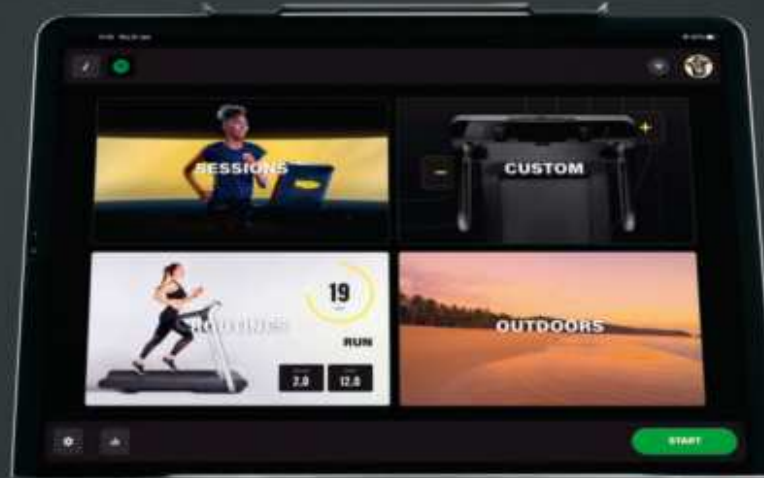


# Technogym MyRun



15.0



0 10



12.5



03.5



**TECHNOGYM**

# Compact, silent, engaging



Technogym MyRun is the treadmill that offers refined and compact design, adaptive running surface, and tailored training sessions right from your tablet.

TECHNOGYM LIVE TRAINING EXPERIENCE

**Online workouts with  
the best trainers**

REAL-TIME BIOFEEDBACK

**Track cadence, step length  
and heart rate**

ADAPTIVE RUNNING SURFACE

**Easy on the joints, ready  
for your sprints**



# Personalized training from your tablet

Place your tablet on the console and start training.  
The Technogym Live app is available for iPad and  
Android tablets.



