

# MYRUN TECHNOGYM®

improve your running





## MYRUN TECHNOGYM®

Designed by runners  
for runners.

MYRUN TECHNOGYM® is designed to offer you the ultimate running experience, personalised training programmes and running technique feedback. It's the first solution for running integrating a treadmill and a native app that syncs to your tablet and that will improve the way you run. Forever.

DISCOVER WHAT'S UNIQUE ABOUT MYRUN TECHNOGYM:



RUNNING RATE



RUNNING MUSIC



TRAINING PROGRAMMES



ADAPTIVE RUNNING SURFACE

MYRUN TECHNOGYM® REGISTERED DESIGN



reddot award 2015  
winner



# Run it.

MyRun App provides you with a richer and more motivating running experience. Download the MyRun App to your tablet\*, position the device on the console and start your journey to becoming a better runner.



MyRun App



PATENT PENDING SINGLE SWITCH

\* Tablet not included

# The choice is yours.

To suit your taste and fit perfectly with your home environment, MYRUN TECHNOGYM is available in two colour versions, Stone Grey and Cosmo Black.

STONE GREY



COSMO BLACK

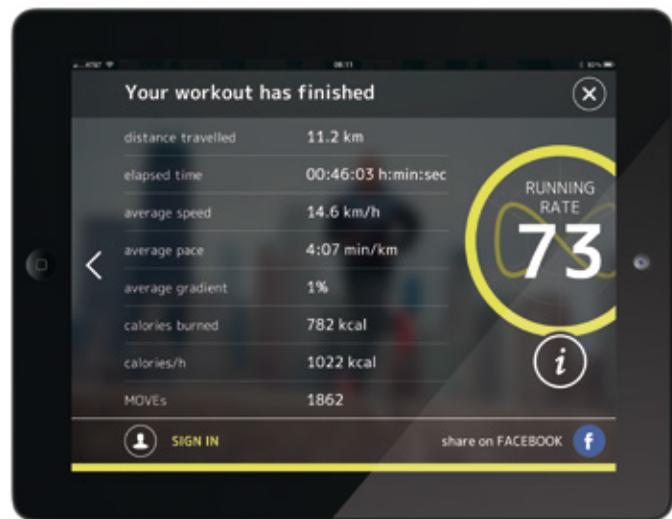




## RUNNING RATE

### Improve your run.

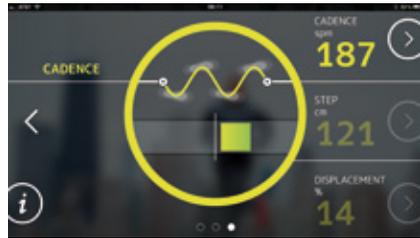
The RUNNING RATE (patent pending) index developed by Technogym® will help you run better and reduce the risk of injury. If you increase your step frequency, but keep your speed constant, your RUNNING RATE will be higher: shorter, more frequent steps could help you run more efficiently and reduce running surface impact.



PATENT PENDING RUNNING RATE

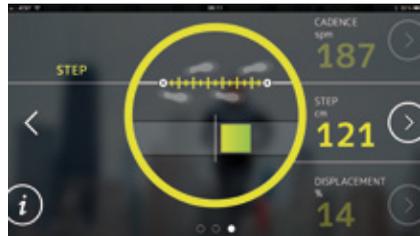


Safer, more efficient running.



### Cadence

Check your number of steps per minute with MYRUN TECHNOGYM so you can work on your RUNNING RATE.



### Step length

Check the length of each step with MYRUN TECHNOGYM to work out the step length which suits you best.



### Displacement

Measure the displacement of your centre of gravity with MYRUN TECHNOGYM: less displacement can improve your running efficiency.

