

ARTIS



The Wellness Company

HOME WELLNESS

Home Wellness is the special dimension conceived for your well-being and personal care.

Its design, attention to detail and the elegance of the product all contribute to enhancing your environment.

It combines the best training and sports experience with the space that's most dear to us: our home.

Nerio Alessandri

Founder and President of Technogym®

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The logo for TechnoGym is rendered in a metallic, three-dimensional style. The word "TECHNOGYM" is written in a bold, sans-serif font. The letters are filled with a dark grey color and have a lighter grey outline, giving them a sense of depth. The logo is set against a dark, textured background that appears to be part of a piece of gym equipment, with a curved metallic edge visible on the right side.

TECHNOGYM[®]



Your own private gym

Keep in shape, improve your performance and focus on your daily targets with advanced, well-designed equipment. The most complete training experience, at home.

Artis Cardio



Vario



Bike



Run



Recline



Synchro



Climb

Run

The connected treadmill adapts to your body's movements and elegantly guides you toward success. With every step, you will experience the incredible sensation of running in its purest form.









Pure, minimalist design is always in pursuit of the ideal form. The UNITY™ console leads you toward your most engaging and immersive workout ever.







IN NATURAL MOTION

Whatever your running style, the widest ever cushioned surface perfectly adapts to your pace.







Clear your mind, take a deep breath and start running.

Smooth and silent, it reduces energy use by 30%.

With a simple touch of the Fast Track Control, you can change the speed settings and accelerate toward your goals.

Maximum control, even at maximum speed.

RECOMMENDED FOR:

- Improving the cardiovascular system
- Weight loss and maintaining body weight
- Strengthening and toning legs
- Beginners and experienced users alike

Bike

As soon as your feet touch the pedals,
you'll feel like you're on the road.







THE JOY OF CHOOSING YOUR OWN PATH



Start pedalling and feel the sensation of being on two wheels. Thanks to the bike's ergonomic settings, comfortable saddle and optimal distance between the pedals, you'll soon reach your targets.





The image shows a close-up of a dark, possibly black, curved surface, likely part of a piece of exercise equipment. The Technogym logo is embossed or printed on this surface. The logo consists of the word "TECHNOGYM" in a bold, sans-serif font. The letters are white with a slight shadow effect, giving them a three-dimensional appearance. A registered trademark symbol (®) is located at the top right of the letter "M". The background is dark and out of focus, with some highlights on the curves of the equipment.

TECHNOGYM[®]

PURE ENTERTAINMENT

The UNITY™ console is like a Smart TV:
catch up with your favorite shows
while you work out.





THE 3-IN-1 BIKE.

Choose the position that best fits your pedalling style: classic, racing or city bike.

The ergonomic saddle and the handlebars with soft elbow supports are designed to give you maximum comfort in any position.

RECOMMENDED FOR:

- Improving the cardiorespiratory system
- Weight loss and maintaining body weight
- Toning legs and glutes

Vario

With smooth and natural movements, you can train without limits. It adapts to your stride, engaging your mind while protecting your joints.



A close-up photograph of a black, textured handle, likely for a dumbbell or similar fitness equipment. The handle has a pebbled texture and a rounded end on the left. In the center of the handle, the word "TECHNOGYM" is embossed in a stylized, metallic font. The letters are bold and blocky, with a small registered trademark symbol (®) to the upper right of the "M". The lighting is dramatic, highlighting the texture of the handle and the metallic sheen of the logo against a dark background.

TECHNOGYM[®]



WORKOUT IN ITS NATURAL FORM



SEE RESULTS

Burn calories with minimal effort:
the workload is perfectly balanced
to give you the most effective workout.





A high-tech workout, from the first step to the last.

Take your first few steps in complete safety: the automatic starting system means the pedals won't get blocked, easing you into a smooth rhythm.

RECOMMENDED FOR:

- Exercising without placing joints under stress
- Weight loss and maintaining body weight
- Total body workouts

Synchro



Its zero-impact, smooth motion is easy on your joints and works your cardio system, all at the same time.



Recline



Sit back on the padded backrest and start pedalling in safety, while you watch your favourite shows or track your improvements in real time.



Climb



Easy for beginners yet challenging for pros:
from high-intensity routines to immersive
UNITY™ multimedia content, climbing has never
been so engaging.







Artis Strength



Shoulder Press



Rotary Torso



Low Row



Arm Curl



Arm Extension



Adductor



Chest Press



Rear Delt Row



Vertical Traction



Abductor



Leg Curl



Leg Extension



Lower Back



Total Abdominal



Multihip



Leg Press



Pectoral



Lat Machine



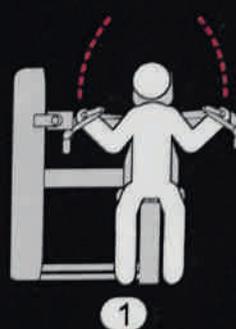
Squat
PATENTED





technogym.com

SHOULDER PRESS



STRENGTH IN EVERY MOVEMENT

UNITY MINI delivers biofeedback in real time, ensuring that you're doing the right training and improving your performance.



