

SKILLROW™



TECHNOGYM®

The Wellness Company





OLYMPIC CHAMPIONS TRAIN WITH TECHNOGYM

The official supplier of fitness equipment to 7 Olympic and Paralympic Games, from Sydney 2000 to PyeongChang 2018, and partner to the world's best teams and athletes, Technogym® has established itself as the benchmark in the sports world. Technogym® possesses firsthand knowledge of the training methods and systems required to create thousands of champions in over 100 different disciplines worldwide.



SKILL LINE



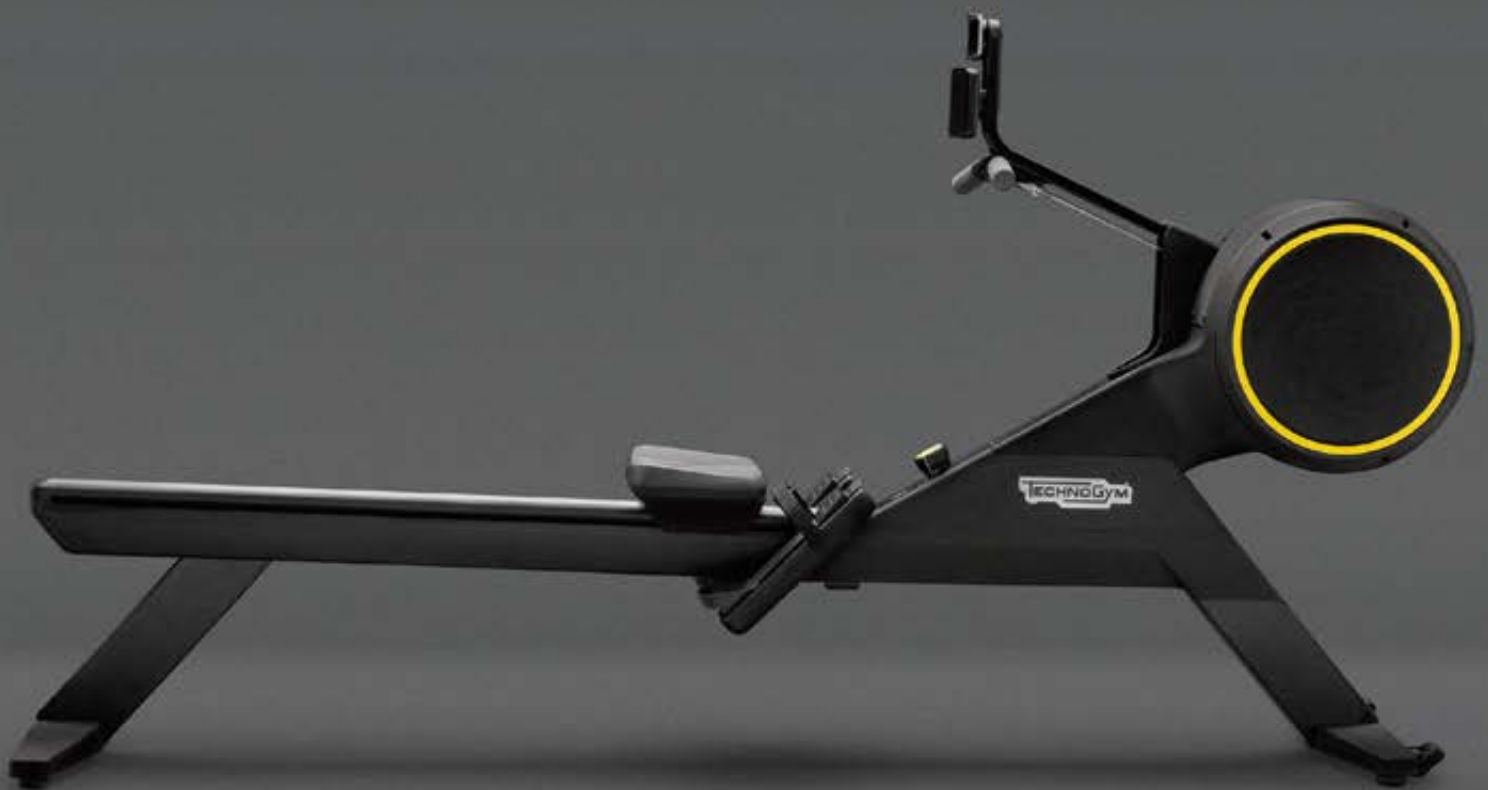
SKILLMILL™



Designed in collaboration with athletes, trainers and academic research institutes, the SKILL LINE improves performance using the SKILLATHLETIC TRAINING method which develops work capacity and enhances abilities in total safety.