Download Technogym Live  
on your tablet



15.0

0 10

11:10 Thu 21 Jan

67%



**19**  
SEC

**RUN**

INCLINE	SPEED
2.0	12.0



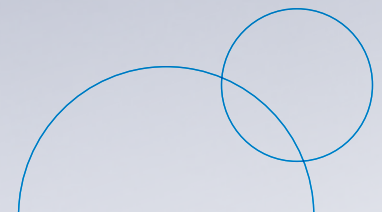
START

TECHNOGYM SESSIONS

# Dive into the experience

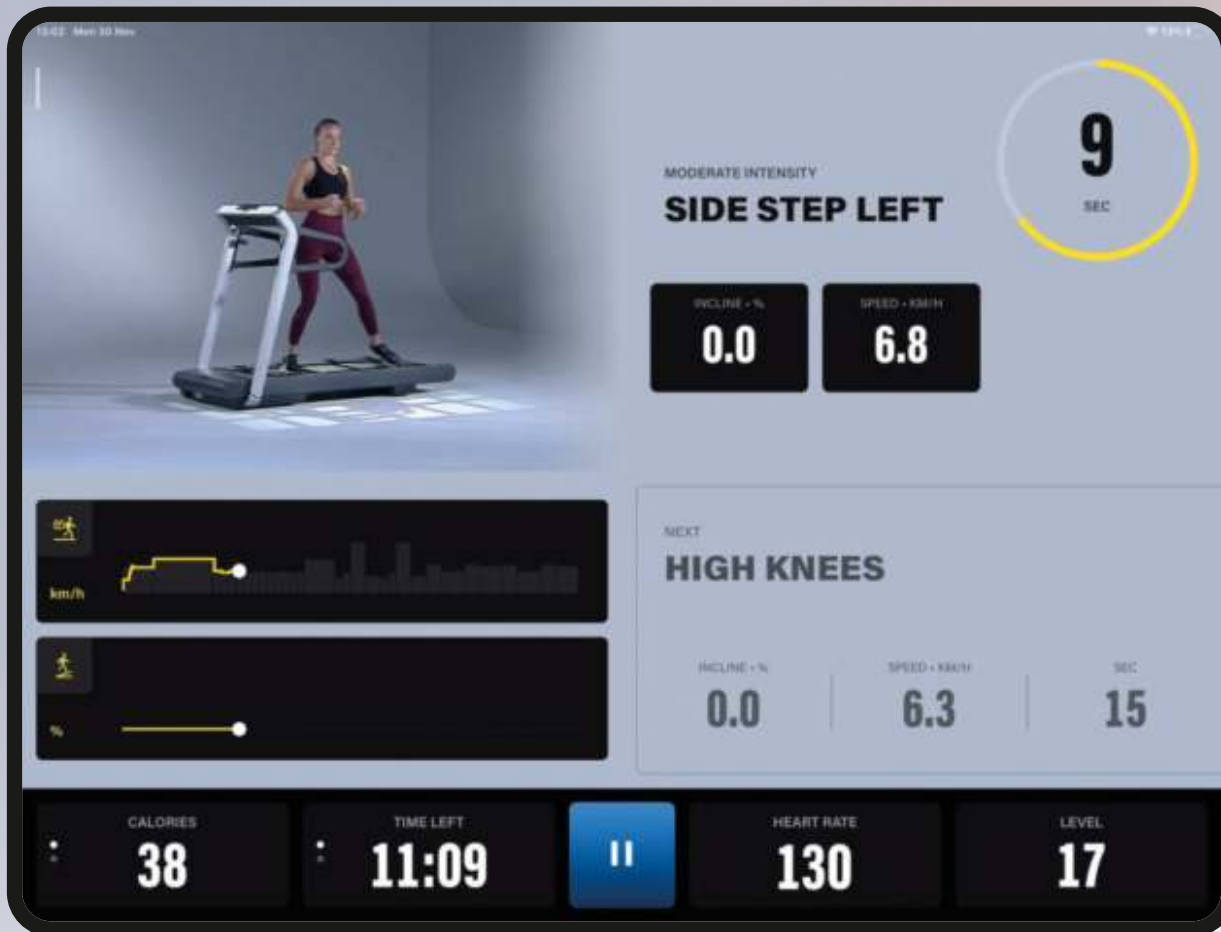


Choose your favorite workout and the trainer will guide you, boosting your motivation.