Every movement is controlled and perfectly balanced.











THE NATURAL WAY TO EXERCISE

The dual handles and the padded saddle and backrest adapt to your body shape for a harmonious workout.





UNITY™

A journey into Wellness and a unique training experience: combine entertainment and well-being, thanks to your interactive Personal Trainer.



Monitor and set up your training programs. Tailor your experience to your shape and specific goals.





**Complete your Training
Experience**

Kinesis® Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

Pure freedom of movement.

Designed for Functional Total Body training, KINESIS transforms your wall into a working gym.

MORE THAN 750 EXERCISES

The Technogym® FullGravity system allows you to perform unlimited, controlled and safe movements.







Wellness Design

Design the Wellness space for complete well-being. From lighting to materials, our solutions create the perfect synergy between the training experience and home environment.





Technical Specifications

Run		
	Structural Specifications	
	Dimensions (LxWxH)*	2060 x 885 x 1605 mm (81" x 35" x 63")
	Weight	215 Kg (474 lbs)
	Height of running surface from the floor	240 mm (9.4")
	Technical specifications and performance	
	Max user weight	220 Kg (485 lbs)
	User height	140 ± 205 cm (4.6 ÷ 6.7 ft)
	Speed range	0,8 ± 25 Km/h (0.5 ÷ 15.5 mph)
	Incline	0% ± 15%
	Running surface (LxW)	1520 x 580 mm (60" x 23")
Footrests width (each one)	150 mm (5.9")	
Electrical specifications		
Power requirement	"EU" version: 200 ÷ 240V ± 10% - 50 ÷ 60Hz (16A - 250V plug) "U" version: 100V ÷ 240 V ± 10% - 50 ÷ 60Hz (20A - 125V plug or 20A - 250V plug)	
Power engine (peak)	8 HP	
Workout options		
Classic workout programs	1 - Quick Start	
Goal-driven workout programs	3 - Time / Calories / Distance	
Heart rate-driven workout programs	3 - CPR - CHR / Weight Loss / Training Zone	
Profile workout programs	7 - Create your own / 6 Profiles	
Sub maximal tests	Fitness Test / Smart Test / Single Stage / Multi Stage	
Heart rate monitor		
Hand Sensor	Yes	
<p>Available colours:</p> <ul style="list-style-type: none"> DiamondBlack Carbon Grey 		
 		

Bike		
	Structural Specifications	
	Dimensions (LxWxH)*	1070 x 600 x 1400 mm (42" x 24" x 55")
	Weight	71 Kg (157 lbs)
	Technical specifications and performance	
	Max user weight	180 kg (397 lbs)
	User height	140 cm ÷ 205 cm (4.6 ÷ 6.7 ft)
	Difficulty levels	1-25
	Electrical specifications	
	Power requirement	100-240 V ± 10% 50-60 Hz
	Workout options	
Classic workout programs	1 - Quick Start	
Goal-driven workout programs	3 - Time / Calories / Distance	
Heart rate-driven workout programs	3 - CPR - CHR / Weight Loss / Training Zone	
Profile workout programs	7 - Create your own / 6 Profiles	
Heart rate monitor		
Hand Sensor	Yes	
<p>Available colours:</p> <ul style="list-style-type: none"> DiamondBlack Carbon Grey 		
 		

* Length x Width x Height from workout position
 ** Heart rate chest strap not included

<h2>Vario</h2> 	End-user comfort and convenience	
	Ergonomic dashboard	Yes
	Adaptive stride (min - max length)	0 - 830 mm (0 - 33")
	Platform height	100 mm (3.9")
	Minimum pedal height (step) from the floor	240 mm (9.4")
	Maximum step height	170 mm (6.7")
	Structural Specifications	
	Dimensions (LxWxH)*	1910 x 750 x 1690 mm (75" x 30" x 67")
	Weight	200 Kg (441 lbs)
	Footrests width (each one)	175 mm (6.9")
<p>Available colours:</p> <ul style="list-style-type: none"> DiamondBlack CarbonGrey 	Technical specifications and performance	
	Max user weight	160 kg (353 lbs)
	User height	140 cm ÷ 205 cm (4.6 ÷ 6.7 ft)
	Difficulty levels	1-25
	Electrical specifications	
Power requirement	100-240 V ± 10% 50-60 Hz	
Heart rate monitor		
Hand Sensor	Yes	
 		

