

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%



ROUTINES

19
SEC

RUN

INCLINE	SPEED
2.0	12.0



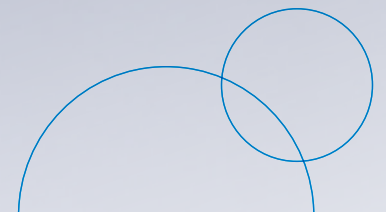
START

TECHNOGYM SESSIONS

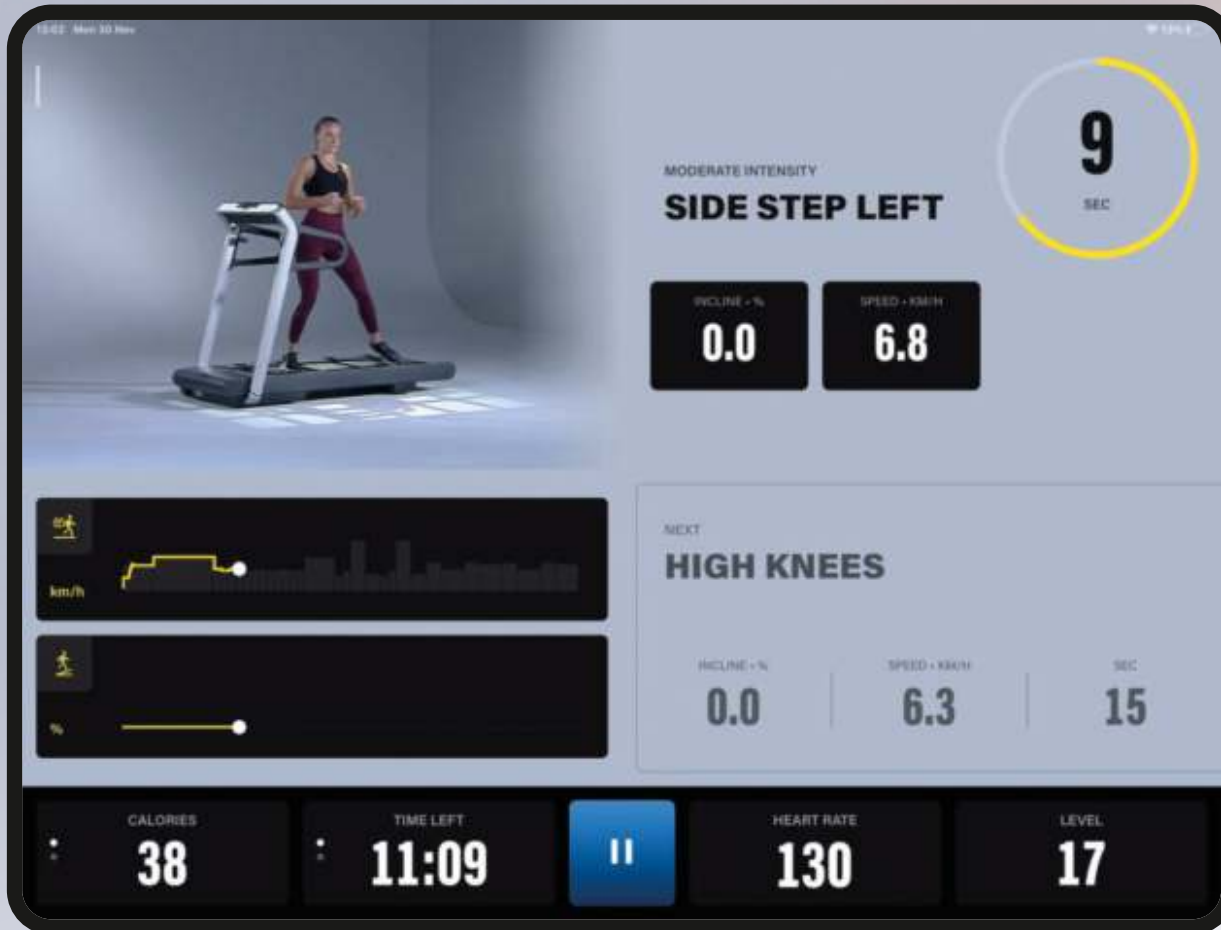
Dive into the experience