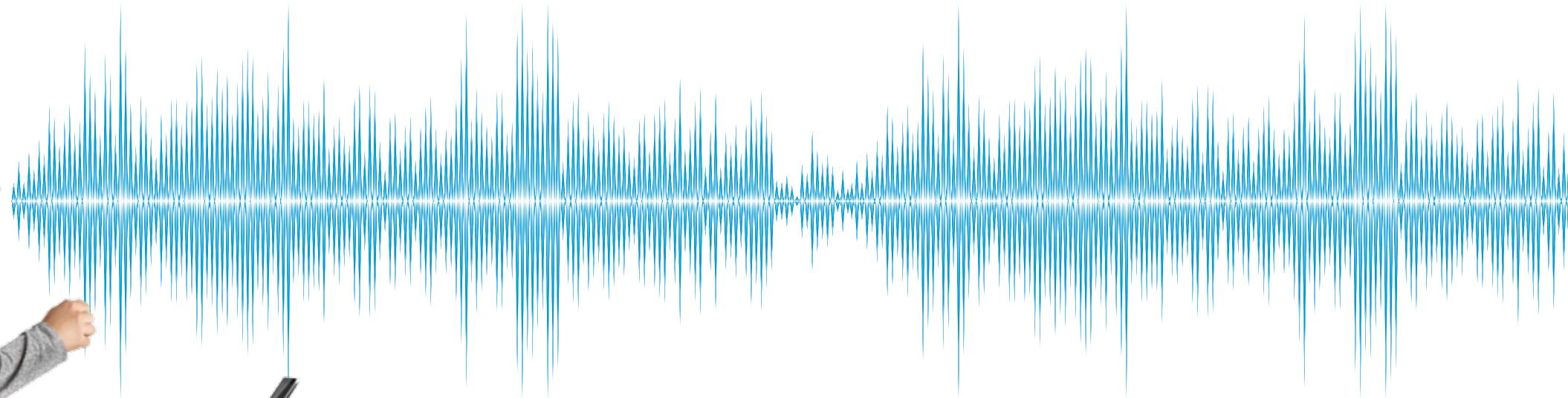
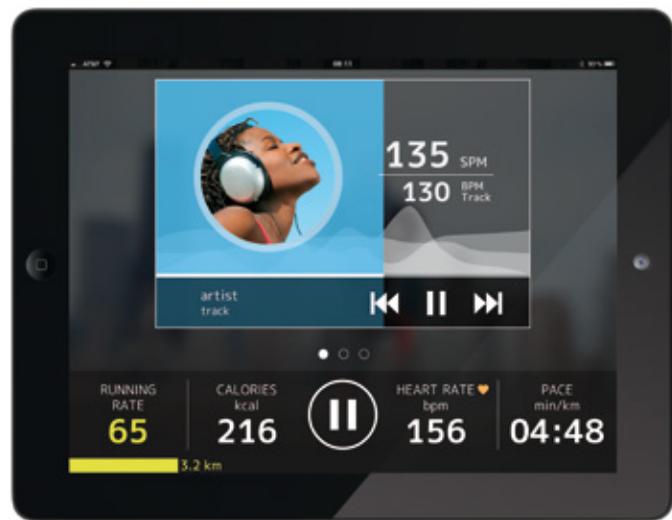




## RUNNING MUSIC

### Run to the beat.

RUNNING MUSIC taps into your music library to select the songs best suited to the rhythm of your run, making MYRUN TECHNOGYM® the first music interactive treadmill ever.





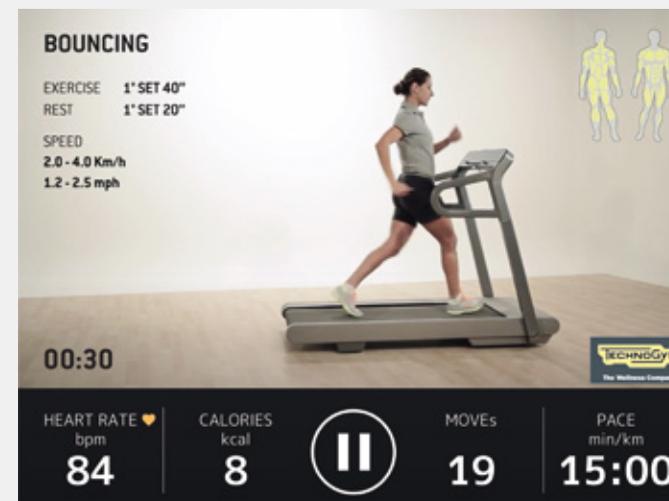
## TRAINING PROGRAMMES

# Whatever your goal, there's a programme for you.

With MYRUN TECHNOGYM® your training is even more fun and effective: you can plan exercises, training sessions and routines shaped around your personal needs.

