a safe and effective workout and optimal results.

Compliant to 93/42/EEC.

Crossover MD

Crossover is the latest innovation in total body cardio training. It takes full body workouts to new heights of effectiveness and makes exercising a pleasure at every user level.



TECHNICAL SPECS.

DAG7M

Dimensions (LxWxH)*:	1625 x 752 x 1692 mm	64" x 30" x 67"
Weight:	155 kg	342 lbs
Max user weight:	180 kg	397 lbs
Resistance at 120 SPM:	30 - 340 Watts	
Power requirement:	100 - 230 Vac 50/60 Hz	

*Length x Width x Height

DIFFERENT MOVEMENT

Crossover's uniqueness lies in the teaming up of two winning concepts, lateral movement and total body training. The combined effect is a product that addresses the conditioning needs of a greater diversity and higher number of users.

TOTAL BODY WORKOUT

With lateral movement training, users combine extension, abduction and external rotation to engage and challenge more muscles than traditional lower body movement.

Crossover combines lower body lateral movement with a convergent movement that involves the arms, torso and core, to provide a balanced full body cardio workout.

GREAT CORE TRAINING

Crossover challenges the core by intuitively requiring the center of mass to move, rotate and adapt continuously on three different planes.

Throughout the movement, the direction of lower body force shifts as the moving surface changes position. The result is a core intensive workout that also offers stabilization and coordination benefits.

INTUITIVE AND NATURAL

The contact between feet and pedals remains constant throughout the whole range of movement, ensuring a no-impact and joint-safe workout.

With its easy rear access, Fast Track Control and intuitive movement, **Crossover** is an ideal training solution for all users at all levels of conditioning.

Compliant to 93/42/EEC.

Bike MED

Bike Med equipment adheres to the most rigorous safety standards as well as the essential requirements of TÜV GM medical certification. It is an accurate tool to carry out data measurement, evaluation and recording and can be connected to external measuring devices to be guided by them through performance.



TECHNICAL SPECS.

D827M

Dimensions (LxWxH)*:	1185 x 600 x 1338 mm	47" x 24" x 53"
Weight:	61 kg	134 lbs
Max user weight:	120 kg	264 lbs
Resistance at 130 RPM:	60 - 860 Watts	
Power requirement:	100 - 230 Vac 50/60 Hz	

*Length x Width x Height

ASSESSMENT AND EVALUATION WITH CARDIOMEMORY

This software package is provided with every Excite Med product. It is the intelligent solution for clubs, sport teams, rehabilitation clinics and for whoever requires an effective but easy-to-use tool for real time monitoring of training and testing.

ECG AND METABOGRAPH COMPATIBLE

Bike Med is able to interface with the most popular external testing instruments for Stress Testing (ECG) and Maximal Oxygen Consumption (Gas Analyser).

CUSTOM PROTOCOLS AND TESTING

The versatility of the equipment software enables doctors, physiotherapists and sport trainers to devise and implement in real time a wide range of test protocols and personalised training routines that can also be stored in the equipment memory. **Bike Med** also provides an extensive library of Maximal, Submaximal and Military Tests to assess each client with the most appropriate tool for his/her condition and needs.

ADJUSTABLE SEAT

Seat position and height can be adjusted by means of a horizontal stepless adjustment bar and a micro-adjustable seat clamp (15 mm, 6 " thread instead of standard 25mm, 10 ").

OPTIONAL ACCESSORIES

- Adjustable pedal cranks A0000347

The adjustable pedal crank ranges from 125 (49") to 185 mm (73") with a 2.5 mm (1") interval.

Bike MD Inclusive

Bike replicates the sensation of riding a real road bike. The biomechanics and ergonomic design offer a variety of positions to improve rider comfort and accessibility as well as performance.

Specific IFI compliant version available for the UK market only.
Codes: C4C53 (500) / C4C73 (700).



TECHNICAL SPECS.	DAC5M (500 MD Incl.) / DAC7M (700 MD Incl.)	
Dimensions (LxWxH)*:	1185 x 600 x 1338 mm	47" x 24" x 53"
Weight:	61 kg	134 lbs
Max user weight:	180 kg	397 lbs
Resistance at 70 RPM:	30 - 500 Watts	
Power requirement:	100 - 230 Vac 50/60 HZ	

*Length x Width x Height

SUPERIOR ERGONOMY & BIOMECHANICS

The distance between the feet has now been reduced to offer a more realistic cycling experience.

3 BIKES IN 1

Thanks to the new handlebar design, the **Bike** offers three different training positions to suit everyone's needs: a standard option, a city bike option and a stimulating race position.

INNOVATIVE SEAT

Maximum user comfort has been obtained by introducing new gel inserts in the seat and by moving the seat adjustment regulations to the back of the seat, making it possible to change position of the seat without disturbing the rider. The finest adjustment of the seat position is guaranteed by the 0.5" step.

SMART PEDALS

The 10 degree pedal incline towards the user makes it easier to slide the feet inside the pedals from the sitting position.

STANDARD FEATURES TO FACILITATE IDENTIFICATION AND USAGE:

- High visibility easy colour coding to allow easy identification of the main controls
- Colour contrast pedal straps with heel adjustment for easy set up and stability
- Tactile numbering and single handed seat adjustment to easily select correct seat position
- Tactile icons on the **Fast Track Control**
- Compliant to 93/42/EEC.

OPTIONAL ACCESSORIES

- Bike Saddle Adapter Kit A0000553
- Adjustable pedal cranks A0000439

Recline MD Inclusive

Users who require added comfort, and those with limited mobility, will love the new **Recline**. Design rich and bristling with exclusive features, it offers an alternative cycling experience to those looking for moderate cardio activity and is particularly suitable for the active senior client and for those with back issues.

Specific IFI compliant version available for the UK market only.
Codes: C4D53 (500) / C4D73 (700).



TECHNICAL SPECS.	DAD5M (500 MD Incl.) / DAD7M (700 MD Incl.)	
Dimensions (LxWxH)*:	1600 x 600 x 1294 mm	63" x 24" x 51"
Weight:	81 kg	179 lbs
Max user weight:	220 kg	485 lbs
Resistance at 70 RPM:	30 - 500 Watts	
Power requirement:	100 - 230 Vac 50/60 HZ	

*Length x Width x Height

TOTAL ACCESSIBILITY

Thanks to its new features, **Recline** provides the best user accessibility available on the market:

- The wide walk through
- The 4" reduction in height offers easier access to less mobile and larger users
- The central handle bar offers additional hand support for increased user confidence
- Everyone can find their best sitting position with the adjustable and easy to reach back rest. Both seat and backrest provide excellent support and comfort thanks to the new design and exclusive material researched by Technogym.

SMART AND USEFUL FEATURES

The new wider pedals with adjustable straps provide better stability and support to the less mobile users and the 10 degree pedal incline towards the user makes it really easy to slide the feet inside the pedals from the sitting position.

FAST TRACK CONTROL

With Fast Track Control users can adjust the intensity level of the exercise from the handles at the side of the seat, without having to interact with a keypad.

STANDARD FEATURES TO FACILITATE IDENTIFICATION AND USAGE:

- High visibility easy colour coding to allow easy identification of the main controls
- Colour contrast pedal straps with heel adjustment for easy set up and stability
- Tactile numbering and single handed seat adjustment to easily select correct seat position
- Wide walk through with colour contrast for easy access and descent
- Tactile icons on the **Fast Track Control**
- Compliant to 93/42/EEC.

OPTIONAL ACCESSORIES

- Adjustable pedal cranks A0000439

Synchro MD

Synchro recreates the movement of the body when walking or running. The natural elliptical no-impact movement prevents stress to the joints whilst providing an extremely effective cardiovascular exercise.

TECHNICAL SPECS.

DA52M (500 MD) / DA53M (700 MD)

Dimensions (LxWxH)*:	2040 x 700 x 1600 mm	81" x 28" x 63"
Weight:	150 kg	330 lbs
Max user weight:	180 kg	397 lbs
Resistance at 120 SPM:	30 - 500 Watts	
Power requirement:	100 - 230 Vac 50/60 HZ	

*Length x Width x Height



FAST TRACK ELLIPTICAL

Synchro is elliptical trainer with **Fast Track Control**, enabling users to adjust the intensity level directly from the arms without needing to interrupt the exercise to reach the keypad.

FREEDOM & SAFETY

Synchro sports a **Double Hand Sensor**, located on the handle bar and on the arms, to guarantee constant heart rate monitoring.