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



Choose your goal and follow along

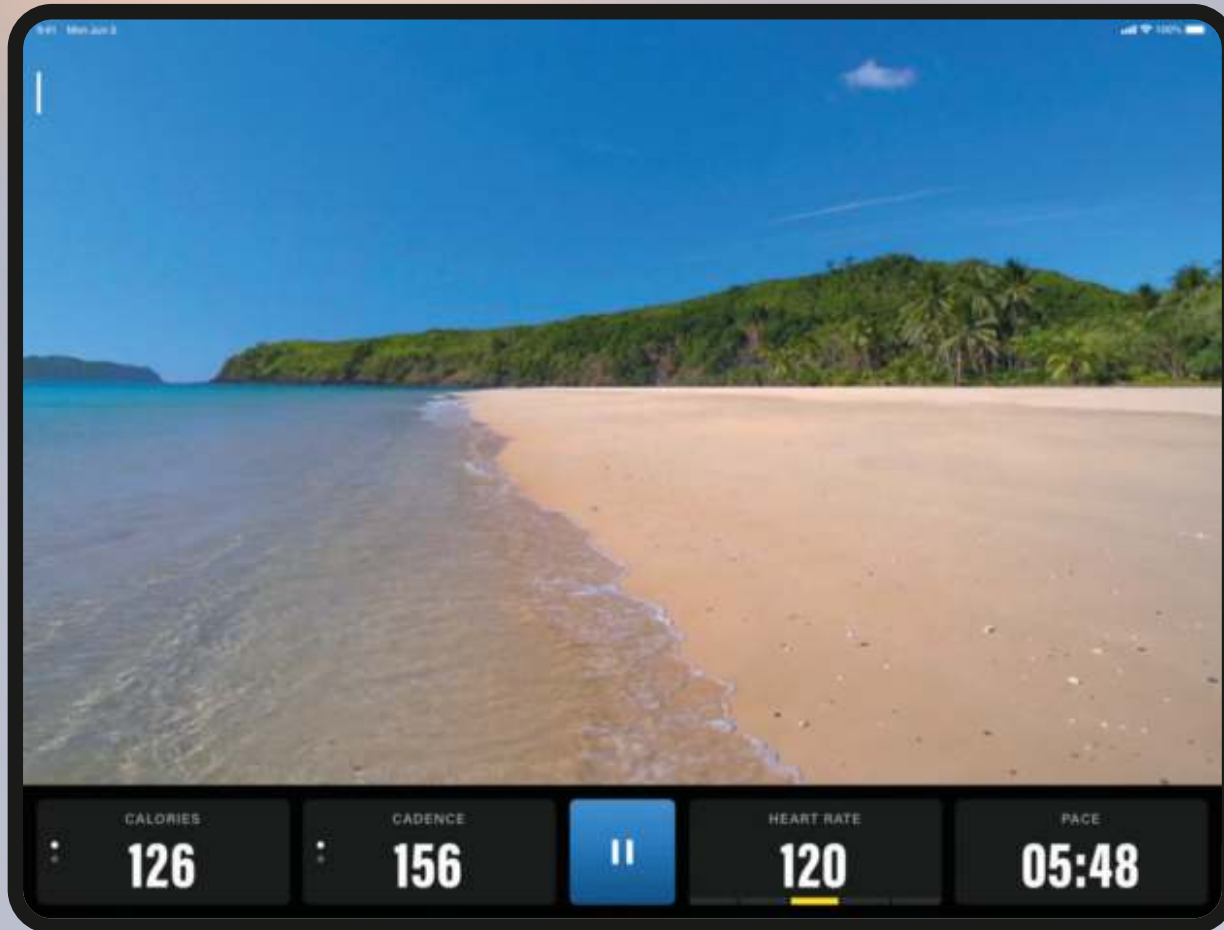


Follow the video exercises while MyRun automatically adjusts speed and incline for a bespoke training session.