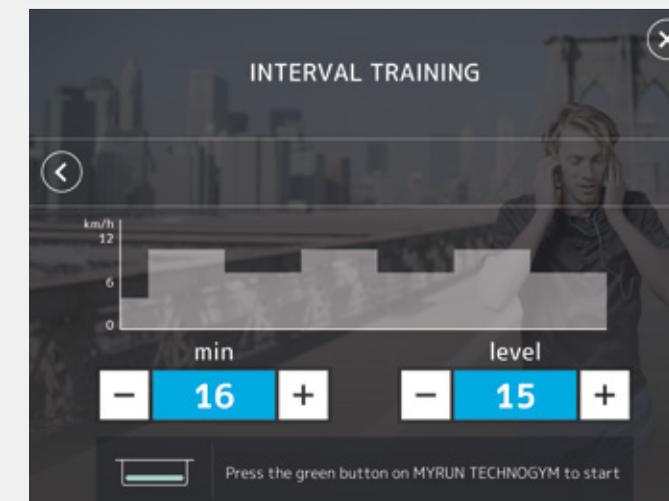


All training programmes are based on the Technogym® Ability Training (TAT) exclusive method for improving running efficiency and safety.



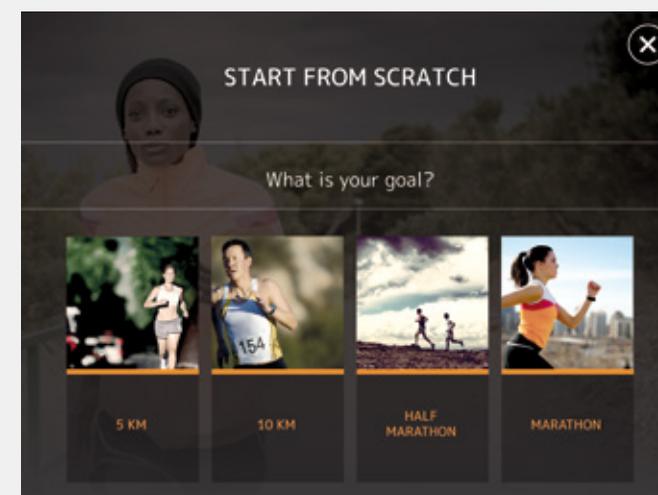
### IMPROVE YOUR RUN

Training programmes help you improve your running technique with targeted exercises.



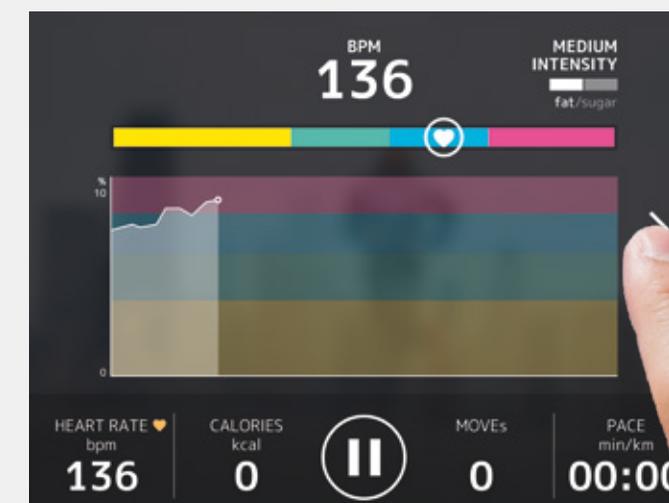
### MAXIMISE YOUR TRAINING

Interval training improves your speed and cardiovascular resistance in the most effective and efficient way.



### CREATE YOUR IDEAL TRAINING PROGRAMME

Create a bespoke programme taking into account how fit you are and how often you can train to achieve your goal on your terms.



### TRAIN AT CONSTANT PULSE RATE (CPR®)

Ensure you stay on track by maintaining the best cardio rate for your goal.