SMOOTH & STRESS-FREE

Training on **Synchro** helps you relax and focus on the movement and yourself. The **Smooth Motion** belt transmission system ensures the machine is quiet and enhances fluidity of movement. The contact surfaces are ergonomic, comfortable and pleasing to the touch.

REAR-DRIVE TRAJECTORY

The rear drive ensures a fluid elliptical trajectory and smooth circular movements.



Compliant to 93/42/EEC.

Top MD Inclusive

Top provides the best cardiovascular upper body training on the market. By performing the rotary training of the upper body, users increase fitness, improve muscular strength and endurance and can efficiently change the shape of their upper body. **Top** allows users to maintain cardiovascular efficiency even when lower limb limitations exist.

Specific IFI compliant version available for the UK market only.
Codes: C4773 (700).



TECHNICAL SPECS.

DA77M

Dimensions (LxWxH)*:	1550 x 650 x 1491 mm	60" x 25" x 58"
Weight:	130 kg	287 lbs
Max user weight:	180 kg	397 lbs
Resistance:	12 - 1000 Watts **	
Power requirement:	100 - 230 Vac 50/60 HZ	

*Length x Width x Height

** 12 Watts at level 1 and 40 RPM speed; 1000 Watts on specific testing functions

ROTATING HANDLES

The rotating handles engage different muscle groups, distributing the load according to the user's needs and preferences.

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 involvement of the torso.

ADJUSTABLE HAND CRANK HEIGHT

This feature ensures better comfort and correct posture, as well as a diversified involvement of the different muscle groups.

FORWARD-BACKWARD RESISTANCE

It enables users to achieve a more balanced workout and the complete involvement of all shoulder and torso muscles.

STANDARD FEATURES TO FACILITATE IDENTIFICATION AND USAGE:

- High visibility easy colour coding to allow easy identification of the main controls
- The new ramp design enables easy access to a wide variety of wheelchairs
- The adapted seat allows easy and safe removal by both wheelchair and able bodied users
- Tactile icons on all adjustments
- Tactile numbering on telescopic arms
- Compliant to 93/42/EEC.

OPTIONAL ACCESSORIES

- Inclusive Seat A0000436
- Ergonomic Seat (without backrest) A0000368
- Universal platform for wheelchair only (without seat) A0000609

Step MD

A highly effective step machine that is also quiet, smooth and easy to operate. Its independent footrest movement helps you improve both balance and coordination and provides a complete cardiovascular and lower body workout.



TECHNICAL SPECS.

DA35M (500 MD) / DA37M (700 MD)

Dimensions (LxWxH)*:	1112 x 790 x 1835 mm	31" x 44" x 72"
Weight:	100 kg	220 lbs
Max user weight:	180 kg	397 lbs
Speed (min/max SPM):	26 - 200	
Power requirement:	100 - 230 Vac 50/60 HZ	

*Length x Width x Height

OPTIMISED PERFORMANCE

The support handles are optimally positioned to prevent leaning and to maintain the correct position throughout the workout.

SAFETY AT THE TOUCH OF A HAND

The Fast Track Control function allows you to change the resistance level without having to remove the hands from the support handles and interrupt your training.

The Hand Sensor system enables constant heart rate monitoring.

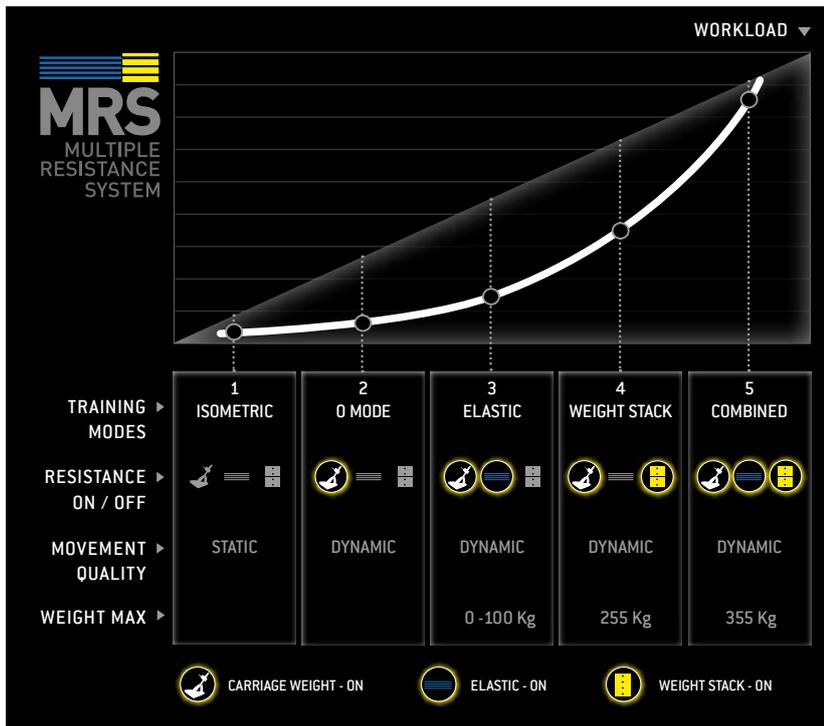
CONSTANT FLUID MOTION

The Smooth Motion belt transmission system ensures quiet operation and fluidity of movement.

Compliant to 93/42/EEC.

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.



INNOVATIVE MULTIPLE RESISTANCE SYSTEM (patent pending)

Selection Med line consists of 23 new 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.

VERSATILITY OF APPLICATIONS

Thanks to its innovative features and numerous settings - made extremely visible by the yellow colour coding - 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 and TÜV certifications that guarantee the highest standards of quality and reliability. The new safety guard provides maximum protection and comfort.



Leg Press MED

Leg Press Med features the new MULTIPLE RESISTANCE SYSTEM (patent pending) that combines carriage weight, elastic resistance and weight stack resistance, enabling a huge range of applications in orthopaedic rehabilitation and sport training. For the first time, thanks to MRS, 5 different training modes can be performed on the same piece of equipment.

TECHNICAL SPECS. Standard C99400 / Plus C994R0

Dimensions (LxWxH)*: 2076 x 1229 x 1804 mm (82 x 48 x 71 in)

Machine Weight:		Weight Stacks**:	
Standard:	582 kg (1283 lbs)	Standard:	145 kg (290 lbs)
Plus:	717 kg (1581 lbs)	Plus:	255 kg (510 lbs)

* Length x Width x Height

** Integrated Smart Pin (optional weight stack increment 5 kg / 10 lbs)



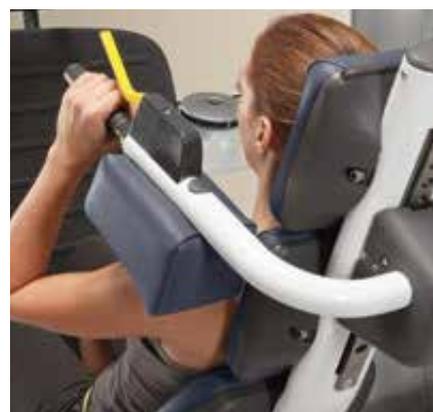
MAXIMUM ERGONOMICS

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.

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.

TECHNICAL SPECS.

Standard C99500 / Plus C99530

Dimensions (LxWxH)*: 1303 x 1209 x 1489 mm (51 x 48 x 59 in)

Machine Weight:		Weight Stacks**:	
Standard:	295 kg (650 lbs)	Standard:	95 kg (190 lbs)
Plus:	331 kg (730 lbs)	Plus:	125 kg (250 lbs)

* Length x Width x Height.

** Integrated Smart Pin (optional weight stack increment 2.5 kg / 5 lbs)



JOINT ALIGNMENT AND STABILITY



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 new Range Of Movement offers a maximum flexion of 110° and a maximum extension of 0°.



ADJUSTABLE COUNTERWEIGHT

Enables increase or reduction of the quantity of inertia.

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.

TECHNICAL SPECS.

Standard C99600 / Plus C99630

Dimensions (LxWxH)*: 1092 x 1209 x 1489 mm (43 x 48 x 59 in)

Machine Weight:

Standard: 300 kg (661 lbs)

Plus: 336 kg (741 lbs)

Weight Stacks**:

Standard: 95 kg (190 lbs)

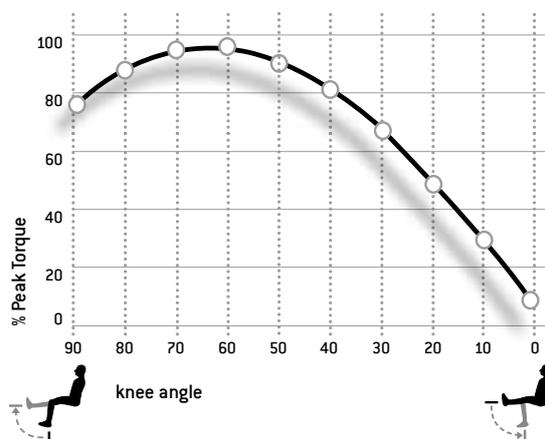
Plus: 125 kg (250 lbs)

* Length x Width x Height.