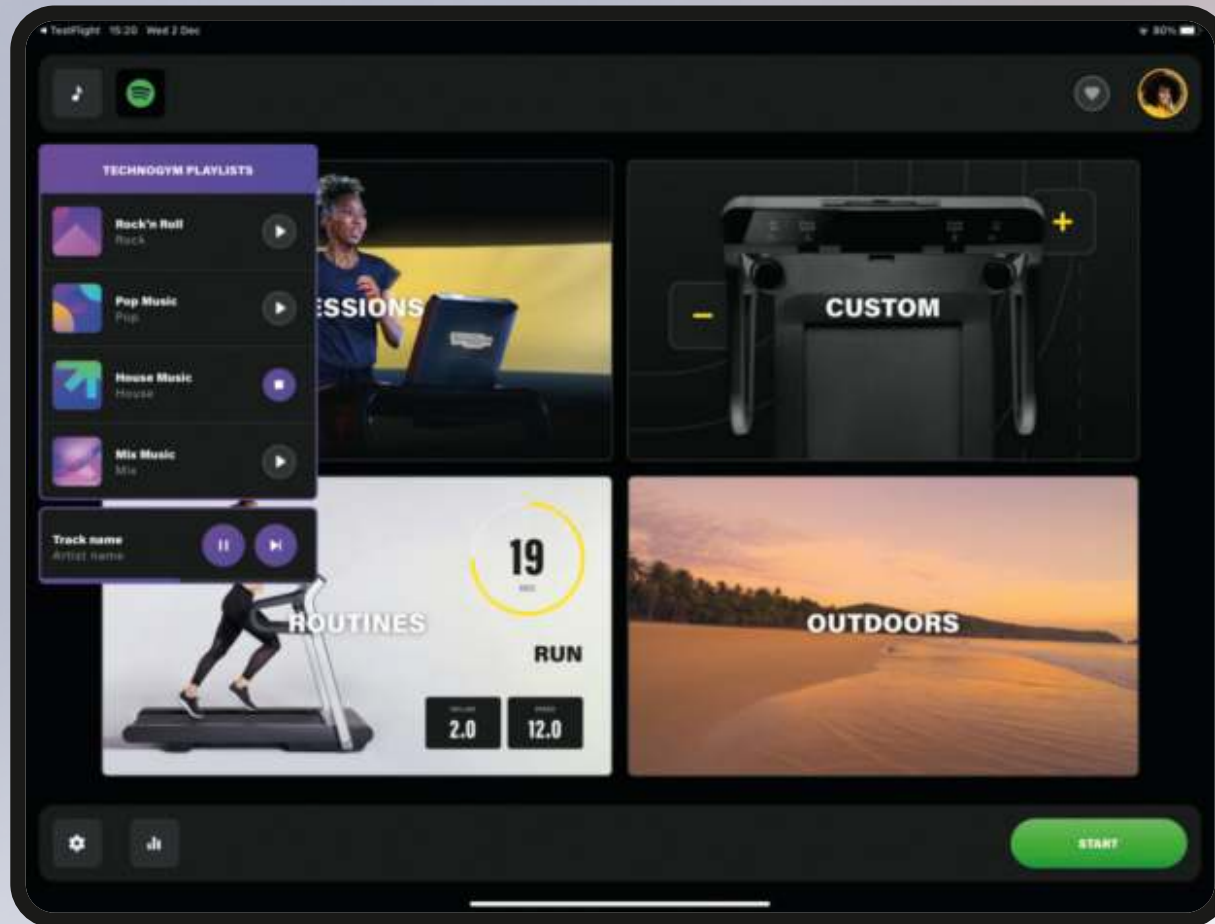
TECHNOGYM OUTDOORS

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

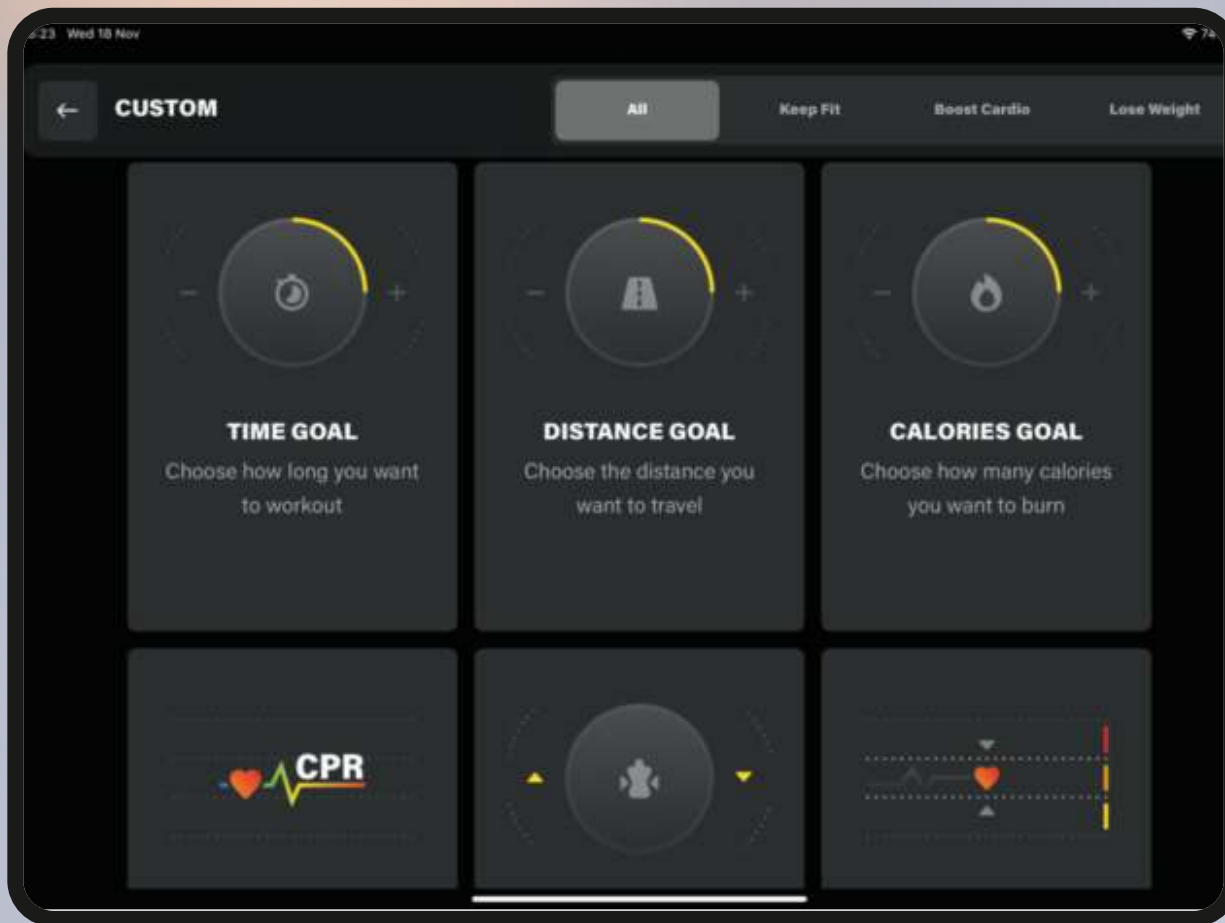


Cover that extra mile with the energy of music. Choose your mood and go with the flow.

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. Download Technogym App for Apple Watch to use your device as heart rate sensor.



