

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. 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.





Run it.

Download the MyRun App to your tablet*, position the device on the console and start your journey to become a better runner.



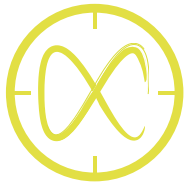
MyRun App



PATENT PENDING SINGLE SWITCH



* Tablet not included



RUNNING RATE



Improve your run.

Developed by the Technogym® medical and scientific team, RUNNING RATE (patent pending) is a running performance index that grows if you increase speed whilst maintaining the ideal step frequency. It improves your efficiency reducing the risk of injuries.



PATENT PENDING RUNNING RATE



STRIDE LENGTH

STEP FREQUENCY

Become faster and more efficient.

CADENCE
spm

172



STRIDE
cm

242



DISPLACEMENT
%

14



Step frequency

How many steps per minute do you run?
With MYRUN TECHNOGYM® you can
improve your step frequency by
adjusting it to your speed.

Stride length

What is your stride length?
MYRUN TECHNOGYM® helps
you find the safest and most
efficient stride.

Displacement

Do you run straight?
With MYRUN TECHNOGYM® you can
minimise the displacement caused
by your centre of gravity and
improve your running efficiency.





15
00
1.5%

CADENCE 172
STRIDE 242
DISPLACEMENT 14
RUNNING RATE 75
CALORIES 136
HEART RATE 176
PACE 04:48

12.5
3.2

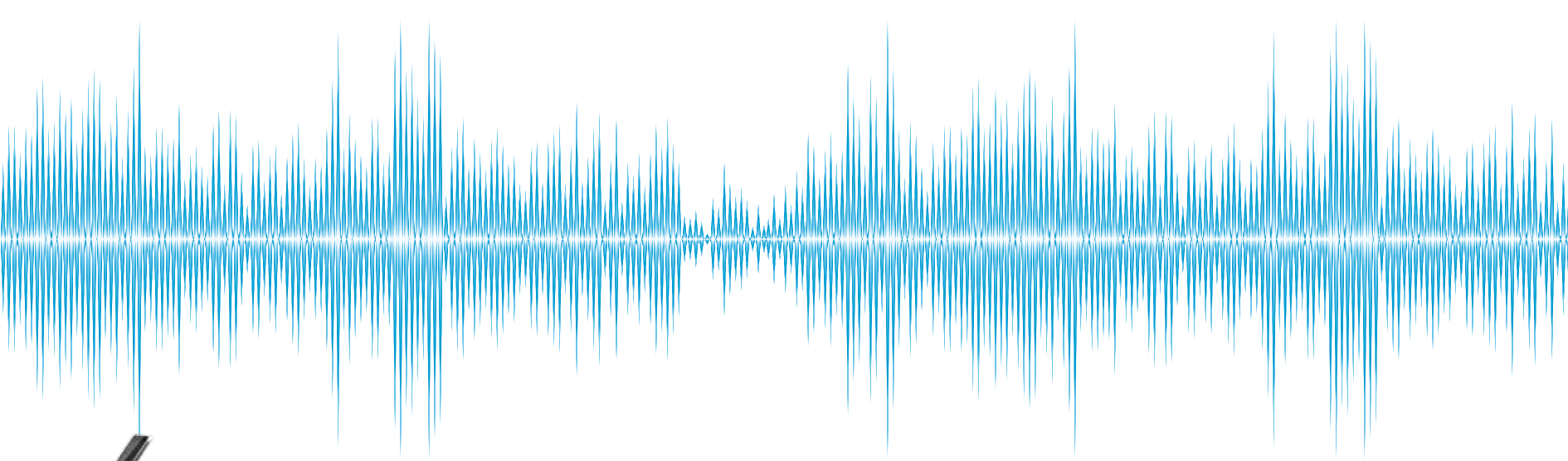


RUNNING MUSIC

Run to the beat.