# Choose your goal and follow along

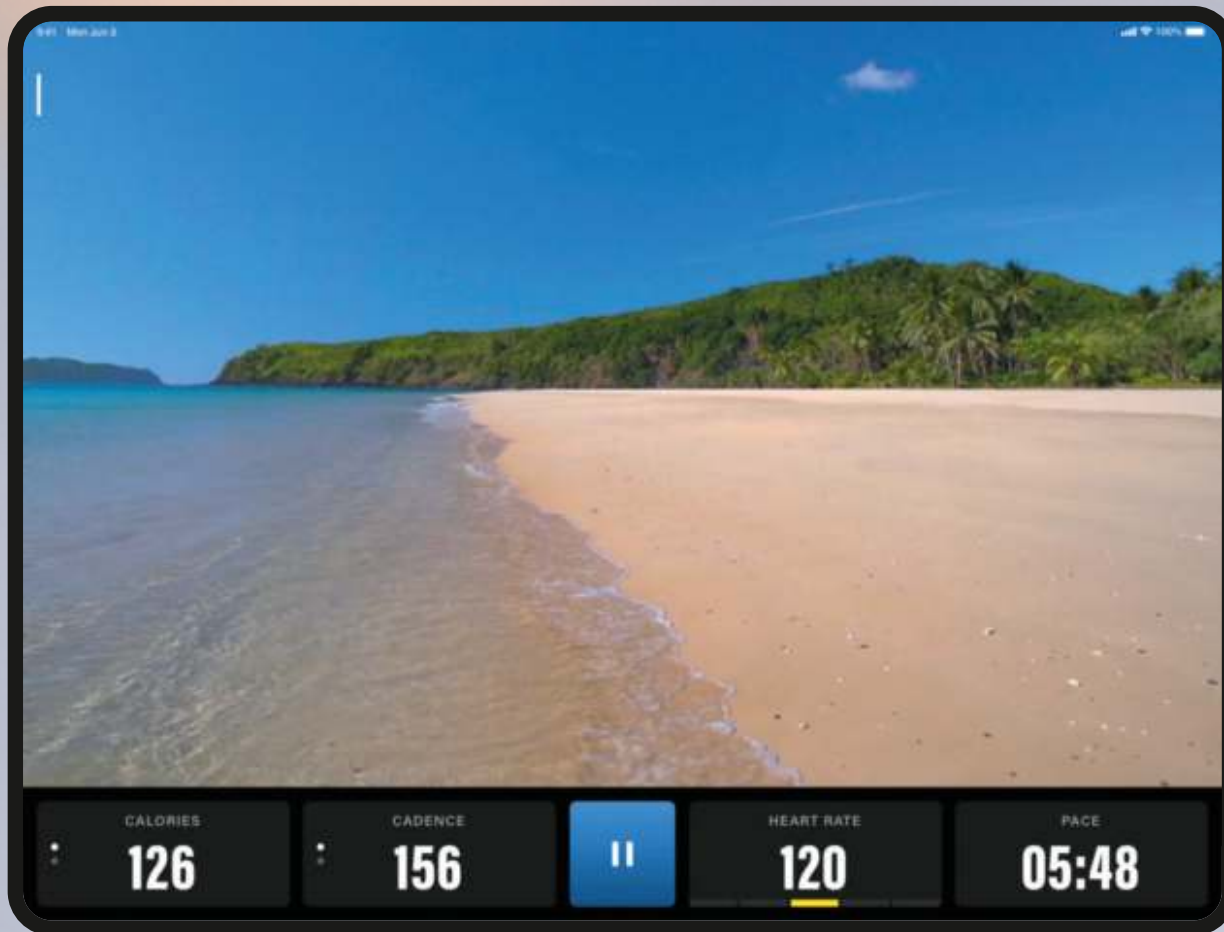


Follow the video exercises while MyRun automatically adjusts speed and incline for a bespoke training session.