** Integrated Smart Pin (optional weight stack increment 2.5 kg / 5 lbs)



PHYSIOLOGICAL MUSCULAR ACTIVATION



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 new Range Of Movement 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.



CORRECT ERGONOMY

The Adjustable back rest with cervical support enables every user to choose between three different angles: 95°, 110° or 125°.

Selection Med Line

In addition to Leg Press Med, Leg Curl Med and Leg Extension Med, Selection Med line includes other 20 certified pieces of equipment for a safe and complete strength training.



ABDUCTOR MED

Standard C91800
Plus C91830

Muscles:
- Tensor of fascia lata
- Gluteus



Dimensions [LxWxH]*: 1400 x 850 x 1195 mm (55 x 33 x 47 in)

Machine Weight:		Weight Stacks:	
Standard:	193 kg (425 lbs)	Standard:	70 kg (140 lbs)
Plus:	229 kg (505 lbs)	Plus:	100 kg (200 lbs)



ADDUCTOR MED

Standard C91700
Plus C91730

Muscles:
- Adductor



Dimensions [LxWxH]*: 1415 x 850 x 1195 mm (56 x 33 x 47 in)

Machine Weight:		Weight Stacks:	
Standard:	194 kg (428 lbs)	Standard:	70 kg (140 lbs)
Plus:	230 kg (507 lbs)	Plus:	100 kg (200 lbs)



LOWER BACK MED

Standard C95800
Plus C95830

Muscles:
- Quadratus Lumborum
- Sacrospinal



Dimensions [LxWxH]*: 1210 x 1048 x 1489 mm (48 x 41 x 59 in)

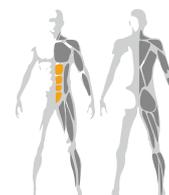
Machine Weight:		Weight Stacks**:	
Standard:	212 kg (467 lbs)	Standard:	65 kg (130 lbs)
Plus:	249 kg (549 lbs)	Plus:	95 kg (190 lbs)



ABDOMINAL CRUNCH MED

Standard C95700
Plus C95730

Muscles:
- Abdominal rectus



Dimensions [LxWxH]*: 1319 x 1049 x 1489 mm (52 x 41 x 59 in)

Machine Weight:		Weight Stacks**:	
Standard:	202 kg (445 lbs)	Standard:	65 kg (130 lbs)
Plus:	238 kg (525 lbs)	Plus:	95 kg (190 lbs)



ROTARY TORSO MED

Standard C9500
Plus C95030

Muscles:
- Internal and external oblique
- Quadratus lumborum
- Sacrospinal



Dimensions [LxWxH]*: 1283 x 1119 x 1485 mm (50 x 44 x 58 in)

Machine Weight:		Weight Stacks**:	
Standard:	212 kg (467 lbs)	Standard:	65 kg (130 lbs)
Plus:	247 kg (545 lbs)	Plus:	95 kg (190 lbs)



SHOULDER PRESS MED

Standard C96900
Plus C96930

Muscles:
- Deltoids
- Triceps



Dimensions [LxWxH]*: 980 x 1307 x 1489 mm (39 x 51 x 59 in)

Machine Weight:		Weight Stacks**:	
Standard:	230 kg (507 lbs)	Standard:	65 kg (130 lbs)
Plus:	260 kg (573 lbs)	Plus:	95 kg (190 lbs)



UPPER BACK MED

Standard C94600
Plus C94630

- Muscles:**
- Rhomboid
 - Deltoid
 - Biceps
 - Latissimus dorsi
 - Trapezius



Dimensions (LxWxH)*: 1209 x 1183 x 1489 mm (48 x 47 x 59 in)

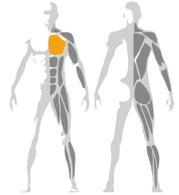
Machine Weight:		Weight Stacks**:	
Standard:	193 kg (425 lbs)	Standard:	65 kg (130 lbs)
Plus:	229 kg (505 lbs)	Plus:	95 kg (190 lbs)



PECTORAL MED

Standard C91300
Plus C91330

- Muscles:**
- Pectorals



Dimensions (LxWxH)*: 1314 x 1398 x 1489 mm (52 x 55 x 59 in)

Machine Weight:		Weight Stacks**:	
Standard:	270 kg (595 lbs)	Standard:	100 kg (200 lbs)
Plus:	306 kg (675 lbs)	Plus:	130 kg (260 lbs)



CHEST PRESS MED

Standard C97000
Plus C97030

- Muscles:**
- Pectorals
 - Deltoids
 - Triceps



Dimensions (LxWxH)*: 1350 x 1450 x 1690 mm (53 x 57 x 66 in)

Machine Weight:		Weight Stacks**:	
Standard:	276 kg (608 lbs)	Standard:	100 kg (200 lbs)
Plus:	312 kg (688 lbs)	Plus:	130 kg (260 lbs)



LOW ROW MED

Standard C98000
Plus C98030

- Muscles:**
- Latissimus dorsi
 - Biceps
 - Rhomboid



Dimensions (LxWxH)*: 1055 x 1226 x 1489 mm (41 x 48 x 59 in)

Machine Weight:		Weight Stacks**:	
Standard:	236 kg (520 lbs)	Standard:	95 kg (190 lbs)
Plus:	278 kg (613 lbs)	Plus:	130 kg (260 lbs)



GLUTE MED

C97900

- Muscles:**
- Gluteus



Dimensions (LxWxH)*: 1240 x 1307 x 1800 mm (49 x 51 x 71 in)

Machine Weight:		Weight Stacks**:	
Standard:	262 kg (578 lbs)	Standard:	70 kg (140 lbs)
Plus:	NO	Plus:	NO



MULTI HIP MED

Standard C96700
Plus C67530

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



Dimensions (LxWxH)*: 1220 x 1123 x 1530 mm (48 x 44 x 60 in)

Machine Weight:		Weight Stacks**:	
Standard:	275 kg (606 lbs)	Standard:	95 kg (190 lbs)
Plus:	312 kg (688 lbs)	Plus:	125 kg (250 lbs)

* Length x Width x Height

** Integrated Smart Pin (optional weight stack increment 2.5 kg / 5 lbs)



VERTICAL TRACTION MED

Standard C97100
Plus C97130

Muscles:
- Dorsal
- Biceps



Dimensions (LxWxH)*: 1450 x 1386 x 1888 mm (57 x 55 x 74 in)

Machine Weight:

Standard: 297 kg (655 lbs)

Plus: 333 kg (734 lbs)

Weight Stacks:**

Standard: 100 kg (200 lbs)

Plus: 130 kg (260 lbs)



LAT MACHINE MED

Standard C91200
Plus C91230

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



Dimensions (LxWxH)*: 1243 x 1202 x 2280 mm (49 x 47 x 90 in)

Machine Weight:

Standard: 216 kg (476 lbs)

Plus: 246 kg (542 lbs)

Weight Stacks:

Standard: 100 kg (200 lbs)

Plus: 130 kg (260 lbs)



CABLE JUNGLE MED

C982

Length: 1918 mm 75 in

Width: 1679 mm 66 in

Height: 2290 mm 90 in

Weight: 518 kg 1142 lbs

Weight Stacks:

Standard: 50/70 kg (100/140 lbs)



MULTIPOWER MED

C95300

Length: 1381 mm 54 in

Width: 2097 mm 82 in

Height: 2500 mm 98 in

Weight: 209 kg 461 lbs



CRUNCH BENCH MED

CP915

Length: 1440 mm 57 in

Width: 657 mm 26 in

Height: 852 mm 33 in

Weight: 49 kg 108 lbs



HORIZONTAL BENCH

C9P24

Length: 1823 mm 72 in

Width: 1642 mm 65 in

Height: 1267 mm 50 in

Weight: 83 kg 183 lbs



ADJUSTABLE BENCH MED

CP920

Length: 1171 mm 46 in

Width: 697 mm 27 in

Height: 528 mm 21 in

Weight: 37 kg 82 lbs



LOWER BACK BENCH MED

CP925

Length: 1215 mm 48 in

Width: 661 mm 26 in

Height: 722 mm 28 in

Weight: 37 kg 82 lbs

* Length x Width x Height.