<h2>Synchro</h2> 	Structural Specifications	
	Dimensions (LxWxH)*	1947 x 744 x 1760 mm (77" x 29" x 69")
	Weight	170 Kg (375 lbs)
	Footrests width (each one)	200 mm (7.9")
	Technical specifications and performance	
	Max user weight	180 kg (397 lbs)
	User height	140 cm ÷ 205 cm (4.6 ÷ 6.7 ft)
	Difficulty levels	1-25
	Electrical specifications	
	Power requirement	100-240 V ± 10% 50-60 Hz
Workout options		
Classic workout programs	1 - Quick Start	
Goal-driven workout programs	3 - Time / Calories / Distance	
Heart rate-driven workout programs	3 - CPR - CHR / Weight Loss / Training Zone	
Profile workout programs	7 - Create your own / 6 Profiles	
Heart rate monitor		
Hand Sensor	Yes	
 		

* Length x Width x Height from workout position
 ** Heart rate chest strap not included

Recline



Available colours:

- DiamondBlack
- Carbon Grey



End-user comfort and convenience	
Numbers of seat positions	34
Ergonomic backrest	Adjustable in 4 positions
Structural Specifications	
Dimensions (LxWxH)*	1670 x 600 x 1370 mm (66" x 24" x 54")
Weight	98 Kg (216 lbs)
Technical specifications and performance	
Max user weight	220 kg (485 lbs)
User height	140 cm ÷ 205 cm (4.6 ÷ 6.7 ft)
Difficulty levels	1-25
Electrical specifications	
Power requirement	100-240 V ± 10% 50-60 Hz
Workout options	
Classic workout programs	1 - Quick Start
Goal-driven workout programs	3 - Time / Calories / Distance
Heart rate-driven workout programs	3 - CPR - CHR / Weight Loss / Training Zone
Profile workout programs	7 - Create your own / 6 Profiles
Heart rate monitor	
Hand Sensor	Yes

Climb



Available colours:

- DiamondBlack
- Carbon Grey



Structural Specifications	
Dimensions (LxWxH)*	1300 x 770 x 1890 mm (51" x 30" x 74")
Footprint	1 m ² (10.7 sq ft)
Weight	190 kg (419 lbs)
First step height from the floor	265 mm (10.4")
Technical specifications and performance	
Max user weight	180 kg (397 lbs)
Step height	206 mm (8")
Step depth	281 mm (11")
Step width	470 mm (19")
Numbers of steps always available	3
Difficulty levels	1-30
Speed	24-165 SPM
Workout options	
Classic workout programs	1 - Quick Start
Goal-driven workout programs	3 - Time / Calories / Distance
Heart rate-driven workout programs	3 - CPR - CHR / Weight Loss / Training Zone
Profile workout programs	7 - Create your own / 6 Profiles
Heart rate monitor	
Hand Sensor	Yes

* Length x Width x Height from workout position
 ** Heart rate chest strap not included

Pectoral

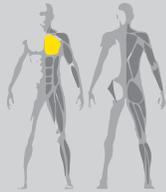


Technical specifications

Lenght	1414 mm [56 in]
Width	1414 mm [56 in]
Height	1375 mm [54 in]
Machine weight	305 kg [673 lbs]
Weight stack standard	100 kg [200 lbs]
Weight stack plus	130 kg [260 lbs]

Code

MK13



Muscles:

Pectorals

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Low Row



Technical specifications

Lenght	1420 mm [56 in]
Width	1185 mm [47 in]
Height	1375 mm [54 in]
Machine weight	268 kg [591 lbs]
Weight stack standard	100 kg [200 lbs]
Weight stack plus	130 kg [260 lbs]

Code

MK80



Muscles:

Latissimus Dorsi
Biceps
Rhomboids

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Vertical Traction



Technical specifications

Lenght	1415 mm [56 in]
Width	1428 mm [56 in]
Height	1868 mm [74 in]
Machine weight	313 kg [690 lbs]
Weight stack standard	100 kg [200 lbs]
Weight stack plus	125 kg [250 lbs]

Code

MK71



Muscles:

Latissimus dorsi
Biceps

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Rear Delt Row



Technical specifications

Lenght	1186 mm [47 in]
Width	1195 mm [47 in]
Height	1875 mm [74 in]
Machine weight	240 kg [529 lbs]
Weight stack standard	70 kg [140 lbs]
Weight stack plus	100 kg [200 lbs]

Code

MK46



Muscles:

Rhomboids
Deltoids
Biceps
Latissimus Dorsi
Trapezius

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Arm Curl



Technical specifications	
Lenght	1083 mm (43 in)
Width	1450 mm (57 in)
Height	1375 mm (54 in)
Machine weight	232 kg (512 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)
Code	
MK92	



Muscles:

Biceps

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Arm Extension



Technical specifications	
Lenght	1083 mm (43 in)
Width	1439 mm (57 in)
Height	1375 mm (54 in)
Machine weight	234 kg (516 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)
Code	
MK45	