Featured products include SKILLMILL™, the first all-round equipment for training Power, Speed, Stamina and Agility, and SKILLROW™, the first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution.

PATENT PENDING DESIGN



SKILLROW™

TRAIN LIKE A CHAMPION WITH **TECHNOGYM NEUROMUSCULAR TRAINING™**

Developed by Technogym's Scientific Department in collaboration with professional athletes and research institutes, TNT - Technogym Neuromuscular Training™ offers specific exercise routines designed to stimulate both the neuromuscular and the metabolic components of performance through specific cadence and power variations during training.

**WE TEAMED UP WITH OLYMPIANS
TO ENABLE EVERYONE TO TRAIN
LIKE ELITE ATHLETES**



**ROSSANO
GALTAROSSA**

Olympic gold in 2000,
silver in 2008,
bronze in 2004, 1992

**MARCELLO
MIANI**

World Champion
in 2014, 2010

**SCOTT
DURANT**

Olympic gold
in 2016



BENEFITS OF TNT™ PROGRAMS

NEUROMUSCULAR
ACTIVATION

METABOLIC
ACTIVATION

INTERMUSCULAR /
INTRAMUSCULAR
COORDINATION



- Improved muscle activation
- More intra/intermuscular coordination
- Reduced metabolic effort due to better muscular recruitment.





LEADING THE RACE IN A CONNECTED WORLD

We created a product for dry land training that has all the benefits of authentic rowing. And much more.



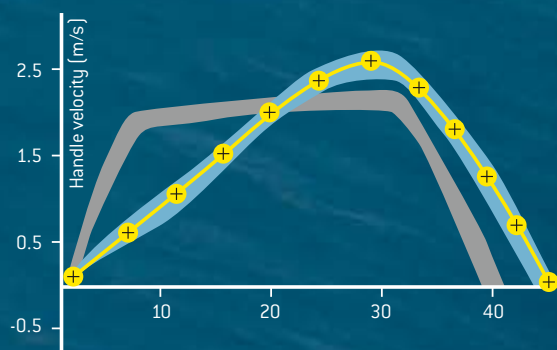
The image features a black Technogym AquaFeel rowing machine in the foreground. A large, curved digital screen in the background displays a virtual rowing race. The screen shows several rowers in a race, with their names and scores listed. The machine has a black frame with yellow accents on the flywheel and handlebars. The screen displays various data points, including speed, distance, and time.

ENGAGING RACES
(PATENT PENDING)
CONNECTED ROWING

MULTIDRIVE TECHNOLOGY™
(PATENT PENDING)
CARDIO AND POWER
TRAINING

AQUAFEEL™
THE UNIQUE FEEL
OF ROWING ON WATER

HOW SKILLROW™ COMPARES TO BOAT ROWING



⊕ SKILLROW

● BOAT

● TRADITIONAL ERGOMETER

SKILLROW's handle velocity throughout the active phase of the stroke is closer to the oar velocity in boat rowing than traditional ergometers.



THE UNIQUE FEEL OF ROWING ON WATER

The resistance delivered by SKILLROW™ was designed to follow the natural curve of the stroke in the water. We named it AQUAFEEL™.



Thanks to AQUAFEEL™, the resistance is more gradual, making the movement fluid throughout and avoiding the backlash effect on the lower back.



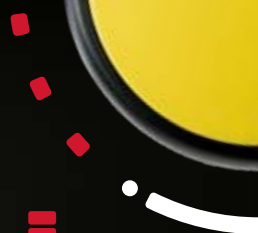
ENHANCE YOUR POWER



POWER

Set resistance at low, medium or high to perform the rowing movement with additional load or to execute power-specific exercises.