** Integrated Smart Pin (optional weight stack increment 2.5 kg / 5 lbs)

Accessories Kit for Leg Press (patent pending)

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 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 01001233

Easy to set on 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" (open)



BIG SKIMMY 06001727

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

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



FOAM MAT 01001234

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"



CALCANEUS SUPPORT 06001726

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

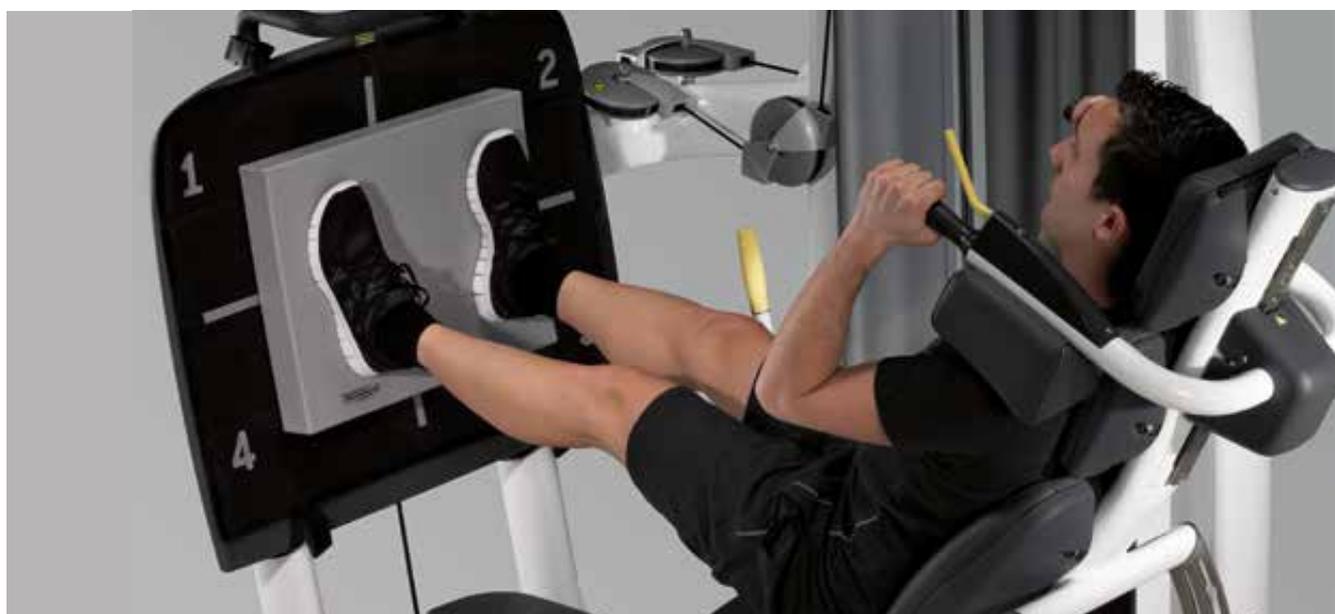
Dimensions (L x W x H):
70 x 188 x 185 mm / 2" x 7" x 7"



CALF TRAINER 06001728

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"



Element+ Inclusive

Totally in line with the idea of style and quality on a budget, **Element+** has improved its contents and design while maintaining a value for money solution for all customers.

IFI compliant products
Compliant to 93/42/EEC.



BIOMOTION

This concept, developed by Technogym's Medical and Scientific Research Centre, is based on an extensive study of the functional anatomy of single muscles and their behaviour in compound movements. The application of these studies to our selectorised equipment has resulted in a design that reproduces the natural movement of the body through the selected range of motion. Resistance remains steady during the entire range of motion, making the movement exceptionally fluid.

ERGOADJUSTMENT

There are very few settings on each piece of equipment, and all can be easily reached from the workout position. Also, wherever possible, the adjustment controls are placed in consistent locations across the line.

VISUAL SET UP

The levers, buttons and pins are bright yellow and extremely visible, so even the most inexperienced user can easily spot and correctly set up the equipment, without help from the trainer.

SWING AWAY SEAT

All upper body machines have a swing away seat to allow wheelchair users to position themselves easily and effectively.

IMPROVED SAFETY

All adjustments on the strength machines use an innovative single pull-release mechanism.

SMART PIN

This optional feature is integrated into the top of the weight stack and allows the user to select an additional incremental plate that is half the weight of those in the rest in the stack. This makes it possible for users to more gradually increase their load.

IMPROVED ERGONOMICS

New tactile numbers, new pin and smart pin, to allow the blind and visually impaired users to use the machines.

OPTIONAL ACCESSORIES

- Step for easy access A0000437





LEG EXTENSION INCLUSIVE

CB30

Sharing some of the same Inclusive design features as the Leg Curl Inclusive, the Leg Extension Inclusive also benefits from an ergonomically designed thigh support cushion to minimize pressure on the knee. The range of motion lever is easily adjusted from the start position to accommodate a variety of user abilities.

Length:	1270 mm	50 in
Width:	1040 mm	41 in
Height:	1420 mm	56 in
Weight:	200 kg	441 lbs

Weight Stacks*:

Standard:	80 kg	160 lbs
Plus:	100 kg	200 lbs

* Optional: Smart Pin (2.5 kg -5 lbs weight stack increment)



Muscles:
- Quadriceps



LEG CURL INCLUSIVE

CB35

Designed to provide an effective workout for all users, the Leg Curl Inclusive has a new seat design to allow the user to adjust the position from either side, single-handed and from a seated position. The seat and back adjust together in a single movement to ensure consistent set up and minimize hamstring constriction.

Length:	1270 mm	50 in
Width:	1040 mm	41 in
Height:	1420 mm	56 in
Weight:	220 kg	485 lbs

Weight Stacks*:

Standard:	80 kg	160 lbs
Plus:	100 kg	200 lbs

* Optional: Smart Pin (2.5 kg -5 lbs weight stack increment)



Muscles:
- Hamstrings



LEG PRESS INCLUSIVE

CB50

Developed for a complete lower body workout. Adjustments on both sides of the seat allow correct positioning from the seated position. The large footplate enables a variety of exercises whilst shock absorbers gradually decelerate the carriage at the end of the movement.

Length:	2100 mm	83 in
Width:	1150 mm	45 in
Height:	1520 mm	60 in
Weight:	570 kg	1257 lbs

Weight Stacks:

Standard:	200 kg	400 lbs
Plus:		NO



Muscles:
- Quadriceps
- Gluteus
- Hamstrings
- Gastrocnemius
- Soleus



CHEST PRESS INCLUSIVE

CB20

Designed to maximise training results, the Chest Press provides a number of handle positions for comfort and variety, whilst the converging and independent arm motion enables users to achieve a balanced and effective workout through a natural range of motion. Chest Press has a swing away seat to allow wheelchair users to position themselves easily and effectively.

Length:	1390 mm	55 in
Width:	830 mm	33 in
Height:	1620 mm	64 in
Weight:	190 kg	419 lbs

Weight Stacks*:

Standard:	90 kg	180 lbs
Plus:	120 kg	240 lbs

* Optional: Smart Pin (2.5 kg -5 lbs weight stack increment)



Muscles:
- Pectorals
- Deltoids
- Triceps



LOW ROW INCLUSIVE

CB95

The centre grip allows the user to support themselves when training one side at a time. The shape of the arms and the swing-away seat enable the user to find the optimal position for the exercise. Low Row has a swing away seat to allow wheelchair users to position themselves easily and effectively.

Length:	1240 mm	49 in
Width:	820 mm	32 in
Height:	1420 mm	56 in
Weight:	170 kg	375 lbs

Weight Stacks*:

Standard:	90 kg	180 lbs
Plus:	120 kg	240 lbs

* Optional: Smart Pin (2.5 kg -5 lbs weight stack increment)



Muscles:
- Latissimus dorsi
- Biceps
- Rhomboids



SHOULDER PRESS INCLUSIVE

CB15

The seat and back rest are designed to ensure that users can fully engage in their exercises without discomfort. The converging arc of movement provides a feeling similar to training with dumbbells, whilst independent movement arms result in better strength improvement symmetry. Shoulder Press has a swing away seat to allow wheelchair users to position themselves easily and effectively.

Length:	1440 mm	57 in
Width:	870 mm	34 in
Height:	1420 mm	56 in
Weight:	190 kg	419 lbs

Weight Stacks*:

Standard:	80 kg	160 lbs
Plus:	100 kg	200 lbs

* Optional: Smart Pin (2.5 kg -5 lbs weight stack increment)



Muscles:
- Deltoids
- Triceps



Ercolina Rehab Inclusive

The compact and multifunctional **Ercolina Rehab Inclusive** offers a smaller footprint than the **Radiant** with no compromise on the variety of exercises available. Designed to provide supportive side handles, easy adjustments and accessibility for wheelchairs, **Ercolina Rehab Inclusive** is a highly versatile alternative to Radiant Inclusive.

