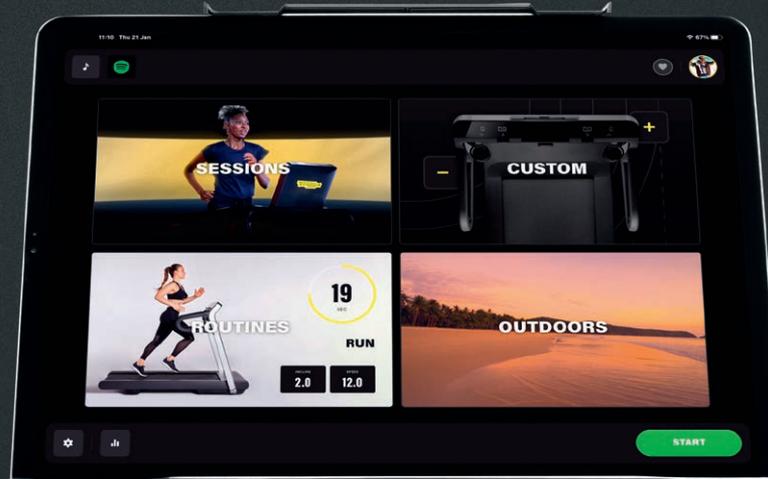


Technogym MyRun



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



ROUTINES

19
SEC

RUN

INCLINE **2.0** SPEED **12.0**



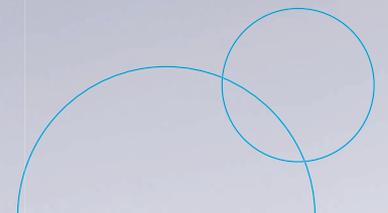
START

TECHNOGYM SESSIONS

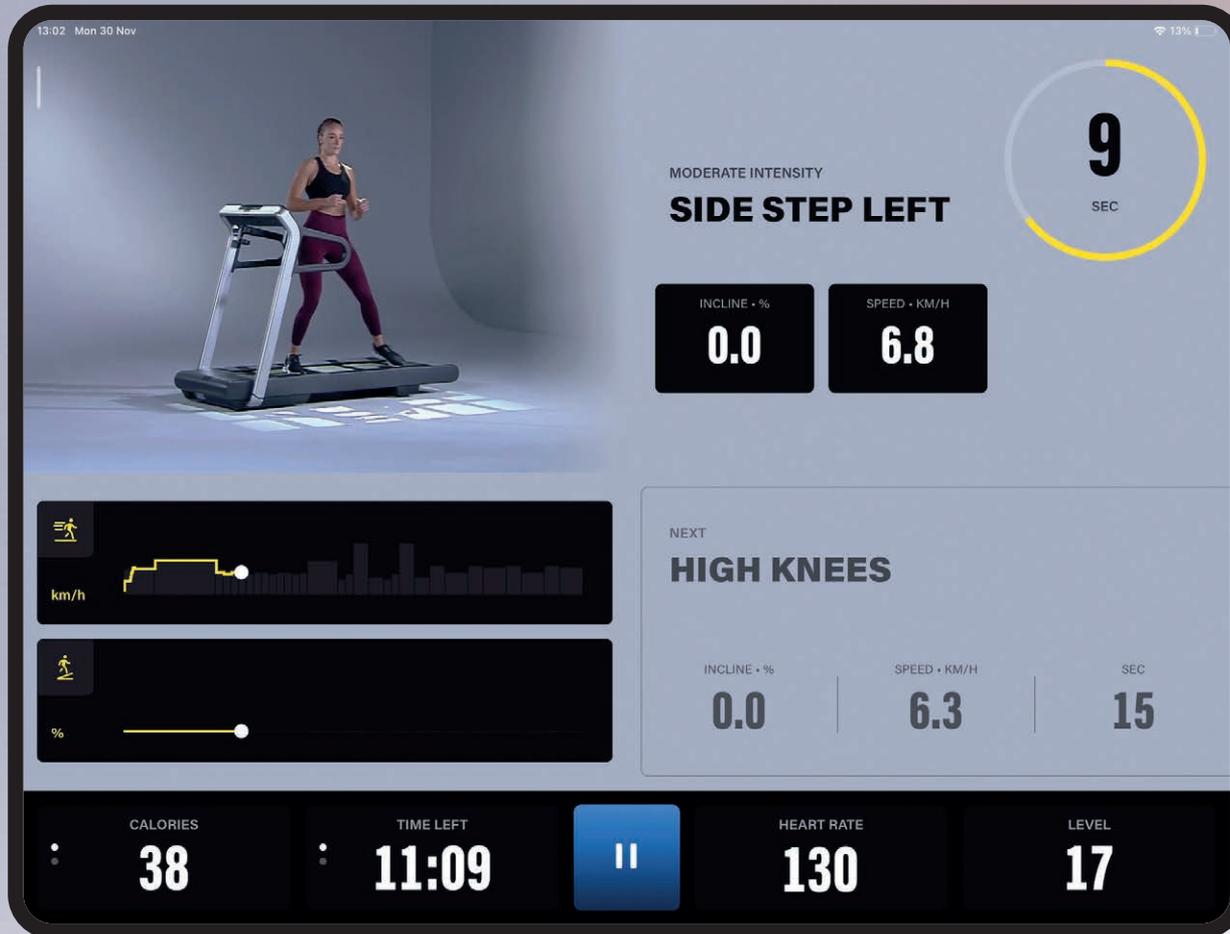