MULTIDRIVE TECHNOLOGY™ adds further resistance to the air resistance. This groundbreaking innovation enables



POWER

MULTI
TECHN
PATENT P

IMPROVE YOUR ROWING



ROWING

DRIVE™
OLOGY
PENDING

users to change the equipment mode from cardiovascular to power training by simply adjusting the resistance level.



ROWING

Set the level from 1 to 10 or select the specific drag factor for cardiovascular training displayed on the console.



AQUAFEEL™



POWER



ROWING



mywellness

TOTAL BODY POWER

MULTIDRIVE TECHNOLOGY™ makes it safe to perform triple extensions (targeting hips, knees and ankles) with explosive forceful movements as in the push off phase during jumping and sprinting. This fundamental movement pattern is applicable to many sports and daily life activities.



SKILLROW™ training is a great addition to power-based training circuits. Used to generate the speed and force components in addition to plyobox jumps, SKILLMILL™ pushing and Kettlebell swings, SKILLROW™ is a fundamental component of SKILLATHLETIC TRAINING.

DESIGNED FOR EASE OF USE

Conceived around the user, following a human-centric approach, SKILLROW™ makes all settings easy to reach from a comfortable and ergonomic seated position.

TURN DIAL WITHIN REACH

Users can select the level of resistance of the MULTIDRIVE TECHNOLOGY™ from a comfortable seated position, without needing to stand up to adjust the flywheel. The bright yellow Visual Set Up of the dial makes it easy to spot.

SPORT-SPECIFIC SEAT

Inspired by boat seat design, the comfortable seat allows long workouts to be performed in total comfort.





INTEGRATED PHONE HOLDER

The built-in cradle allows users to broaden their experience with more engaging digital content.



INTUITIVE CONSOLE

The console enables users to monitor performance data from all exercise positions. All useful metrics are displayed in a clear way.



EASY-TO-REACH HANDLEBAR

Located in the closest and most ergonomic position possible, the handlebar is readily accessible.

BUILT TO LAST

SKILLROW™ is engineered to endure strenuous workouts in complete safety. The whole frame including the transmission system (chain, hub and handle) undergoes over 10,500,000 testing cycles at a peak force load of 130 kg/286 lbs. The ergonomic design combined with the high quality components and materials ensures the maximum durability and reliability of the product well beyond the normal standards.



EASY TO STORE

SKILLROW™ can be quickly and safely dismantled into two parts for easy storage.



IMPROVED STABILITY

Solid and compact, SKILLROW™ is designed for intense workouts in a completely safe environment, without the risk of the equipment moving during training.



ROWING GETS CONNECTED

Thanks to the SKILLROW™ app users can enjoy a more motivating digital experience. It's like having a virtual cox always closeby.



Skillrow



Log in with “Remember Me” function via Bluetooth® low energy technology



Choose between four different ways in which to train.



RACE TO THE PACE

Set a pace boat target or compete against your friend's personal best in a different challenge every week.



TNT™ PROGRAMS

The workouts are designed to produce explosive muscle contractions and improve strength and balance.



BIOFEEDBACK

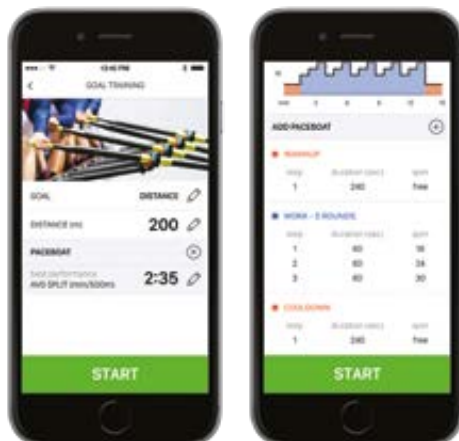
Receive real time feedback on your performance metrics. Improve your stroke force and length and row forward.



VIRTUAL TRAINER

Learn how to row like a champion from top-notch coaches such as Alexia Clark, Kenny Santucci, Scott Durant and Omri Rachmut.

Set up your workout and monitor results.



READY-MADE PROGRAMS

Choose from goal-oriented (time, distance, calories and repetitions), interval training and TNT™ programs developed by exercise professionals.



RESULTS SUMMARY

Monitor performance and progress through a detailed post-training summary of results.

