

# SKILLBIKE™



**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.





# SKILLBIKE™

## SHIFT TO REAL RIDING

Skillbike is the revolutionary new stationary cycle developed by Technogym®. Created in collaboration with champion riders using the **Skillathletic Training** method, Skillbike enables cycling professionals and enthusiasts to experience the emotion and challenge of outdoor riding in an indoor environment.







# BRING THE OUTDOOR CYCLING EXPERIENCE INDOORS





# THE FIRST INDOOR BIKE WITH A REAL GEAR

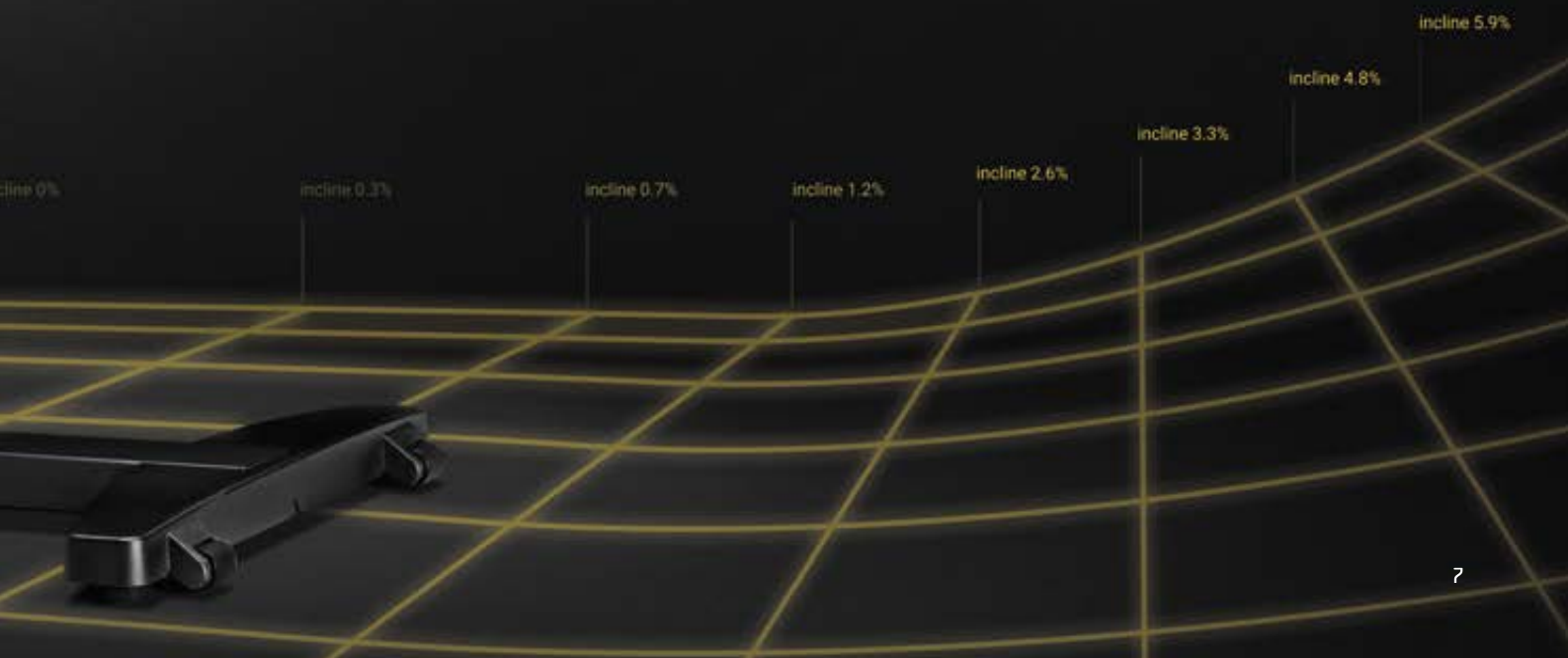


REAL GEAR SHIFT  
PATENT





The **Real Gear Shift** (Patent) allows you to replicate the dynamics of hill riding. By shifting gears, riders can counter the change in resistance and maintain the correct power and cadence for maximum efficiency. The console displays the gear and gear ratio selections in real time.