Dive into the experience



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



Choose your goal and follow along

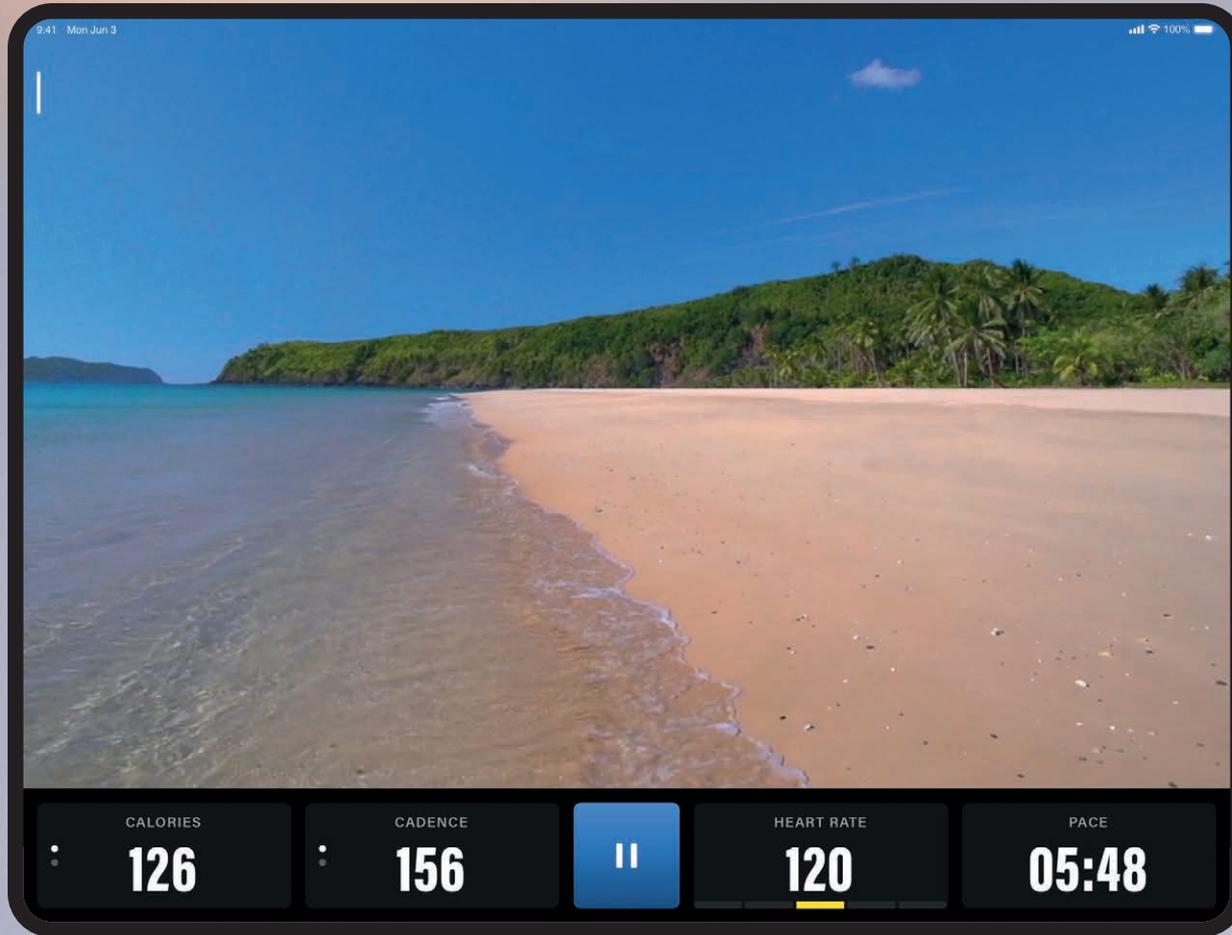


Follow the video exercises while MyRun automatically adjusts speed and incline for a bespoke training session.