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



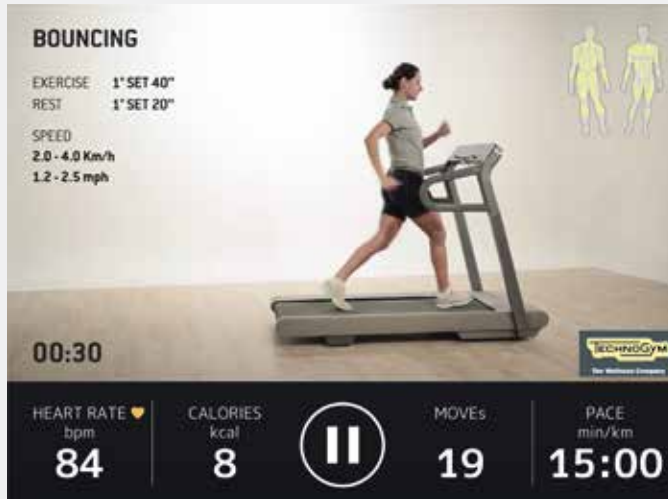


Whatever your goal, there's a programme for you.

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.



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.





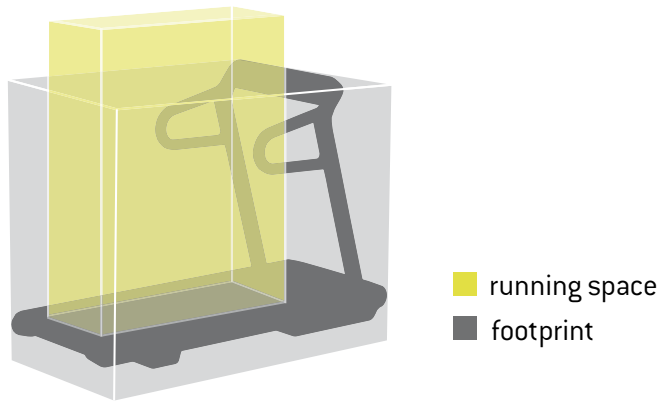
Silent but powerful.

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



The biggest running space with the smallest footprint.

MYRUN TECHNOGYM® brings you the same freedom of movement of a professional treadmill, whilst saving you space and energy.



The best ratio in its category between running space and footprint.





Simple, timeless, unique.

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



RUNNING RATE



RUNNING MUSIC



TRAINING PROGRAMS



CONSTANT PULSE RATE (CPR®)



RUNNING SURFACE



ENERGY SAVING



FAST INSTALLATION



MyRun App

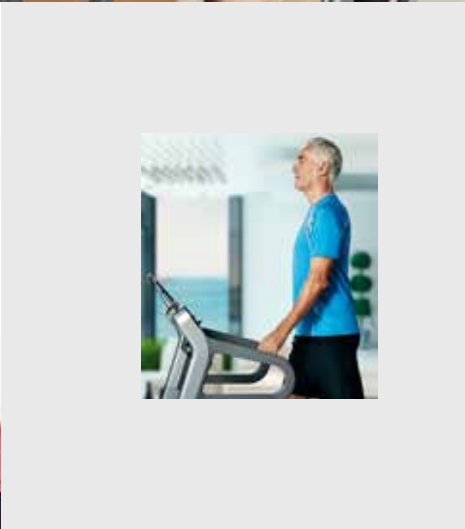
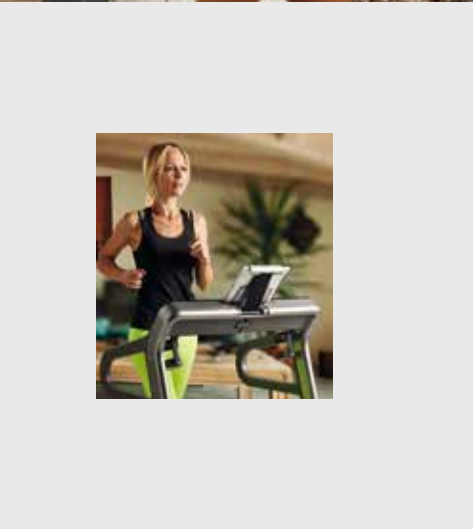


Bluetooth®



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
Running energy consumption: 700 W (person weighing 90Kg/198 lbs running at 10Km/h/6.21 mph)
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.

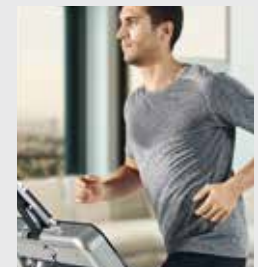




For people who love walking and running.

LET'S MOVE FOR A BETTER WORLD™

#improveyourrunning



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with the help of our experts:

LONDON - c/o Harrods, 87-135, Brompton Road



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