TECHNOGYM OUTDOORS

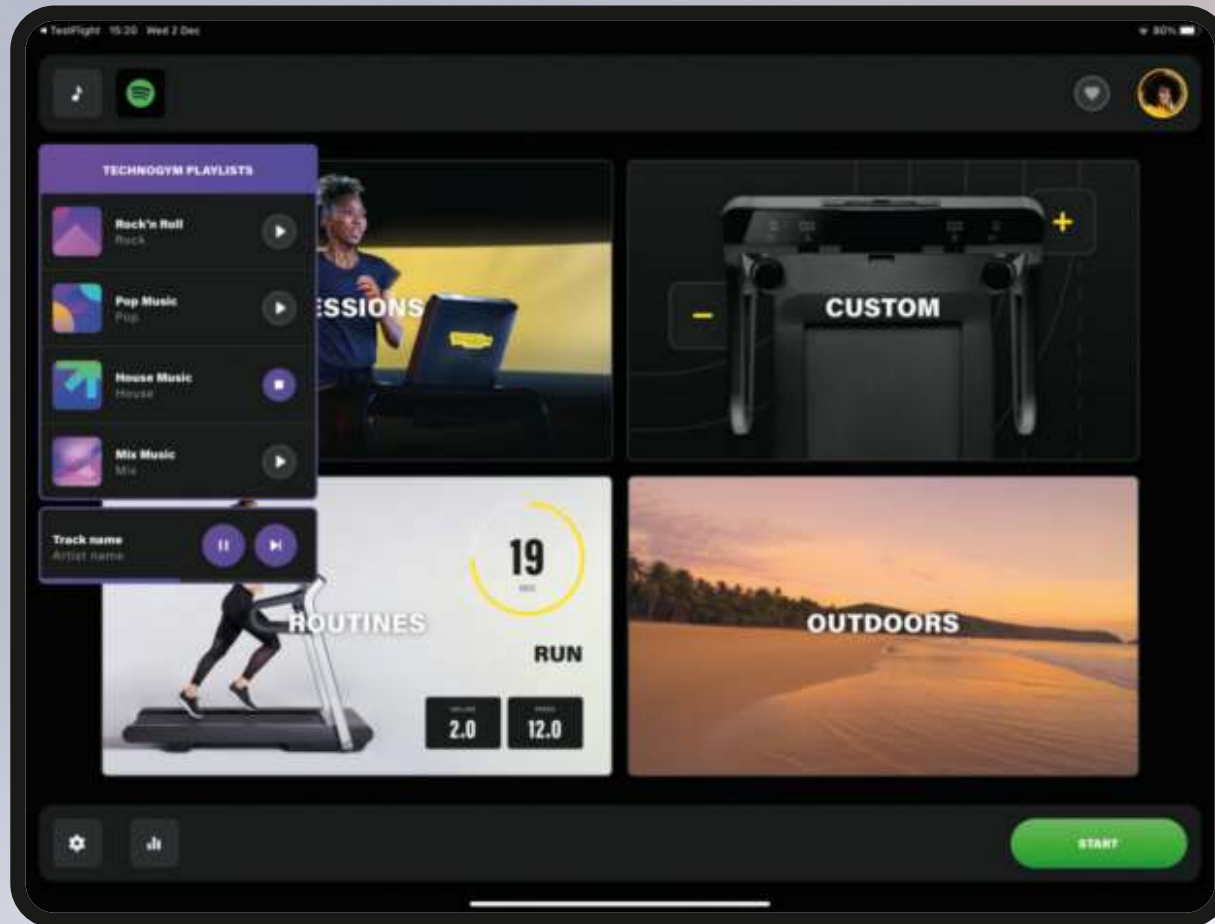
# Train anywhere in the world



Let your mind and legs roam free in this collection of natural and urban landscapes from around the globe.