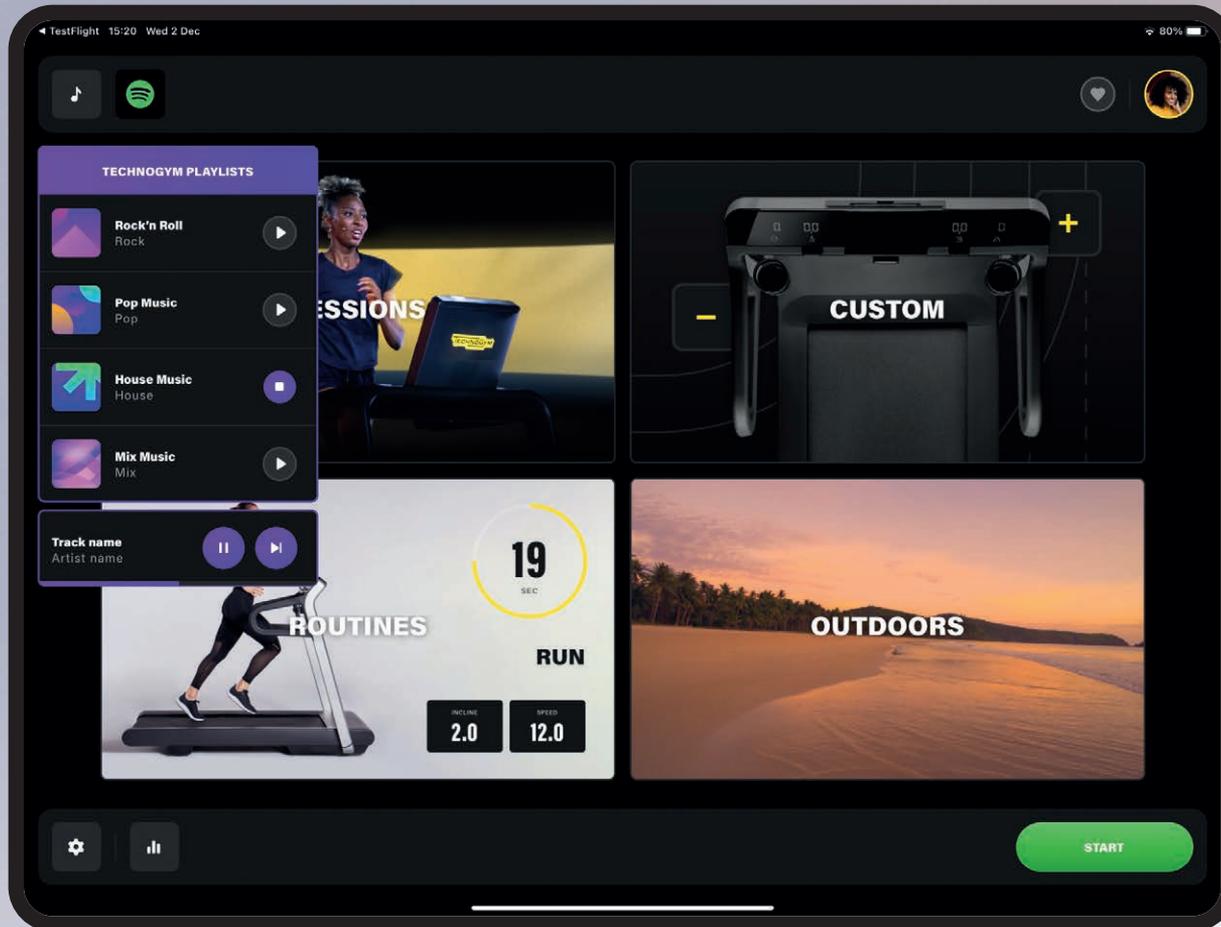
TECHNOGYM OUTDOORS

Train anywhere in the world



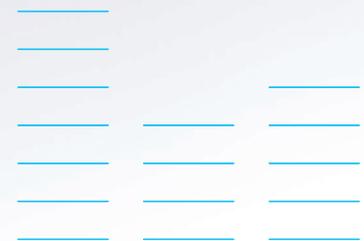
Let your mind and legs roam free in this collection of natural and urban landscapes from around the globe.