COMPATIBLE APPS

The most connected treadmill ever



Zwift



Rouvy



TrainingPeaks



Strava



Garmin



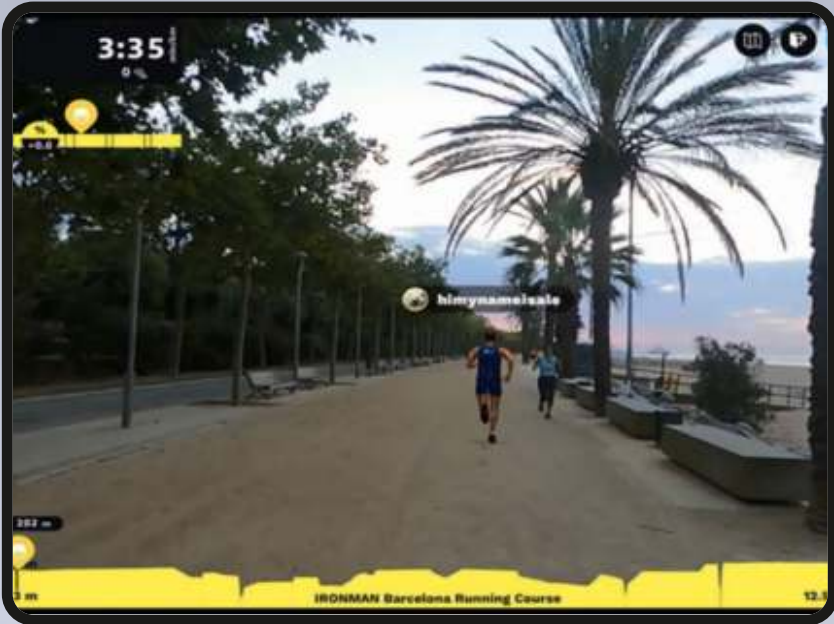
Runkeeper



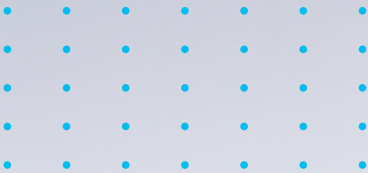
MapMyFitness



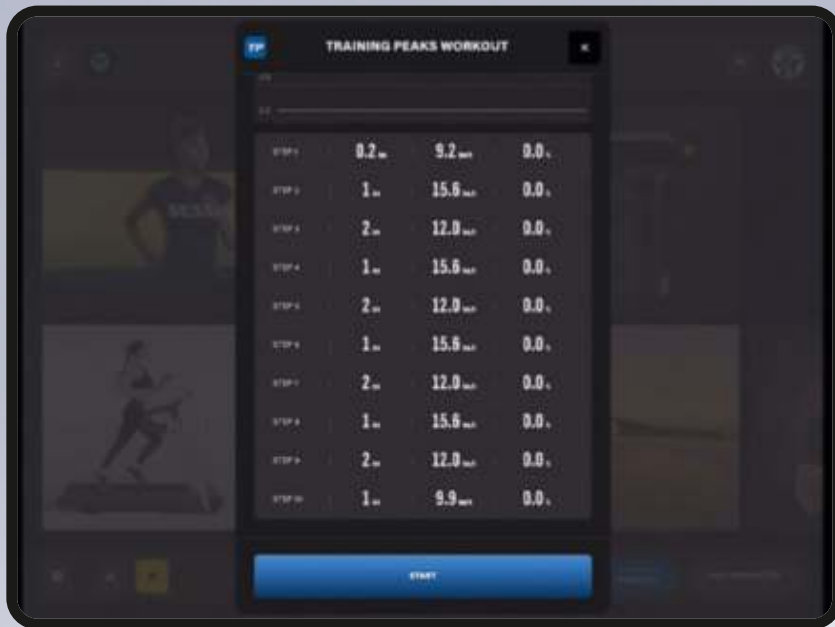
Zwift



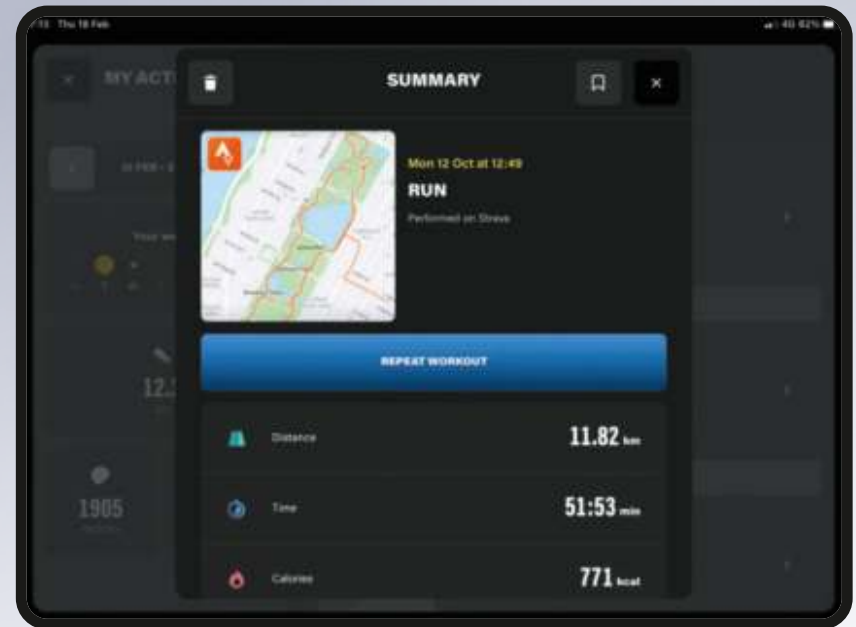
Rouvy



Challenge other runners from around the world on Zwift and Rouvy routes.
Relive your outdoor runs and improve your performance with Strava,
Garmin, Runkeeper and MapMyFitness.
Seamlessly perform all your TrainingPeaks workouts**.



