



Run Personal



EXIT BOREDOM. ENTER BEAUTY.

Embrace your movement in elegance. The Live interface brings fun back into exercise. Run Personal's superb lines designed by Antonio Citterio defy conventions, turning your walls into the very theatre of training.



DESCRIPTION

Why Run Personal

- Your personal Wellness area shines with style
- Endless entertainment at your fingertip
- Take exercise to the next level with a full-fledged multimedia experience
- Professional grade equipment to meet any demand and skill level
- Train your cardiorespiratory systems, keep body weight under control, tone up your legs

Features

- Exclusive design by Antonio Citterio and Toan Nguyen
- Refined die-cast aluminium frame
- 21,5" Technogym Live multimedia touch interface
- Uphill training: the running surface can simulate up to 15% incline
- Easy speed and gradient control through dedicated joysticks or the Live interface
- Emergency locking system for complete safety
- Silent motor
- Large, shock absorbing running surface

Live Console

A journey into Wellness and a unique training experience combining entertainment and well-being: in short, your interactive Personal Trainer. The wide touch-screen display and integrated loudspeakers let you watch movies and TV shows, listen to music, browse the internet and stream videos while your workout gets tracked seamlessly in the background.

TECHNICAL SPECIFICATIONS

Dimensions (LxWxH)

201 x 80 x 147 cm
79 x 31 x 58 in

Equipment weight

170 kg
374 lbs

Max user weight

160 kg
352 lbs

Running surface height above ground

20 cm
8 in

Speed

0.4 - 18 km/h
0.2 - 11.2 mph

Incline

0 - 15%

Running surface

145 x 51 cm
57 x 20 in

Power requirements

180 - 265 VAC

Max power consumption

2200 VA

HR monitoring

Hand sensor, telemetry

TRAINING PROGRAMS

19 Programmes

Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset), Create your own, Training Zone, Weight Loss, Outdoors, On Trend (Speed shift; Hills; Hi-low blocks; Cross Training)

Submaximal

Fitness Test

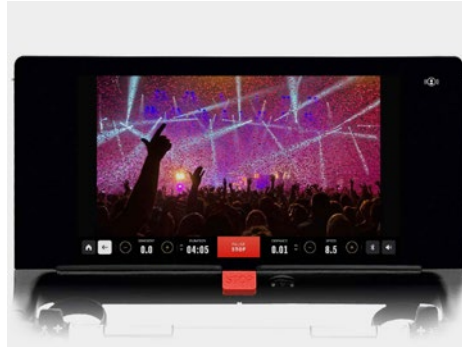
SERVICES

Pricing is inclusive of VAT, 2 years warranty, transport and installation. Installation by Technogym is a high quality service including assembly and positioning of the equipment, testing and final cleaning of the installation area. Technogym will contact you to confirm the established date and time of delivery.



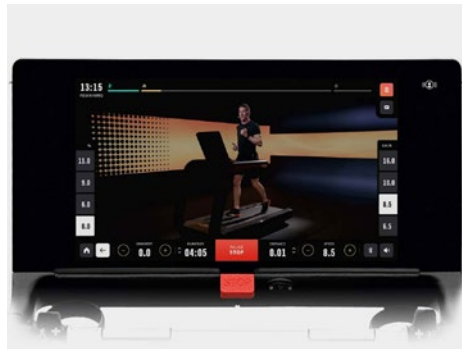
Technogym Live Console

LIVE THE FUN



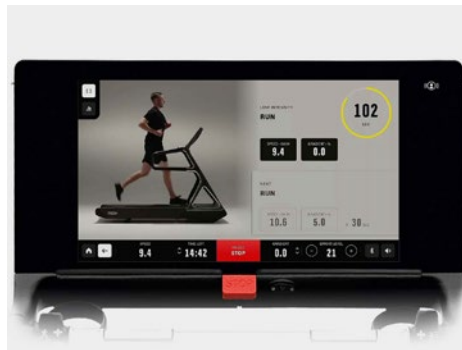
Watch your favourite Netflix series or TV programme on the HD display. Get your groove on with your go-to Spotify or YouTube playlist, or browse the most popular websites.

SESSIONS



Choose your Technogym Session, based on your personal goals, and the virtual trainer will guide you through a one-on-one session, offering encouragement and suggesting the level of intensity, which you are free to follow or change. There are six Sessions to each goal-based training series.

ROUTINES



Each Technogym Routine contains a variety of movements and exercises, whose intensity is automatically set up by the equipment. You will receive step-by-step guidance either by video, if you are on the Routine-dedicated screen, or by pop-up messages, if you are enjoying entertainment content.

OUTDOORS



Let natural and urban landscapes captivate you while you're working out. Be amazed by where your travels around the world can take you.