SKILLROW™ CLASS

Offer your users the chance to row together in total synchronicity as a real crew. The SKILLROW™ CLASS format represents a profitable business model for gyms and studios and gives new motivation to your clients.



INDIVIDUAL FEEDBACK



Participants follow the rowing pace set by the trainer as well as they can. The large screen displays an overview of the whole class, showing individual changes in intensity by color and providing motivation. At the end of the class, participants can see how their performance compares to the set target on their mywellness® account.



Skillrow

This professional app is part of the mywellness® product family.

WHAT YOU NEED

- SKILLROW™
- UNITY™ SELF kiosk
- SKILLROW™ professional app to:
 - Create boat races between crews and display progress in 3D on the large screen
 - Show individual data (10 different variables)
 - Create classes with Class Profile Builder in pro.mywellness.com
 - Set up classes based upon % maximum power, % heart rate max and SPM
 - Create a library of class profiles
 - Manage trainer's music and microphone

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education



RACES (PATENT PENDING)



Participants are grouped into crews that compete against each other. The large screen shows the boats moving as a result of their joint effort and synchronization motivating them to row for themselves and for their squad.

SKILLATHLETIC CLASS

Offer your users the chance to perform a complete high intensity circuit based on their heart rate frequency. The SKILLATHLETIC CLASS format enables Personal Trainers to lead individual and small group sessions in an environment that offers all training modalities.



The TEAMBEATS™ professional app is compatible with ANT+ and Bluetooth® low energy technology heart rate devices from multiple brands.



One account enables all participants to join by tapping once on their avatar on the UNITY™ SELF touch screen.



Teambeats

This professional app is part of the mywellness® product family.

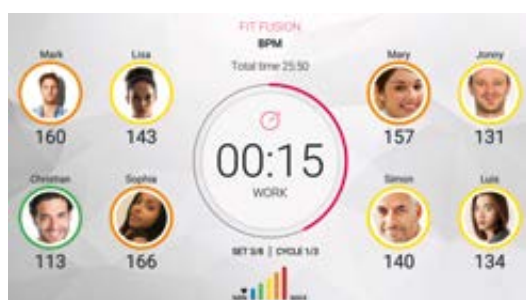
WHAT YOU NEED

- SKILLROW™, SKILLMILL™, Olympic Power Rack, Kinesis® One, Plyoboxes, Kettlebells, OMNIA³
- UNITY™ SELF kiosk
- Heart rate device assignment accessory
- Class antenna
- TEAMBEATS™ professional app to:
 - Display participants' heart rate, % heart rate, heart rate zones, MOVES and calories on large screen
 - Show each participant his/her individual progress over time
 - Adjust the workout intensity
 - Manage the timer
 - Manage trainer's music and microphone

ADDITIONAL SUPPORT

To help you create a unique experience, Technogym® also provides:

- Ready-made class programming
- On-site trainer education



Participants must follow the heart rate target set by the trainer as well as they can. They can view and compare their performance on the large screen.



By downloading the mywellness® app, participants can check their progress from their personal devices at the end of the class.

TECHNICAL SPECIFICATIONS



SKILLROW™

Product code	DJRONDTANAEANRO
Resistance technology	MULTIDRIVE TECHNOLOGY™ - patent pending
Resistance levels	Air resisted rowing mode - 10 levels, additional power mode - 3 levels
Phone holder	Holds phones up to 77.8mm width (3.06 in)
Transport wheels	Yes, 2
Leveling feet	Yes, 1
Dimensions (LxWxH)	2435 x 629 x 1280 mm (96 x 25 x 50 in)
Equipment weight	61 kg (134 lbs)
Shipment weight	76 kg (167 lbs)
Min - max user height	150 - 210 cm (4.11 - 6.11 in)
Max user weight	160 kg (352 lbs)

CONSOLE

Console Type	7" LCD display with backlight
Power supply	Self-powered with power accumulator
Keyboard	Capacitive touch keyboard with backlight
Insulation protection	IP55
Power read out	Watt