IFI compliant product
Compliant to 93/42/EEC.



TECHNICAL SPECS.

C959

Length:	780 mm	31 in
Width:	685 mm	27 in
Height:	2420 mm	95 in
Weight:	130 kg	287 lbs
Weight Stacks:		
Standard:	27,5 kg	55 lbs
Plus:	50 kg	100 lbs
Oversize:	65 kg	130 lbs

IMPROVED SAFETY

All adjustments on the strength machines use an innovative single pull-release mechanism.

IMPROVED ERGONOMICS

New tactile numbers, new pin and smart pin, to allow the blind and visually impaired users to use the machines.

A REALLY INCLUSIVE PRODUCT

The appearance of the equipment does not differ from the non inclusive version so Inclusive Line cannot be determined from other equipment on the gym floor for a truly non-discriminating environment.

FEATURES:

- Designed to provide an easily accessible cable system for all users
- Single-handed adjustments of the pulley to enable a multitude of exercises and smooth transition into position
- Tactile numbering assists to correctly position the cable and help visually impaired users
- Universal instruction chart for clear explanation of key exercises
- Low start weight provides ease of access to many different exercises
- Styled to have the same family feel in order to provide a strong sense of continuity in a gym's interior design
- Stability handles for support during exercises.

Radiant Inclusive

A unique multifunctional cable machine, **Radiant** provides an infinite number of possible exercises with progressions through incremental adjustments in cable height and positioning. The integrated bench is a stable and ergonomically designed platform from which both single and multi-cable exercises can be performed with greater variety.

IFI compliant product
Compliant to 93/42/EEC.



TECHNICAL SPECS.

C988

Length:	2486 mm	98 in
Width:	860 mm	34 in
Height:	2420 mm	95 in
Weight:	400 kg	882 lbs
Weight Stacks:	50 kg	100 lbs

IMPROVED SAFETY

All adjustments on the strength machines use an innovative single pull-release mechanism.

IMPROVED ERGONOMICS

New tactile numbers, new pin and smart pin, to allow the blind and visually impaired users to use the machines.

ERGONOMIC BENCH

The new bench shape provides added stability to safeguard and contain users with weak stabiliser muscles.

FEATURES:

- Designed to provide an easily accessible cable system for all users
- Single-handed adjustments of the pulley to enable a multitude of exercises and smooth transition into position
- Tactile numbering assists to correctly position the cable and help visually impaired users
- Universal instruction chart for clear explanation of key exercises
- Low start weight provides ease of access to many different exercises
- Styled to have the same family feel in order to provide a strong sense of continuity in a gym's interior design
- Stability handles for support during exercises.

Vario Pulley

Regaining strength and strength training are essential aspects of all sport and rehabilitation. The original technical features of this unique, innovative machine make it ideal for exercising the main muscle groups across a range of different trajectories, either symmetrically, singly or in alternating routines.

Specific IFI compliant version available for the UK market only.
Code: D665.



TECHNICAL SPECS.

C660

Length:	820 mm	32 in
Width:	1018 mm	40 in
Height:	2425 mm	96 in
Weight:	200 kg	400 lbs

DOUBLE CABLE

The **Vario Pulley** has a range of 37 different pull-out height settings, with the setting holes 5 cm (2") apart, to cater for the needs of all users. Double adjustable cable pull-out, with adjustable height and direction, for training with a perfect range of motion, either symmetrically, singly or alternating.

WORKLOAD DUPLICATOR

Thanks to the patented exclusive duplicator system, the resistance on the weights and elastic bands can be doubled by means of a simple lever. In isotonic mode, the workload on the **Vario Pulley** can be increased gradually, in 300 g steps for the first 4 plates, then in 800 g steps for the rest of the plates. The maximum workload is 28 kg (62 lbs).

ROTATING SYSTEM

Vario Pulley is the only machine of its kind on the market that also integrates elastic resistance. Elastic resistance is extremely effective throughout the entire rehabilitation process, from the initial muscle strengthening stages to the recovery of a sporting action.

LAT BAR SUPPLIED

The **Vario Pulley** comes with high cable pull-out and lat bar as standard, allowing a wider range of potential exercises.

OPEN HANDLES

Technogym has designed a special open handle to prevent the cable rubbing on the forearm in pushing movements, a problem typically in cable machines.

The open handle is available on order as an accessory (single handle code A0000143AA).

EASIER ACCESS

The functionality of the **Vario Pulley** is further heightened by its design. The circular front base gives wheelchair users easy access to the controls.

Dual Adjustable Pulley

Dual Adjustable Pulley is the latest addition to the Element+ strength line. With its user-friendly design and advanced biomechanics, this new cable motion machine enables your users to maximize their strength, power output and speed.



TECHNICAL SPECS.

MB430 / MB436

Length:	1450 mm	57 in
Width:	1196 mm	47 in
Height:	2324 mm	91 in
Weight MB430:	653 kg	1440 lbs
Weight MB436:	785 kg	1731 lbs
Weight Stacks:		
Standard:	35 kg	70 lbs
Plus:	50 kg	100 lbs

POWER MODE SYSTEM (patent pending)

The innovative patent pending system ensures a totally smooth and fluid movement, enabling users to focus firstly on increasing and maximising strength and, secondly, on building power and speed. The special elastic cable used in the Power Mode System counteracts the effect of inertia caused by the weight stack rebound, enabling users to perform explosive exercises safely and effectively.

ONE HAND ADJUSTMENT

With most cable machines height adjustment is often difficult, requiring both hands and a fair amount of strength. The Cable Exit System (patent pending) device enables an easy, effortless single-handed adjustment. Users can select from 36 possible cable positions according to their size and exercise.

ERGONOMIC MULTI-ANGLE HANDLES

The handles for chinups offer diverse grip options to perform specific movements and engage different muscles. The integrated step makes reaching up for the handles simple.

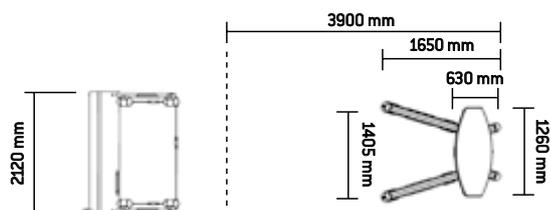
INTEGRATED ACCESSORY HOLDERS

Located below the weight stacks on each side, this useful space helps to keep the work out area safe, clean and accessible.

TRAINING AND EDUCATIONAL SUPPORT

The Yellow Visual Set Up guides the user with making any adjustments. In addition, the equipment comes with a Visual Learning kit to provide additional training support.

Kinesis One



TECHNICAL SPECS.

M5800

Weight:	365 kg (805 lbs)
Max. effective load in the hand:	39.5 kg (87 lbs) for each weight stack
Weight stack (nominal load):	79 kg (158 lbs) x 2 weight stacks, adding up to 158 kg (316 lbs) kg total weight

Kinesis is a cable-based equipment incorporating weight stacks. It allows for a vast range of movements of all body areas which ensure simultaneous involvement of balance, strength, flexibility and stability. The specific technical characteristics of this product are defined as FullGravity Technology, an innovation which provides a load in every spatial plane. It encourages to move freely and enjoyably, facilitating rather than hindering execution and making for natural movement.

Developed as a free standing unit with a reduced footprint, **Kinesis One** provides a complete training solution. Thanks to the versatility of **Kinesis**, functional rehabilitation principles can be applied in treating different patient types.

A CONTINUOUS CABLE LOOP SYSTEM

This technology enables a reduction in interference that the cable may have with the body, especially during "push" movements. They adapt automatically to hand position and body type.

DOUBLE WEIGHT STACKS

Each cable manages one single weight stack, each one thus remaining independent from the other. This solution allows greater freedom in defining the exercises and selecting the most suitable load.