# Follow the beat

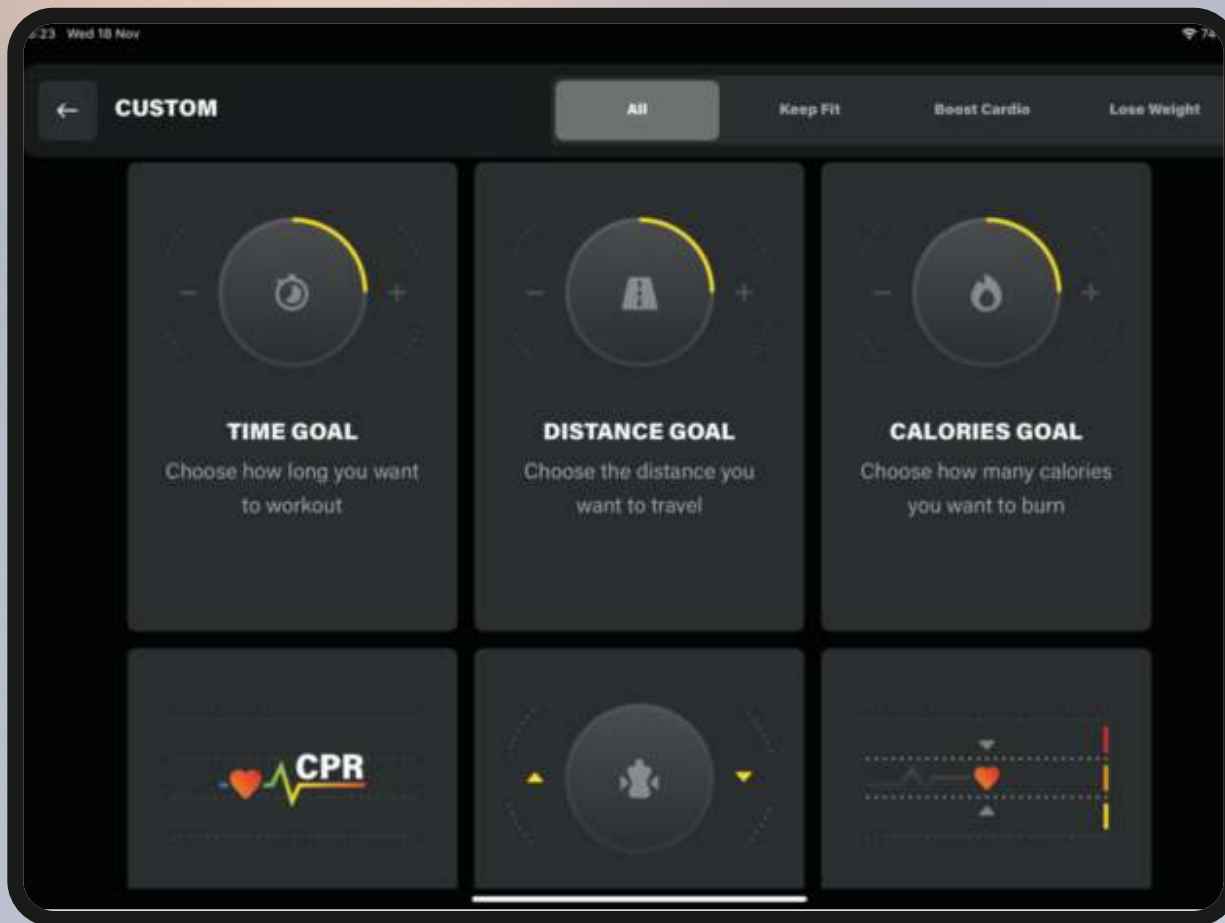


Cover that extra mile with the energy of music. Choose your mood and go with the flow.

If you are a Spotify user, connect your account to Technogym Live to run with your favorite hits.

_____		
_____		
_____		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Build your own training



Choose a goal-based workout - such as time, distance, or calories - or select one of our many other options, ranging from pure running to HIIT sessions.

# Your heartbeat sets the intensity

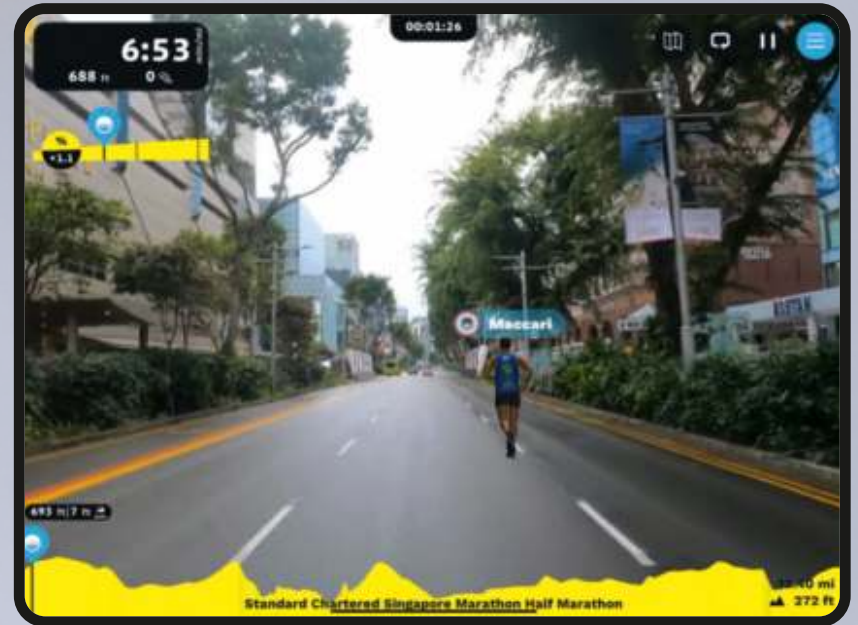


While you train, the CPR system (Constant Pulse Rate) monitors your heart rate and automatically adjusts speed and incline for a safe and efficient workout.