Follow the beat

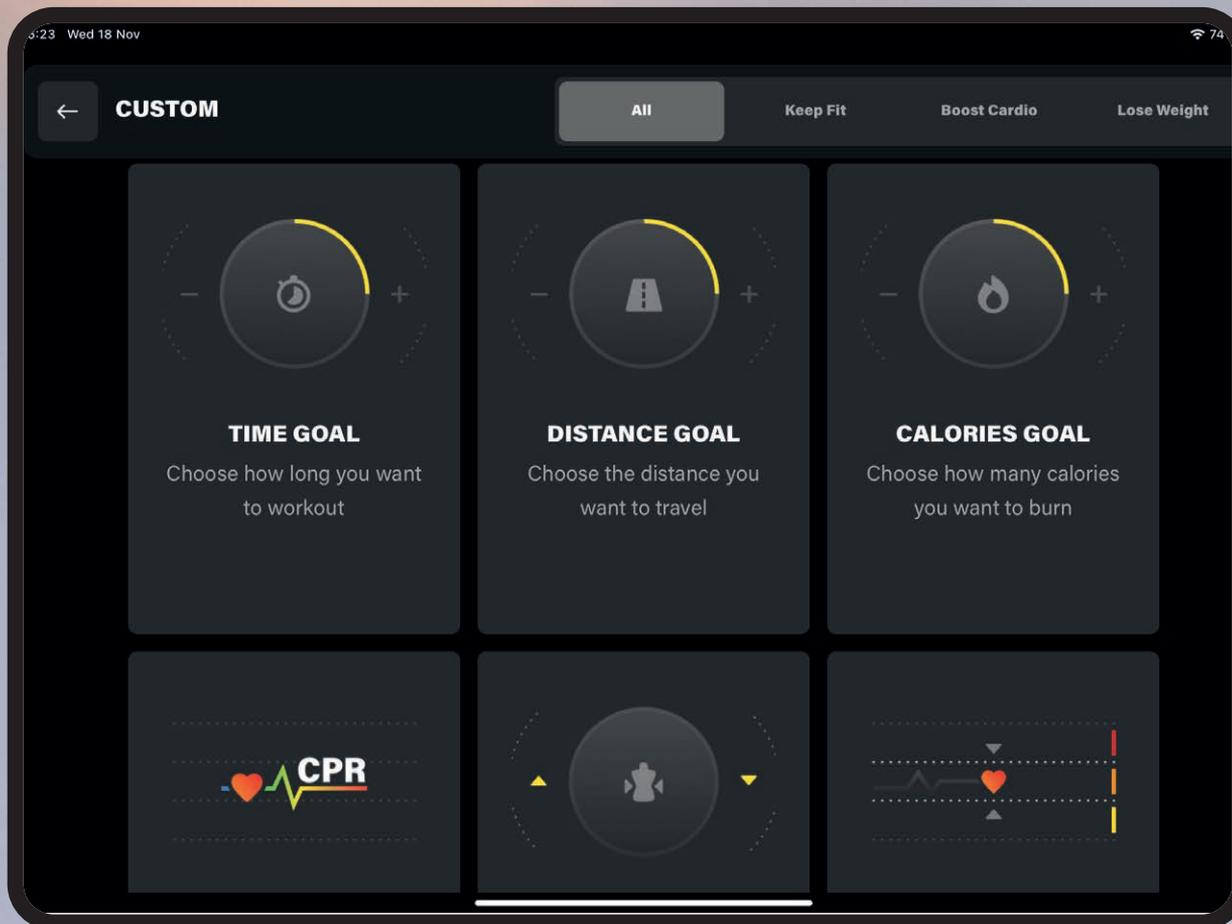


Cover that extra mile with the energy of music. Choose your mood and go with the flow.

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