Muscles:

Triceps

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Lat Machine



Technical specifications	
Lenght	1289 mm (51 in)
Width	1202 mm (47 in)
Height	2279 mm (90 in)
Machine weight	286 kg (631 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	130 kg (260 lbs)
Code	
MK12	



Muscles:

Latissimus Dorsi
Biceps
Rhomboids
Trapezius (lower)

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Total Abdominal



Technical specifications	
Lenght	1389 mm (55 in)
Width	1029 mm (41 in)
Height	1403 mm (55 in)
Machine weight	211 kg (465 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)
Code	
MK83	



Muscles:

Rectus Abdominis
Obliques
Rectus Femoris
Iliopsoas

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Lower Back



Technical specifications

Lenght	1448 mm (57 in)
Width	1127 mm (44 in)
Height	1375 mm (54 in)
Machine weight	235 kg (518 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)

Code

MK58



Muscles:

Quadratus Lumborum
Sacrospinal

■ Primary
■ Secondary

Available colours:

■ Diamond Black

■ Carbon Grey

Leg Extension



Technical specifications

Lenght	1095 mm (43 in)
Width	1133 mm (45 in)
Height	1375 mm (54 in)
Machine weight	293 kg (646 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	125 kg (250 lbs)

Code

MK91



Muscles:

Quadriceps

■ Primary
■ Secondary

Available colours:

■ Diamond Black

■ Carbon Grey

Rotary Torso

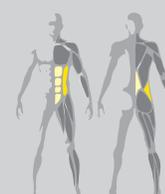


Technical specifications

Lenght	1139 mm (45 in)
Width	1148 mm (45 in)
Height	1375 mm (54 in)
Machine weight	212 kg (467 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)

Code

MK50



Muscles:

Internal and External Obliques
Quadratus Lumborum
Sacrospinal

■ Primary
■ Secondary

Available colours:

■ Diamond Black

■ Carbon Grey

Leg Curl



Technical specifications

Lenght	1304 mm (51 in)
Width	1132 mm (45 in)
Height	1375 mm (54 in)
Machine weight	297 kg (655 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	125 kg (250 lbs)

Code

MK90



Muscles:

Hamstrings

■ Primary
■ Secondary

Available colours:

■ Diamond Black

■ Carbon Grey

Adductor



Technical specifications

Lenght	1438 mm (57 in)
Width	1160 mm (46 in)
Height	1375 mm (54 in)
Machine weight	217 kg (478 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)

Code

MK17



Muscles:

Adductor

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Leg Press



Technical specifications

Lenght	2083 mm (82 in)
Width	1225 mm (48 in)
Height	1950 mm (77 in)
Machine weight	683 kg (1407 lbs)
Weight stack standard	190 kg (380 lbs)
Weight stack plus	250 kg (500 lbs)

Code

MK51



Muscles:

Quadriceps
Gluteus
Hamstrings
Gastrocnemius
Soleus

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Abductor



Technical specifications

Lenght	1438 mm (57 in)
Width	1097 mm (43 in)
Height	1375 mm (54 in)
Machine weight	208 kg (459 lbs)
Weight stack standard	70 kg (140 lbs)
Weight stack plus	100 kg (200 lbs)

Code

MK18



Muscles:

Tensor Fasciae
Latae
Gluteus

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Squat PATENTED



Technical specifications

Lenght	2165 mm (85 in)
Width	1122 mm (44 in)
Height	1950 mm (77 in)
Machine weight	385 kg (849 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	130 kg (260 lbs)

Code

MK16



Muscles:

Quadriceps
Gluteus
Hamstrings
Gastrocnemius
Soleus

- Primary
- Secondary

Available colours:

- Diamond Black
- Carbon Grey

Multi Hip



Technical specifications	
Lenght	1240 mm (49 in)
Width	1123 mm (44 in)
Height	1749 mm (69 in)
Machine weight	312 kg (688 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	125 kg (250 lbs)
Code	
MK67	
 <p>Muscles: Gluteus Hamstrings Quadriceps Adductors Abductors</p> <p> ■ Primary ■ Secondary </p>	<p>Available colours:</p> <p> Diamond Black Carbon Grey </p>

Chest Press



Technical specifications	
Lenght	1409 mm (55 in)
Width	1427 mm (56 in)
Height	1673 mm (66 in)
Machine weight	295 kg (650 lbs)
Weight stack standard	100 kg (200 lbs)
Weight stack plus	125 kg (250 lbs)
Code	
MK70	
 <p>Muscles: Pectorals Deltoids Triceps</p> <p> ■ Primary ■ Secondary </p>	<p>Available colours:</p> <p> Diamond Black Carbon Grey </p>

For information and purchases

Technogym products and services are only sold directly.

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Discover Technogym's complete offer and make your purchases directly from the online Shop:

technogym.com

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