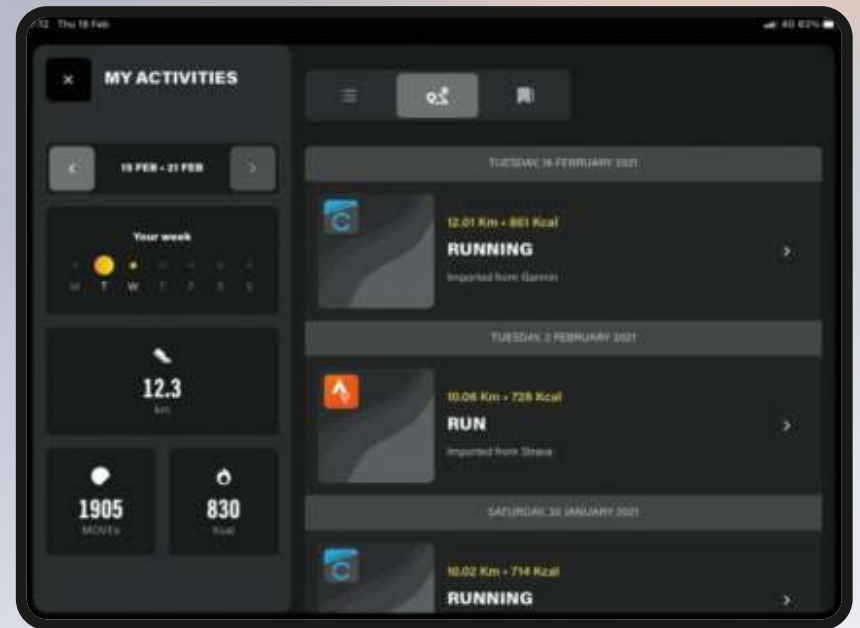
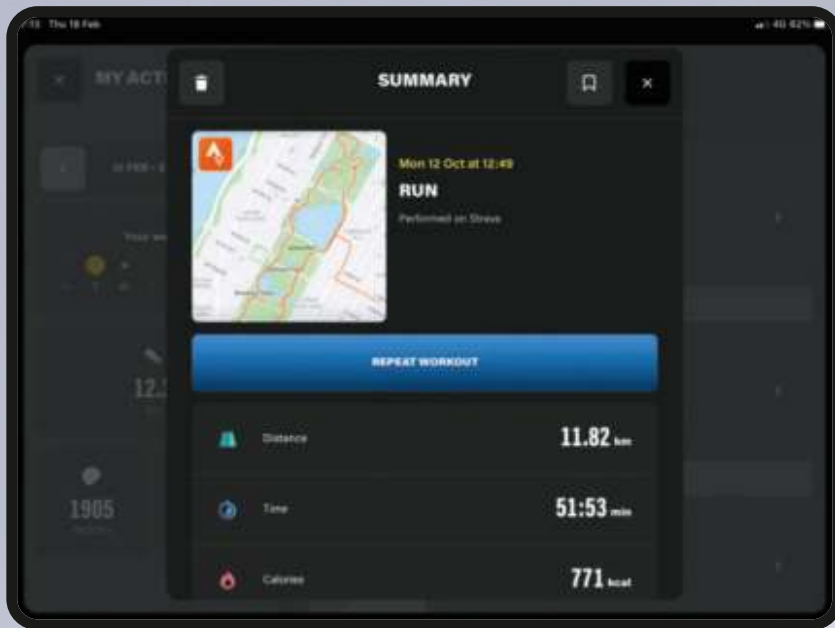
ZWIFT / ROUVY

# Train with your community





Challenge other runners from around the world on Zwift and Rouvy routes. Connect to Strava and Garmin to relive your outdoor runs and improve your performance.