## MYRUNNING LOGBOOK

# Relive your outdoor runs at home.

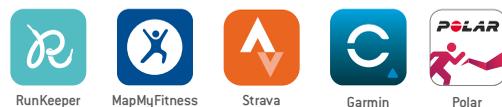
MYRUNNING LOGBOOK enables you to reproduce your favourite outdoor runs on MYRUN TECHNOGYM. Track your outdoor sessions using the Technogym App or other compatible apps and devices so as to repeat each performance when you want and where you want.



Download Technogym App



Compatible apps





ADAPTIVE RUNNING SURFACE

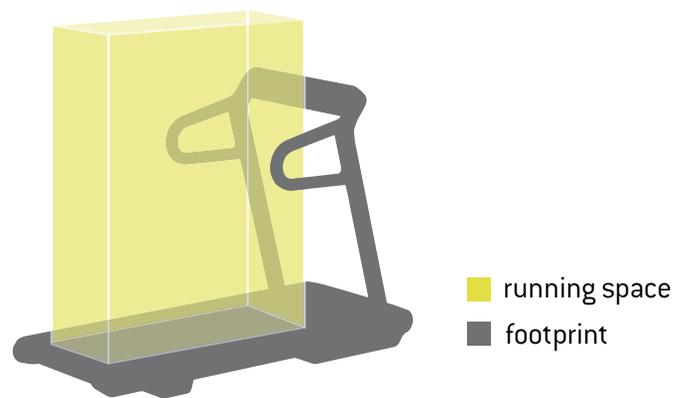
## The perfect mix of damping and rebound.

Our innovative running surface adapts to the way you run and reduces the risk of injury by absorbing impacts without taking momentum away from your run.



## The most space-efficient running surface.

MYRUN TECHNOGYM® brings you the same feeling of space as a professional treadmill, in a compact footprint.



With 55% usable space, MYRUN TECHNOGYM offers the best running space to footprint ratio in its category.



## Silent but powerful.

The smoothest and quietest run, even at 12.4 miles per hour.

## Intelligent and environmentally friendly.

Thanks to the Wake Up Sensor, MYRUN TECHNOGYM recognises when you step onto the treadmill and switches on automatically. It is the only treadmill in its category with low environmental impact due to its extremely reduced power consumption in stand-by mode\*.



\*less than 0.5 W

# Simple, timeless, unique.

Marrying minimalist design and timeless technology, MYRUN TECHNOGYM® makes your running experience truly unique.



- RUNNING RATE
- RUNNING MUSIC
- TRAINING PROGRAMMES
- CONSTANT PULSE RATE (CPR®)
- MYRUNNING LOGBOOK
- ADAPTIVE RUNNING SURFACE
- ENERGY SAVING
- FAST INSTALLATION



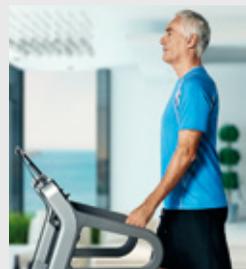
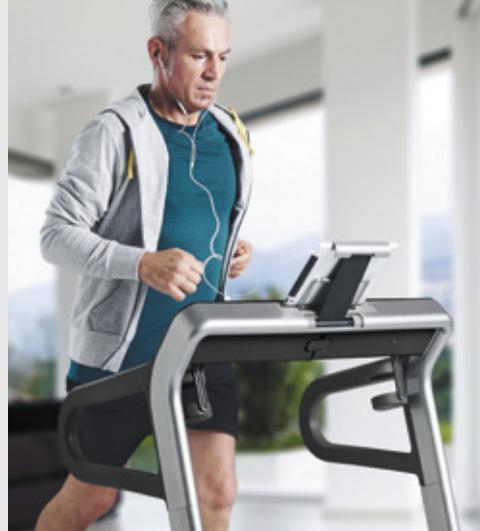
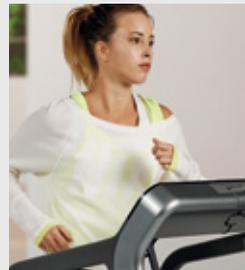
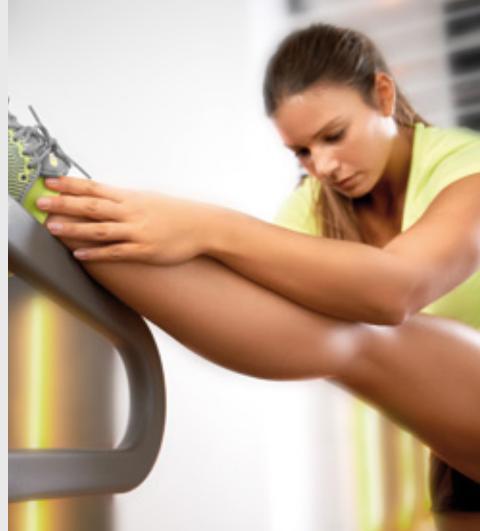
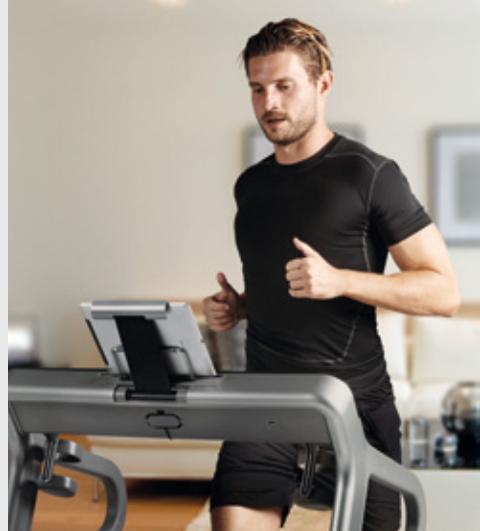
MyRun App