# ENHANCE YOUR POWER

WITH INTERVAL TRAINING



Perform interval training routines with a steady power output to improve strength and endurance.

**MULTI**  
**TECHN**  
PATENT

# IMPROVE YOUR ENDURANCE

WITH HILL WORKOUTS



DRIVE™  
OLOGY  
PENDING

Simulate hill climbs by using the **Real Gear Shift** (Patent) to maximize your efficiency.

# DESIGNED FOR REAL RIDING

Enjoy the same feeling as outdoor cycling with Skillbike's **Riding Design** (Patent), which reproduces the biomechanics of outdoor bicycles.





## RIDING DESIGN PATENT

The frame and handlebar are designed to accommodate different riding positions and postures: road, time trial and mountain bike.





# FEEL THE ROAD

At the heart of Skillbike™ is the ingenious **Road Effect System** which simulates the sensation of riding outdoors by adjusting to your pedalling style and performance data.

## ROAD EFFECT SYSTEM



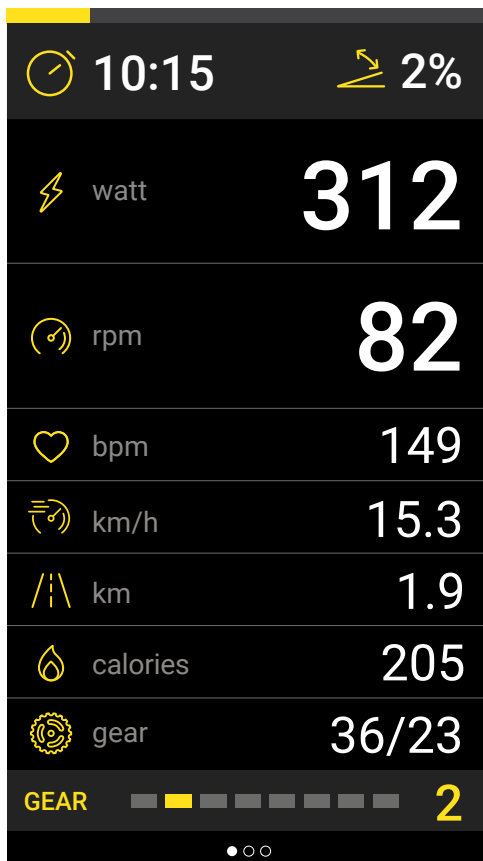


# ALL YOUR DATA AT A GLANCE

The integrated 7-inch Connected Color LCD Console provides all of the relevant data you could want to monitor your ride. Ride against your ghost to improve your best performance.







Maximize the efficiency of your ride with real-time feedback on Cadence, Power, Speed, Distance, Gradient, Heart Rate, Gear and Gear Ratio.

The console displays your riding profile with speed, gradient and cues to prepare you for upcoming changes. Measure your performance against your target goal.





# ROUND OUT YOUR PERFORMANCE

Thanks to its **Pedal Printing™** technology, Skillbike™ gives you continuous visual feedback on the circularity and symmetry of your pedaling stroke at different gear ratios to improve your efficiency. Each pedal revolution and the torque symmetry between right and left legs is analyzed in real time.