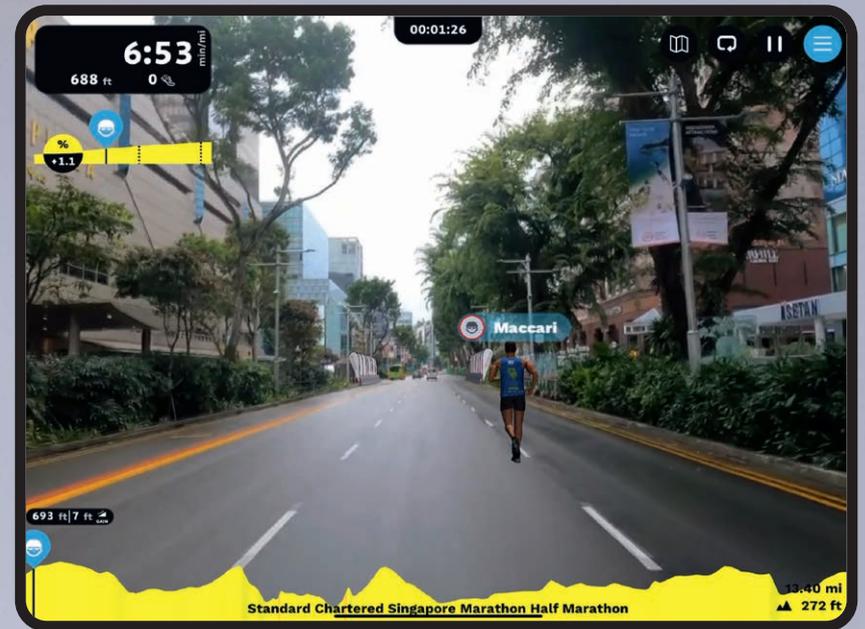


While you train, the CPR system (Constant Pulse Rate) monitors your heart rate and automatically adjusts speed and incline for a safe and efficient workout.