3D PULLEY SYSTEM

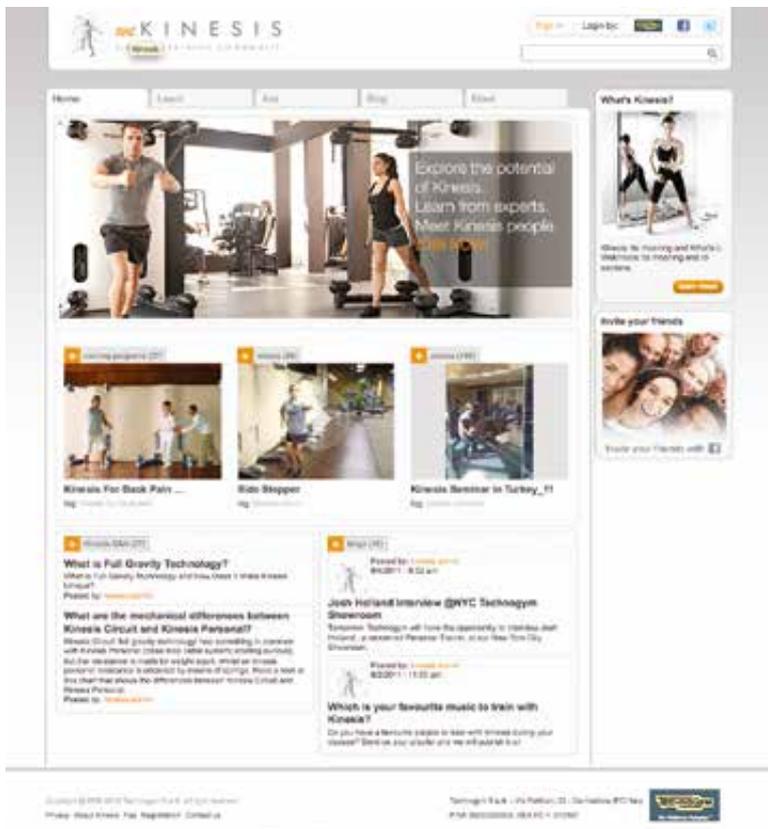
Kinesis incorporates a 360° rotating pulley system which enables movement on three planes. The system allows the user to move freely without cable interference and provides resistance to all possible body movements.

INCREMENTAL RESISTANCE

Resistance varies gradually, according to the increase in movement range. Consequently, the actual load is different to the selected load. This feature can be used to vary the resistance during exercising, without changing the set load. This type of resistance is comparable to elastic resistance.

Compliant to 93/42/EEC.





WEKINESIS.COM, THE NEW TECHNOGYM WEB COMMUNITY

WeKinesis is the new web community dedicated to **Kinesis**. Physiotherapists and owners of rehabilitation centres can discover and share their passion for functional training with **Kinesis**. WeKinesis offers a vast source of videos, photographs and programmes for a 360° view of the very best of **Kinesis**.

www.wekinesis.com



Kinesis Stations

Kinesis Stations are easy to use equipment combining the benefits of functional strength with the simplicity of more conventional equipment, to advance progressively from a guided and easy routine to a more free and natural training. A wide variety of exercises and progressions, free and without limitations, to be performed either completely independently or supported. Complete training which establishes the correct balance between body and mind, improving quality of life.

Compliant to 93/42/EEC.





PRESS

MH200M

Length when not in use:	1280	mm	50	in
Width when not in use:	1190	mm	47	in
Height when not in use:	1520	mm	60	in
Total weight:	290	kg	639	lbs
Standard weight stack:	70	kg	140	lbs
Plus weight stack:	95	kg	190	lbs



OVERHEAD PRESS

MH150M

Length when not in use:	1400	mm	55	in
Width when not in use:	1190	mm	47	in
Height when not in use:	1450	mm	57	in
Total weight:	260	kg	573	lbs
Standard weight stack:	40	kg	80	lbs
Plus weight stack:	60	kg	120	lbs



LOW PULL

MH950M

Length when not in use:	1280	mm	50	in
Width when not in use:	1650	mm	65	in
Height when not in use:	1450	mm	57	in
Total weight:	310	kg	684	lbs
Standard weight stack:	70	kg	140	lbs
Plus weight stack:	95	kg	190	lbs





HIGH PULL

MH300M

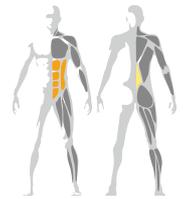
Length when not in use:	1280	mm	50	in
Width when not in use:	1650	mm	65	in
Height when not in use:	1870	mm	74	in
Total weight:	320	kg	706	lbs
Standard weight stack:	70	kg	140	lbs
Plus weight stack:	95	kg	190	lbs



CORE

MH650M

	Core Crunch		Core Rotation	
Length when not in use:	1280	50	1280	50
Width when not in use:	1180	46	1180	46
Height when not in use:	2000	79	2000	79
Total weight:	315	695	315	695
Standard weight stack:	43.75	87.5	27.5	55
Plus weight stack:	53.75	107.5	37.5	75



STEP/SQUAT

MH670M

Length when not in use:	1280	mm	50	in
Width when not in use:	1660	mm	65	in
Height when not in use:	1450	mm	57	in
Total weight:	350	kg	772	lbs
Standard weight stack:	60	kg	120	lbs
Plus weight stack:	95	kg	190	lbs



Kinesis One Accessories



UNIVERSAL KINESIS LOCK
A0000332



ANKLE STRAP
A0000333



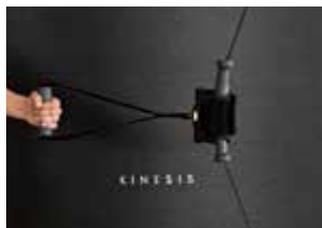
KINESIS BELT
A0000334



DOUBLE LOOP HANDLE
A0000336



THIGH STRAP
A0000335



ROTATING HANDGRIP
A0000337



WOODEN STEP
A0000342



CONNECTOR
A0000353



WOBBLE BOARD
A0000214AA



FOAM MAT
A0000268AA



ROCKER BOARD
A0000213AA



FOAM ROLLER
A0000269AA



STRETCHING MAT
A0000270AA



WELLNESS BALL HOOP
A0000267AA



WELLNESS BALL
A0000260AA
A0000261AA

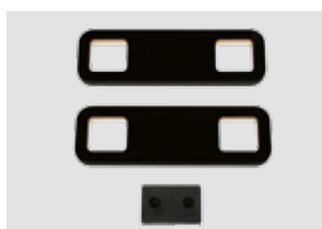


CARABINER ADAPTER
A0000383 (Set of 6 pieces)
Carabiner
OK000390AA (1 piece)

KINESIS ONE ACCESSORY PACKAGE A0000459 - The accessory package contains the following existing articles:

A0000332	Universal Kinesis Lock	2 pcs.	A0000334	Kinesis Belt	1 pc.
A0000333	Ankle Strap	2 pcs.	A0000261AA	Wellness Ball Silver Ø 65 cm	1 pc.

Kinesis Stations Accessories



BACK TO BACK FIXING KIT
A0000551



POWER MODE SYSTEM (Patent pending)
A0000526

ARKE

The ARKE Core Centric Training method provides immediate and progressive results, trains and develops the whole body from head to toe and improves all movements through working on the Core.



THE PRINCIPLES OF CORE CENTRIC TRAINING

As a functional training method, Core Centric Training enhances natural day-to-day movements and the effectiveness is based on freedom of movement and involvement of all physical components. This method works in an overall fashion involving all muscles, thus improving the therapeutic treatment effect.

FROM BASIC TO ADVANCED

Core Centric Training increases coordination, stability, balance, flexibility, strength and power. Speed-agility-reaction time and cardio respiratory capacity are also gradually improved. The variety of exercises, made possible by Core Centric Training, allows people to progress from a basic level to an extremely advanced level of training.

INNOVATIVE TOOLS

Pendulum: consists of a pole with holes made in it at various heights, to which a weighted ball is added; using the various positions of the ball along the rod, the lever arm changes and, with it, the resistance that the user must oppose.

Twin Clubs: two clubs which can be used separately or together, by means of the innovative connecting system. By combining the two clubs in different ways, the centre of gravity can be made symmetrical or asymmetrical.

Water 8 Ball: a piece of equipment made up of two half balls filled with water and joined together, which allows people to train by opposing the movement of the mass of water.

KIT MEDICAL A0000587

Air Ball	2 pcs.	Balance Pad	1 pc.	Medicine Ball 3 kg	1 pc.
Wellness Ball Ø 55 cm	1 pc.	Kettle Block 3 kg	2 pcs.	Medicine Ball 5 kg	1 pc.
Wellness Ball Ø 65 cm	1 pc.	Water 8 Ball	1 pc.	Pendulum	
Balance Dome	1 pc.	Water Ball 2.5 kg	1 pc.	(with 5 kg and 10 kg balls)	1 pc.
Stability Disk	2 pcs.	Water Ball 5 kg	1 pc.	Twin Club	
Foam Roller	1 pc.	Water Ball 10 kg	1 pc.	(each Club weighs 3 kg)	1 pc.