# Compact size, wide running surface



MyRun's footprint suits any home environment. Its running surface gives you more room for your workouts.



**ADAPTIVE RUNNING SURFACE**

**The perfect mix of  
damping and rebound**

The innovative running surface adapts to the way you run and absorbs impact efficiently, shielding your joints at lower speeds and offering more elastic response during sprints.



**High performance,  
low sounds**

MyRun is quiet even at 20 km/h (12.4 mph) thanks to the innovative drive system and the belt's fluidity.

# Running and walking for everyone in the family





INCLINE UP TO 12%

**All the effort  
you want**

With a variable incline from 0 to 12%, you'll always get the intensity you need to reach your goals.



WAKE-UP SENSOR

**Low energy  
consumption**

MyRun recognizes 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 standby mode. Ready to start with a single touch.

# Technogym MyRun





## TECHNICAL SPECIFICATIONS

<b>Dimensions (LxWxH)</b>	1760 x 785 x 1260 mm (69.3 x 30.9 x 49.6 in)
<b>Weight of the product</b>	92 kg (202.8 lbs)
<b>Maximum user weight</b>	140 kg (308.6 lbs)
<b>Running surface height above ground</b>	170 mm / 6.7 in
<b>Speed</b>	0.8 - 20 km/h (0.1 km/h increases) / 0.5 - 12.4 mph (0.1 mph increases)
<b>Incline (%)</b>	0 - 12% (0.5% increases)
<b>Running surface (LxW)</b>	1430 x 500 mm / 56.3 x 19.7 in
<b>Power requirement</b>	230 VAC $\pm$ 10% 50/60 Hz
<b>Motor power (peak)</b>	6 HP
<b>Motor power continuous duty</b>	220V - 2.5HP / 110 V - 3.0 HP
<b>Standby energy consumption</b>	less than 0.5 W
<b>Suitable for users whose height is</b>	155 - 205 cm / 5.1 - 6.7 ft
<b>100% recyclable packaging size (LxWxH)</b>	1840 x 867 x 364 mm / 72.4 x 34.5 x 14.3 in
<b>Fast installation</b>	approx. 5 minutes

## For information and purchasing

Technogym products and services are only sold directly.

### Phone numbers

Call us for advice on which products and services best fit your needs:

**0800 3162496**

(Freephone - UK only)

**+971 4 3375337**

(United Arab Emirates only)

**800 8040952**

(Toll free - US only)

**0800 3322448**

(Toll free - Netherlands only)

**1800 615440**

(Toll free - Australia only)

**+39 0547 650111**

(Other countries)

### Website

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

**technogym.com**

Follow us on



## Technogym Boutiques

Visit us to try our equipment and to create a personalized solution for your Wellness with the help of our experts:

### Cesena - Technogym Village

Via Calcinaro, 2861

### Bangkok

381, 383, 385 Sukhumvit 63, North Klongton, Wattana

### Casablanca

45 Rue Ali Abderrazak, Residence Prestigia Malak

### Doha

c/o Doha City Festival mall, Umm Salal Mohamed

### Kiev

c/o Domosfera, Stolychne Hwy, 101

### London

c/o Harrods, 87-135, Brompton Road

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131 North Robertson Boulevard

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San Pedro Garza García

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Vremena Goda Mall, Kutuzovsky prospekt, 48

### New York

70 Greene Street

### Port Baku

151 Neftciler Ave., Port Baku, c/o Port Baku Mall

### Riga

Brivibas 40

### San Juan - Puerto Rico

c/o Paseo Caribe, PO BOX 6185

### St. Petersburg

Bolshoy prospekt P.S. 49/18

### Warsaw

Plac. Trzech Krzyzy 3

### Wien

Franz-Josefs-Kai 5

### Zagreb

Ilica 104

### Zürich

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