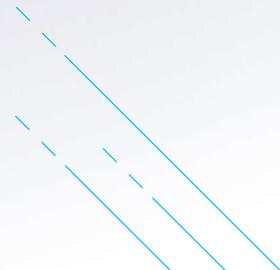
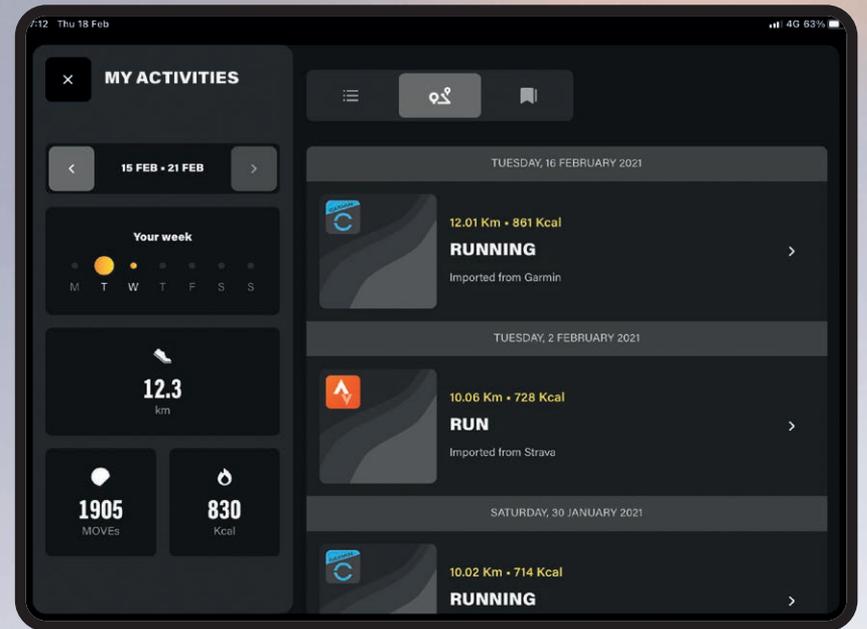
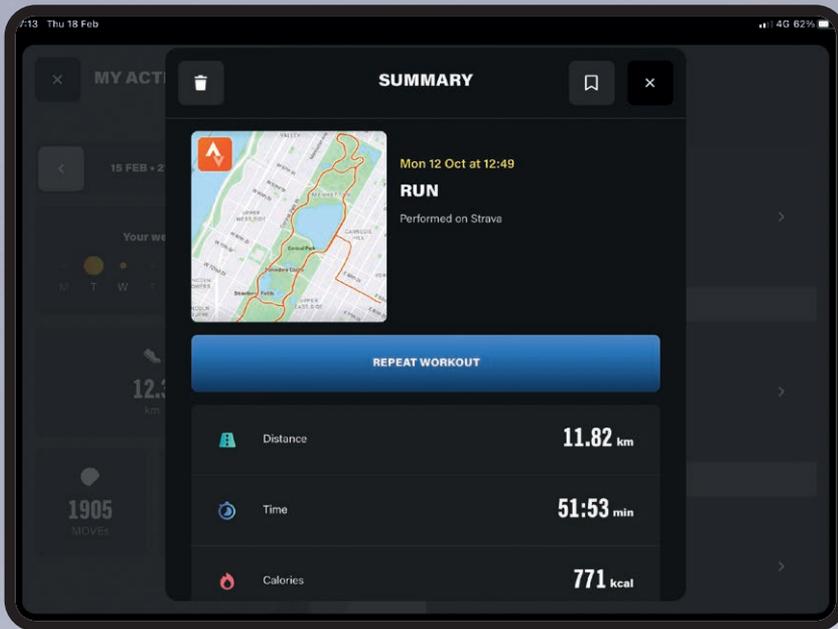


ZWIFT / ROUVY

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

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

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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

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131 North Robertson Boulevard

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Vremena Goda Mall, Kutuzovsky prospekt, 48

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Port Baku

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

Riga

Brivibas 40

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c/o Paseo Caribe, PO BOX 6185

St. Petersburg

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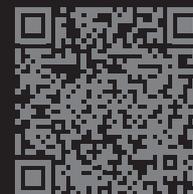
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