AIR BALL



WELLNESS BALL 55 CM / 65 CM



MEDICINE BALL 3 KG / 5 KG



WATER 8 BALL



WATER BALL 2.5 KG



WATER BALL 5 KG



WATER BALL 10 KG



STABILITY DISK



FOAM ROLLER



BALANCE PAD



KETTLE BLOCK 3 KG



BALANCE DOME



PENDULUM



TWIN CLUB

OPTIONAL PENDULUM ARKE

A0000584 Plate 40 x 40 cm, 10 kg



PLATE

FLEXability

Allows the effective stretching of the anterior and posterior muscle chains with exclusive features for comfort, safety and usability. Thanks to the exclusive Selflex system (patent pending), the extent of muscle elongation is gently modulated by the gradual and proportional intervention of their own weight, thereby avoiding potentially dangerous situations.



VISUAL FEEDBACK

FLEXability is the only range of equipment that can measure the progress of articular flexibility, by means of the integrated feedback system relating to progress and results, which results in keeping users motivated and stimulated.

SAFETY BRAKE SYSTEM

Each machine is equipped with a brake system for total equipment stability, in order that users can maintain the stretch position in complete safety and comfort.

The brake system also enables the user to switch mode, progressing gradually from the static to the dynamic mode.

BODYPRINT

The **FLEXability** line uses 'Memory' high density filling for back supports, seats and anterior rolling carts.

This innovative new material guarantees maximum exercise comfort as the special filling moulds to the individual's actual body shape.

STRETCHING ANGLE REGULATION

The anterior machine rolling cart features three different stretching angles – at 0°, 20°, 45° – to expand the range of exercises and increase the lengthening of thigh muscles.

HEADREST

The posterior machine features an adjustable support to enable user's to assume the most comfortable and ergonomically correct position for their vertebral column.

EASY TO MOVE

The **FLEXability** line is equipped with an integrated wheel system that makes it easy to move should you want to make space available for other activities.

Compliant to 93/42/EEC.

FLEXABILITY METHOD: THE FUTURE OF STRETCHING

Technogym's Scientific Research Department has developed the **FLEXability** Method, which provides a logical and systematic approach to stretching exercises involving a progression of duration and execution.

The **FLEXability** line is the first and only equipment that enables users to:

- Carry out safe and appropriate exercises to lengthen the main muscle groups
- Measure and control the extent of muscle elongation at each training session
- Establish the progression of each stretching position

ASSESSMENT

During the first session and at regular intervals, the machine tests both the physical condition and progress made in order to customise the training programme.

STATIC MODE

This involves the maintenance of a specific position required to lengthen the selected muscles, mono or multiarticular.

DYNAMIC MODE

This involves the opportunity of performing multiple sequences of contractions (isometric, concentric, eccentric), relaxation and elongation without any assistance (PNF technique).

PROGRESSION

Progression may refer to how long a position is held, the extent of muscular lengthening or the progress from the static-only mode to the dynamic mode, with various combinations.



ANTERIOR

ME05

The machine maintains the correct asset of the spine and the core whilst providing a modulated lengthening of the anterior muscles of core-back-legs. Comfort, stability and easy access ensure that ANTERIOR is suitable for all types of users and most beneficial to those who stay sitting for long lengths of time.

Length:	1930 mm	76 in
Width:	570 mm	22 in
Height:	1240 mm	49 in
Machine weight:	60 kg	132 lbs



Muscles:

- Rectus abdominis
- Iliacus
- Psoas
- Quadriceps (globally)
- Rectus femoris
- Tibialis anterior
- Gluteals contralateral
- Peri-articular hip muscles



POSTERIOR

ME10

The machine enables a soft and progressive lengthening of all posterior chain muscles with variations on the level of engagement of the different muscles. Users, who spend a considerable amount of time on their feet, will benefit greatly from the raised-up legs position.

Length:	2080 mm	82 in
Width:	885 mm	35 in
Height:	1250 mm	49 in
Weight:	85 kg	187 lbs



Muscles:

- Spine muscles
- Low back muscles
- Gluteals
- Semitendinosus
- Biceps femoris
- Peri-articular hip muscles
- Gastrocnemius
- Soleus
- Foot plantar flexors

Easy Line

Technogym has employed its vast resources and experience in researching and developing gym equipment, for the past 25 years, to develop the **Easy Line** circuit. By applying the principles of biomechanics and ergonomics, traditionally associated with Technogym brand, it has provided **Easy Line** with great comfort and ease of use.



EASY GRIP

The ergonomic handgrip is made of special extra-resistant, hygienic, odour-free injection moulded polyurethane material.

EASY START

The Leg Press is equipped with a pre-start system that reduces knee-flexion at the beginning of the exercise, without limiting the range of movement.

EASY ON THE KNEE

Studies carried out by Technogym Scientific Centre have led to the creation of an anatomically contoured knee support to minimise pressure on the back of the knee.



EASY SEAT

The seat design has received great attention and represents the characteristic element of the **Easy Line** style. The shaped seat guarantees stability and comfort during exercise. The contour of the backrest mirrors the physiological curve of the spinal column and provides optimal stabilisation to all users.

EASY PAD

The Leg Extension/Leg Curl and the Leg Press stations are equipped with an adjusting pad. This allows shorter users to align the knee with the machine fulcrum and to keep the correct position on the equipment.

EASY FIT

Pads and retaining rolls are designed to fit different shapes and sizes. Their special V shape provides extra support and holds the limbs in place during exercise. This way users never lose contact or resistance and maintain the correct position at all times.



HYDRAULIC RESISTANCE PISTON TECHNOLOGY

Technogym has selected the best hydraulic pistons developed for the automotive and motorcycle sector and has turned them into **Easy Line**'s driving force. Under Technogym's Quality Insurance System the hydraulic pistons undergo and successfully pass very strict stress and durability tests that exceed one million cycles (automotive tests require only 500,000 cycles).

Compliant to 93/42/EEC.



SHOULDER PRESS - LAT PULL

CC15

- This machine reproduces pushing and pulling movements of the upper limbs, on the frontal plane, involving agonistic and antagonistic muscle chains
- The shaped seat guarantees stability and comfort during exercise
- The contour of the backrest provides optimal stabilisation

Length:	970	mm	38	in
Width:	780	mm	31	in
Height:	1870	mm	74	in
Weight:	48	kg	106	lbs



Muscles:

- Deltoid
- Trapezius
- Latissimus dorsi



CHEST - BACK

CC20

- This machine reproduces pushing and pulling movements of the upper limbs, on the sagittal plane, involving agonistic and antagonistic muscle chains
- The shaped seat guarantees stability and comfort during exercise
- The contour of the backrest provides optimal stabilisation

Length:	1210	mm	48	in
Width:	820	mm	32	in
Height:	1270	mm	50	in
Weight:	44	kg	97	lbs



Muscles:

- Pectorals
- Latissimus dorsi
- Rhomboids



HIP ADDUCTOR - ABDUCTOR

CC05

- This machine reproduces adduction and abduction movements of the lower limbs, involving agonistic and antagonistic muscles
- The shaped seat guarantees stability and comfort during exercise, preventing the thigh from rubbing against it
- The contour of the backrest provides optimal stabilisation

Length:	1400	mm	55	in
Width:	780	mm	31	in
Height:	1430	mm	56	in
Weight:	49	kg	108	lbs



Muscles:

- Tensor Fasciae latae
- Gluteus
- Adductors



LEG EXTENSION - LEG CURL

CC30

- This machine reproduces flexion and extension movements of the knee, involving agonistic and antagonistic muscles
- The shaped seat guarantees stability and comfort during exercise
- The contour of the backrest provides optimal stabilisation
- The anatomic shape of the knee support pad minimises pressure on this area

Length:	1490	mm	59	in
Width:	1110	mm	44	in
Height:	1500	mm	59	in
Weight:	52	kg	115	lbs



Muscles:

- Quadriceps
- Hamstrings

PEC DEC - FLY

CC70

- This machine reproduces adduction and abduction movements of the upper limbs, on the transversal plane, involving agonistic and antagonistic muscle chains
- The shaped seat guarantees stability and comfort during exercise
- The contour of the backrest provides optimal stabilisation
- The convergent shape of the retaining rolls allows users of all body sizes to achieve the most congenial position and to keep contact with the rolls during the exercise.