TrainingPeaks

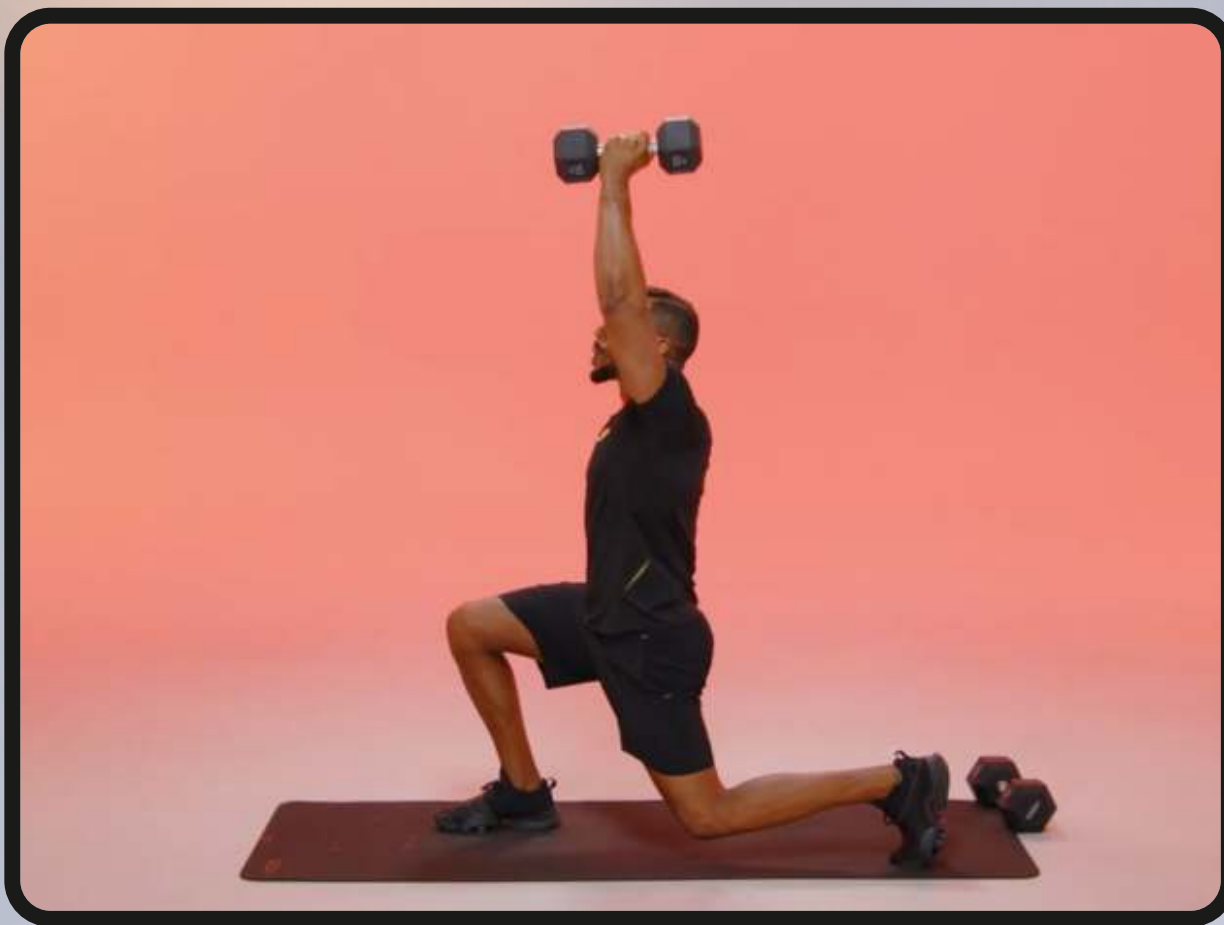


Strava

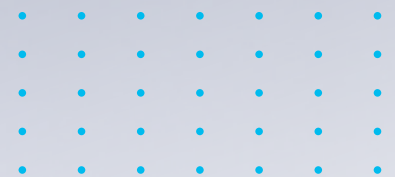
**Please note that workouts based on RPE (Rating of Perceived Exertion), % FTP (Functional Threshold Power) and mixed distance/time are not compatible with Technogym MyRun yet.

TOTAL BODY WORKOUTS

Make the most of your session



Add strength exercises to your cardio routine for a total body blast: your trainer guides you step by step from your tablet.





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.



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
Apple Watch compatibility through Technogym App	Yes
Suitable for users whose height is	155 - 205 cm / 5.1 - 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

Download Technogym App and start training

At home, the gym, a hotel or outdoors,
wherever you train Technogym App adapts
your workout with bodyweight exercises or
the equipment available to you: free weights,
treadmills, ellipticals and more.



Download Technogym App



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 5628900

(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)

TECHNOGYM.COM

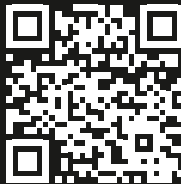
Discover Technogym's complete offer and make your purchases directly from the online store.

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