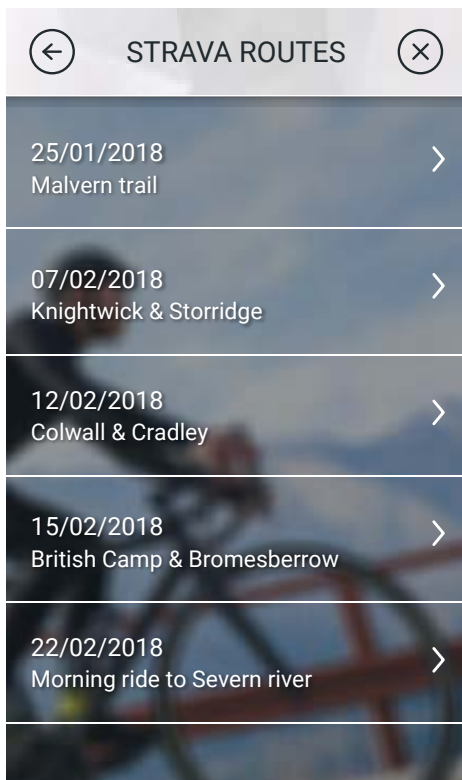


# SUMMIT YOUR NEXT MOUNTAIN

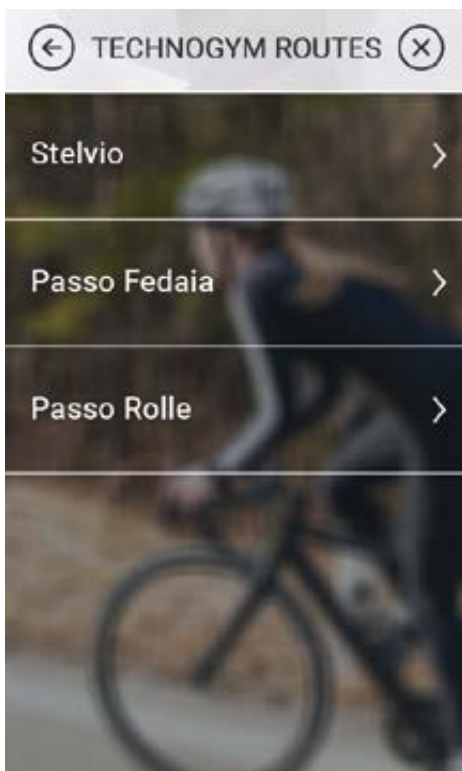
Whether you are training for a target distance or elevation or just feel like hitting a new route, saddle up and go with Skillbike™.







Build your route with Strava and repeat the rides you've already done with Skillbike to monitor your progress.



To get you started, we have pre-installed routes of the best roads and trails around Italy.

As a **Strava™** Account holder, you can download your Routes to Skillbike's MyRiding Logbook and ride any road or trail all over the world.





# CRAFT YOUR RIDE

Skillbike™ gives you the freedom to choose targeted routines and routes that fit your goals. Trainers can also create dedicated workouts using the Technogym Neuromuscular Training™ method and Prescribe app.



## TESTS

[Maximal; FTP Technogym; Fitness]  
Evaluate your threshold power and choose the best training level for you.



#### UPHILL RIDES

[Rolling hills; Hill repeats; Sharp hills]

Select duration and gradient and use

Real Gear Shift. Rides are customized based on your performance data and fitness level.

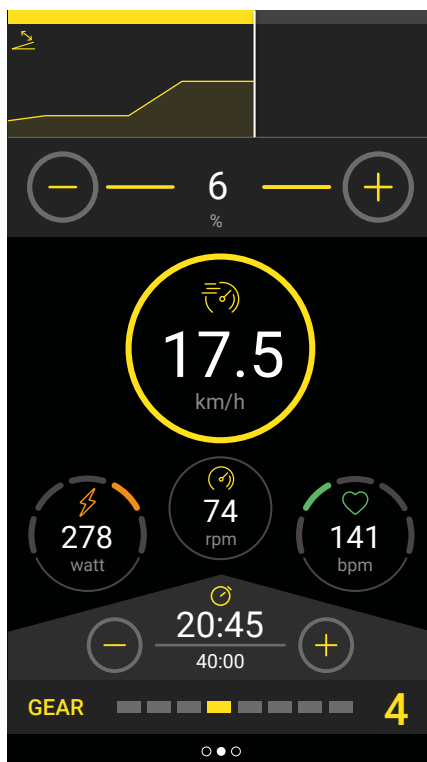


#### SPECIFICS

[Agility; Progression to threshold;