Bluetooth®

- Size:**..... [LxWxH] 1760 x 785 x 1260 mm/ 69.3 x 30.9 x 49.6 in
- Running surface:**..... [LxW] 1430 x 500 mm/ 56.3 x 19.7 in
- Speed:** ..... 0.8÷20km/h ± 5% / 0.5÷12.4 mph ± 5% (0.1 mph increases)
- Incline:** ..... 0÷12% ± 1%
- Power requirement:** ..... 230 Vac ±10% 50/60 Hz
- Standby energy consumption:** ..... less than 0.5 W
- Motor power continuous duty:** ..... 220 V – 2.5 HP / 110 V – 3.0 HP
- Motor power (peak):** ..... 6.5 HP
- Weight:**..... 92 Kg/202.8 lbs
- Max user weight:** ..... 140 Kg/308.6 lbs
- Suitable for users whose height is:** .. 155 – 205 cm/ 5- 6.7 in
- 100% recyclable packaging size:**..... [LxWxH] 1840 x 876 x 364 mm/ 72.4 x 34.5 x 14.3 in
- Fast installation:** ..... approx. 5 minutes

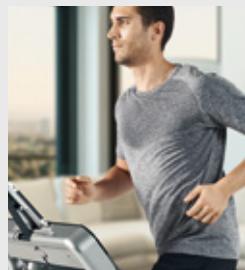
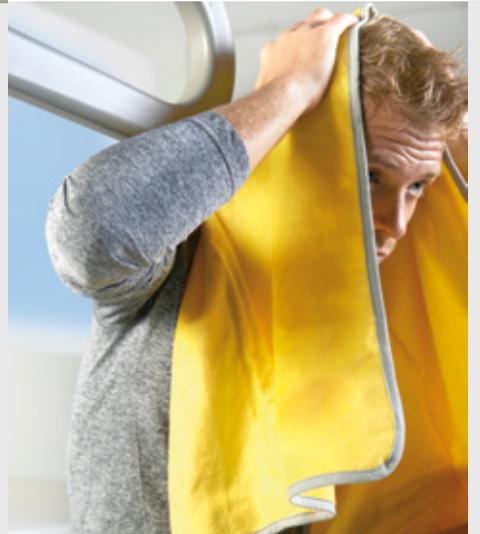
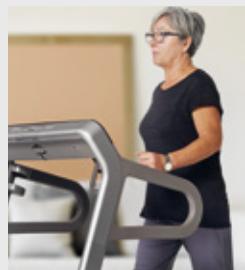
**FAST INSTALLATION (PATENT PENDING)**  
Custom design and packaging make the DIY assembly process simple and fast. You only need a few minutes to set up and start running.



For people who love walking and running.

**LET'S MOVE FOR A BETTER WORLD™**

#improveyourrunning





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