CONNECTIVITY

mywellness® connectivity	User login through Bluetooth® low energy technology, Technogym key, mywellness® band, NFC, QR Code
Telemetric heart rate device compatibility	Bluetooth® low energy technology, ANT+
mywellness® workout tracking	Yes, through TEAMBEATS™ and SKILLROW™ professional apps, and through mywellness® and SKILLROW™ apps for users

ACCESSORIES

NUMBERING STICKER KIT (1 - 50) FOR SKILLROW
A0000904



UNITY™ SELF



VERSION	UNITY™ SELF ARTIS	UNITY™ SELF EXCITE
Product code	E0204V16	E0202V16
NFC reader & label	Yes	
Mifare Technogym key reader	mywellness® band, Technogym key	
Bluetooth® low energy technology	Yes	
USB port for personal audio and video content	Yes (1 top, 2 bottom)	
Wi-Fi® and LAN	Yes	
Webcam	Yes	No
Wireless microphone input (add on)	Yes, 1 jack mic input 6mm (bottom)	
HDMI® audio and video content output	Yes: to link to a projector or screen Full HD 1920 x 1080 with 16:9 aspect ratio	
UNITY™ SELF screen resolution	1366x768 pixels, HD Ready	
Audio content output	RCA Connector	
Accessory holder	Yes	No

SKILLROW™ PROFESSIONAL APP

HARDWARE	
Capacity	50+ SKILLROW
Licensing	mywellness® cloud professional license
UNITY™ SELF compatibility	UNITY™ SELF V15 (E0204V15, E0202V15) version or higher
NETWORK CONNECTIVITY	
Wi-Fi®	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Lan - Ethernet	Yes
AVAILABLE CONTENT	
Individual data	10 different performance variables
Class Profile Builder	Class design from pro.mywellness.com
Races - patent pending (individuals and crew races)	Configuration in SKILLROW™ professional app

TEAMBEATS™ PROFESSIONAL APP

HARDWARE	
Capacity	50+ Participants
Licensing	mywellness® cloud professional license
UNITY™ SELF compatibility	UNITY SELF V15 (E0204V15, E0202V15) version or higher
Heart rate device compatibility	Compatible with ANT+ and Bluetooth® low energy technology heart rate devices from multiple brands
Technical requirements	Class antenna in two product versions LAN (POE) or Wi-Fi® and heart rate device assignment accessory
NETWORK CONNECTIVITY	
Wi-Fi®	Wi-Fi® IEEE 802.11b/g/n 2.4 Ghz, security: WPA/WPA2/WEP/none (open network)
Lan - Ethernet	Yes
AVAILABLE CONTENT	
Real-time personal data	HR, % HR, HR Zones, MOVES, Calories
Class Timer	Custom, Countdown, Interval
Music	USB key or personal device (mobile phone, PC) via Bluetooth®
Performance progress	My Progress Index in mywellness® account
Class management	from pro.mywellness.com



INTERIOR DESIGN

Technogym® helps operators create the ideal layout for every business model with a visually powerful environment that will inspire and motivate members.



Technogym® can design a large class layout that enables trainers to perform group rowing in an inspirational training space.



Technogym® can design a circuit layout that allows trainers to lead complete sessions and encourages members to reach their goals.



MARKETING SUPPORT

Technogym® provides a wide range of promotional and educational tools to help you engage your members, including:

- Posters
- Roll up banners
- Educational card
- Customer referral card
- A4 posters
- Booking sheet
- Digital content
- Communication guidelines

View the complete list of available tools at www.technogym.com/marketingsupport
Follow instructions to download and customize the tools with your facility logo.



FINANCIAL SERVICES

Our extensive knowledge of the needs of the fitness sector helps us develop solutions to suit all of your specific requirements, guaranteeing complete peace of mind:

- Certainty of financing costs, with no surprises
- Payment schedules designed to meet your cash flow needs
- Access to the best international credit partnership network thanks to the reliability of the Technogym® brand
- Knowledge of the best ways to preserve capital and keep funds in your business
- One-stop partner providing you with all the services you need to grow your business.

AFTER SALES

Just as the best products work to attract new users, After Sales Service works to keep the best products up and running to preserve their value over time. Extend the benefits of your factory warranty by choosing our Performance Service Contract.

With Performance coverage you can forget about purchase orders for repairs, budget approvals and invoice management: your fee is fixed for the duration of the contract.

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