Specific Strength; User defined]

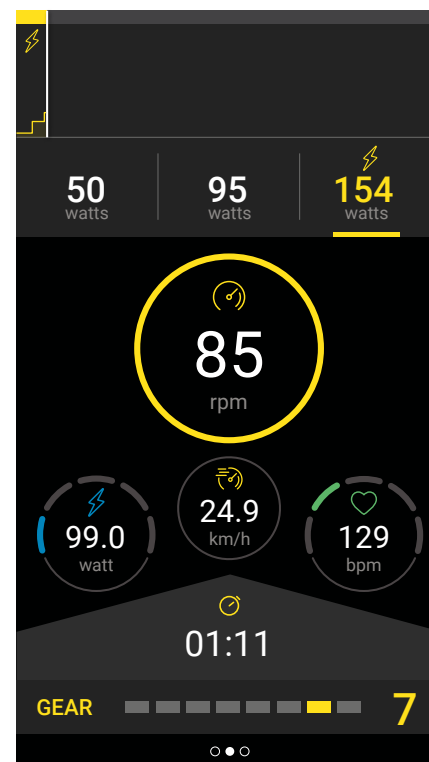
Improve performance with dedicated exercises that train the different skills required in cycling.



#### GOAL DRIVEN

[Time; Distance; Calories]

Simply choose the ride duration or distance or the amount of calories you want to burn.



#### POWER SHIFT

Create on-the-fly interval training profiles, then switch from one power level to the next with a simple touch of the Power Shift.

# IGNITE YOUR PASSION

Follow the paths of champions along the classics of cycling climbs. Saddle up and explore new adventures with **Strava**™ routes.



Strava

With Strava you can select your starred rides and repeat them on Skillbike™ to improve your personal best. Outdo yourself and share your Skillbike performance and achievements with your Strava community.







# EXPLORE AND ADVANCE

Break into the virtual realms of **Zwift**. Track your workouts seamlessly with **Garmin** devices, both indoors and on the road.



The integration with Zwift makes your riding performance more fun. Explore the different virtual environments and compete with cyclists from all over the world, improving your performance.



Zwift





Seamlessly track your performance on the Skillbike™ with your Garmin device and share it on connected applications.



Garmin







# SKILLATHLETIC TRAINING

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.

Thanks to Skillathletic Training, users can develop the full spectrum of skills involved in cycling. Training can be done by targeting several capacities:

- Power: improve your efficiency in all riding conditions
- Speed: carry you through to the final rush
- Stamina: sustain your effort for extended periods of time
- Agility: improve your neuromuscular coordination and efficiency.

**POWER** **SPEED**  
**AGILITY** **STAMINA**





# TAKE ON THE CHALLENGE

With Skillbike™, trainers can offer two different yet equally engaging class experiences: **Race** and **Performance**. The Skillbike professional app allows to prepare the classes in advance and seamlessly manage them.



8.0 km 13%

1	Philip
2	Emma
3	Mark
4	Abbey
5	Patrik
6	Jane
7	Andrew





# SKILLBIKE™ RACE CLASS



## TRAIN FOR THE COMPETITION

As in a real outdoor race, riders have to find the best strategy to tackle a route where everyone competes on equal terms thanks to the automatic setting of resistance based on gradient and bodyweight.

- Challenge one another on races designed by trainers
- The screen showing real time ranking and race highlights will keep your motivation soaring above the highest ridges
- Select the best gear mode to brave steep gradients and maintain your cadence
- At the end of the race, celebrate who made it to the podium and view all performance results
- Any time you want to join the class, book your Skillbike from remote and secure your favorite spot.



## MBS 35k - RACE



Skillbike

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



**Skillbike Race Class**  
in a studio environment

## DESIGN CHALLENGING PROFILES

Trainers engage riders with real hill profiles which put their racing skills to the test and advance their performance in a fun and effective way.