Muscles:
 - Pectorals
 - Rhomboids
 - Deltoid



Length:	950	mm	37	in
Width:	1220	mm	48	in
Height:	1270	mm	50	in
Weight:	52	kg	115	lbs

BICEPS - TRICEPS

CC55

- This equipment reproduces the flexion and extension movements of the elbow, involving the agonistic and antagonistic muscles
- The shape of the seat ensures stability and comfort
- The foot platform provides optimal stability even for shorter users
- The concave shape of the elbow joints are perfectly aligned with the pivoting action of the equipment during exercise



Muscles:
 - Biceps
 - Triceps



Length:	1126	mm	44	in
Width:	930	mm	37	in
Height:	944	mm	37	in
Weight:	41	kg	90	lbs

SQUAT

CC01

- This machine reproduces bending and extending movements of the lower limbs from the standing position, in a closed kinetic chain
- The back support ensures the correct posture of the spinal column during movement
- The support platform in non-slip polyurethane has been designed at an angle to take the vertical load completely off the back and the knees, for a completely safe movement.



Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings



Length:	1800	mm	71	in
Width:	780	mm	31	in
Height:	1300	mm	51	in
Weight:	65	kg	143	lbs

LEG PRESS

CC50

- This machine reproduces bending and extending movements of the lower limbs from the sitting position, in a closed kinetic chain
- The shaped seat guarantees stability and comfort during exercise
- The open angle between the seat and the backrest has been designed to provide a complete articular excursion to overweight, without crushing the abdomen, ensuring optimal stabilisation



Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings
 - Gastrocnemius
 - Soleus



Length:	2030	mm	80	in
Width:	780	mm	31	in
Height:	1370	mm	54	in
Weight:	80	kg	176	lbs



ABDOMINAL - BACK

CC65

- This machine reproduces flexion and extension movements of the trunk, on the sagittal plane, involving agonistic and antagonistic muscle chains
- The shaped seat guarantees stability and comfort during exercise
- The footrest provides support to users of all body sizes, ensuring good stabilisation



Length:	1300	mm	51	in
Width:	1110	mm	44	in
Height:	1130	mm	44	in
Weight:	53	kg	117	lbs

Muscles:
 - Abdominal rectus
 - Erector spinae



EASY LAMP AND PROGRAMMES

The lamp is already preset with four programmes:

Programme	Green Light	Red Light	Repetition
1:	30 sec.	5 sec.	Cyclic
2:	45 sec.	5 sec.	Cyclic
3:	1 min.	10 sec.	Cyclic
4:	1 min. and 15 sec.	15 sec.	Cyclic

These programmes are based on Easy Line programmes. Operators may customise their own programmes by means of a remote control. The lamp is powered by a rechargeable battery with a 20 hours autonomy or by electricity.

EASY PAD

- Anatomically contoured adjusting pad to enable shorter users to achieve a perfect alignment of the knee with the machine fulcrum and to keep the correct position on the equipment. Provided with the Leg Extension/Leg Curl and Leg Press stations.



PAD HOLDER

A0000319

- This accessory can be ordered separately to store the adjusting pad provided with the Leg Extension/Leg Curl and Leg Press stations.

STEP

A0000281

- This equipment, placed between one machine and the next, represents an intermediate station and enables to walk, step on and off or walk, at a higher level of conditioning
- It is made of polyurethane to absorb impact and to prevent any type of articular trauma to knees and ankles, also for overweight users
- The Step surface is non-slip and provides optimal adherence.

Length:	864	mm	34	in
Width:	382	mm	15	in
Height:	100	mm	4	in
Weight:	5	kg	11	lbs

Marketing Support & Branding

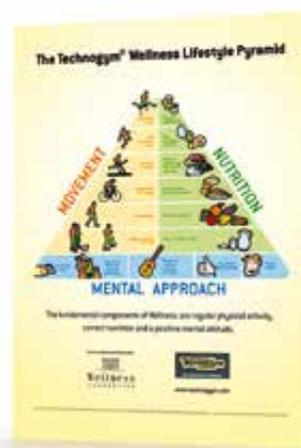
Enhance your facility with promotional and educational tools that approach health issues in a more appealing and user-friendly way.

As our client, you can view our merchandising tools collection and download educational material, images and video from the on-line Marketing Support area.



Wellness Guide

A guide to the wellness style, with information concerning nutrition and exercise.



Wellness Pyramid Poster

The poster shows the main components of a Wellness lifestyle: exercise, healthy habits and a balanced diet.



Wellness poster

An interactive poster with tips and advice for a healthier lifestyle.



Exercise is Medicine – Vol. One and Two

Volume One explores the importance of exercise therapy in relation to various disorders. Volume Two is an extensive library of evidence based exercise programs collected in the Wellness System.



Leaflet mywellness key

A leaflet explaining the importance of physical activity and the benefits of the mywellness key.



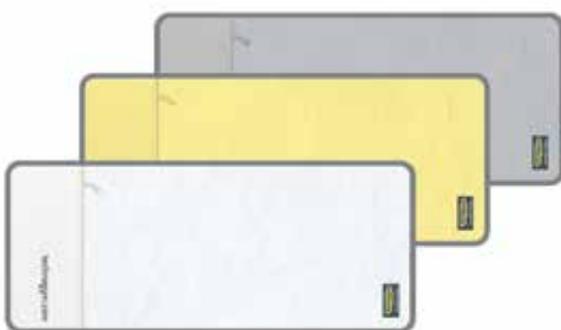
Goniometer

A practical tool for articular range of motion assessment.



Selection Med Ruler

An easy to use tool which helps find the correct workload on Selection Med Leg Press in all the different training modes enabled by the exclusive MRS System.



Towel

An elegant training towel, with a useful pocket.

www.technogym.com/marketingsupport



Partnerships

FORMULA 1

Wellness Partner
Scuderia Ferrari



WELLNESS PARTNER
SCUDERIA FERRARI

SAILING

Official Supplier
Luna Rossa Team



LUNA ROSSA

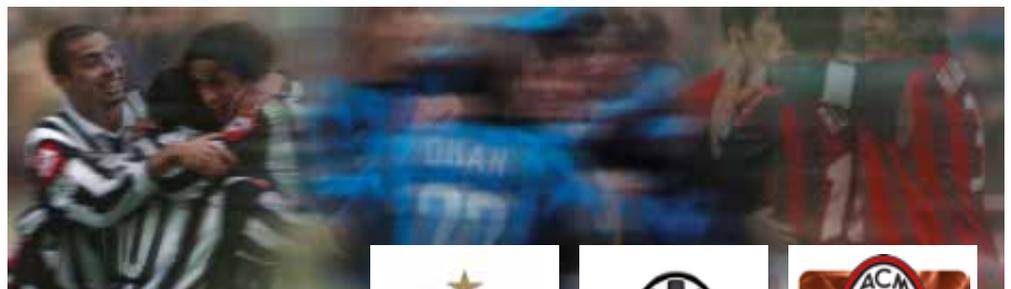
CHALLENGE 2013

FOOTBALL

Official Partner
F.C. Internazionale

Official Supplier
F.C. Juventus

Technical Supplier
A.C. Milan



partner ufficiale
F.C. Internazionale



TECHNICAL
SUPPLIER



London 2012

Beijing 2008

Turin 2006

Athens 2004

Sydney 2000

OFFICIAL SUPPLIER TO THE LONDON 2012 OLYMPIC AND PARALYMPIC GAMES

After exclusively supplying equipment for the Sydney 2000, Athens 2004, Turin 2006 and Beijing 2008, we have been appointed once again as 'Official Fitness Equipment Supplier' to the London 2012 Olympic and Paralympic Games. Technogym has been chosen for its profound experience and for the exceptional quality of its equipment that guarantees both the level of safety and reliability required by athletes and participants in the world's biggest and most-awaited for sports tournament.

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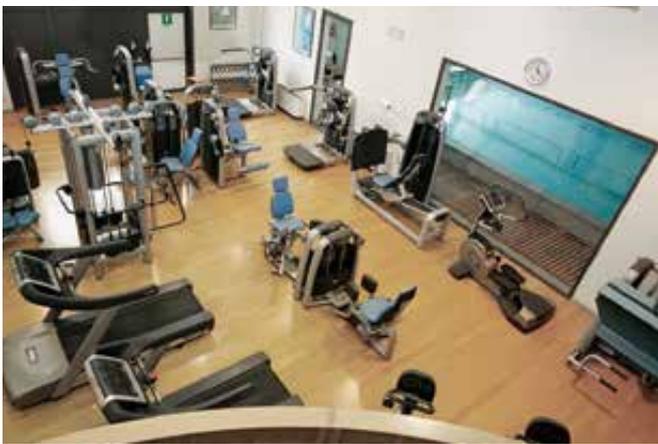
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