- An easy-to-use tool enables trainers to design race profiles
- Each Skillbike automatically sets the resistance based on gradient and user weight following the race profile
- Automatic acquisition and display of race highlights to motivate the class
- Trainers have access to a ready-to-use Race library with quarterly updates.

# SKILLBIKE™

## PERFORMANCE CLASS



### IMPROVE YOUR CYCLING PERFORMANCE

Riders attend a different class every day to focus on specific training goals: Agility, Strength, Endurance and Power. The profile is the same for everyone, but the workload is customized to riders' level of conditioning.

- Follow real-time instructions on the large screen to perform the workout correctly
- Train at the right intensity thanks to the customization of resistance based on 1) threshold power or 2) gradient and user weight
- Improve your performance thanks to individual data monitoring
- Forget boredom with ever-new profiles designed to improve each one of your capacities
- Any time you want to join the class, book your Skillbike from remote and secure your favorite spot.





Skillbike

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



## Skillbike Performance Class in a cardio area environment

### DESIGN TARGETED WORKOUTS

Trainers engage riders with effective workout sessions that change from day to day to keep motivation high and results coming.

- An easy-to-use tool enables trainers to design specific training profiles
- Each rider's workload is customized via Skillbike's automatic set-up function
- The automatic workload function frees trainers from assisting riders during workload set-up and allows them time to provide personalized advice instead
- Trainers have access to a ready-to-use training library with quarterly updates.

## TECHNICAL SPECIFICATIONS



### SKILLBIKE™

#### SPECIFICATIONS AND PERFORMANCE

Multidrive™ Technology (Patent pending)	Uphill training + Power
Gradient replication	Yes -3/+15%
Real Gear (Patent)	Yes 1-8
Gears ratio and metric development	1 - 8 GEAR RATIO {36/28}; {36/23}; {36/19}; {36/17}; {52/21}; {52/17}; {52/15}; {52/13}. METRIC DEVELOPMENT 2,85 GEAR I; 3,48 GEAR II; 4,04 GEAR III; 4,6 GEAR IV; 5,41 GEAR V; 6,61 GEAR VI; 7,67 GEAR VII; 8,73 GEAR VIII
Road Effect	Yes
Angular velocity measurement	Angular velocity measurement 10 to 32 times per crank revolution
Biofeedback (Patent pending)	Yes
Power accuracy	+/-1%
Q factor	170 mm {6.7 in}
Cranks length	172.5 mm {6.9 in}
Ergonomic time trial position	Yes
Elbow support - triathlon position	Optional
Pedals	Dual-sided SPD® in coated silver aluminium
Ability to fit own pedals	Yes
Handlebar	Ergonomic multi-position, in PVC
Handlebar adjustment	Horizontal and vertical
Saddle	Velo unisex padded sport saddle, with extra strong steel frame
Saddle adjustment	Horizontal and vertical
Saddle and handlebar safety system	Yes
Drive system	7 ribs Poly-V® Belt with Kevlar® cords
Resistance system	Magnetic: 4 permanent magnets in neodymium
Flywheel position	Posterior
Flywheel material	External disc: steel and anodized aluminium
Flywheel weight	4 kg {8.8 lbs}
Frame material	Steel with sandblasting and ED process paint with two layers of powder coating + aluminium
Min – max user height	155 – 205 cm {5.1 - 6.7 in}
Max user weight	160 kg {353 lbs}

#### COMFORT AND CONVENIENCE

Water bottle holder	Single and frame integrated
Transport wheels	2
Leveling feet	4
Noise level	70 decibel at 130 rpm
Ergonomic dashboard	Yes
User-defined language selection	Yes
Languages	24 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabic, Korean, Norwegian, Swedish, Finnish, Israeli, Catalan, Polish, Thai, Chinese simplified, Welsh

#### HEART RATE MONITORING

Heart rate monitoring	Compatible with ANT+ and Bluetooth® low energy technology transmitters
-----------------------	--

#### STRUCTURAL SPECIFICATIONS

Assembled weight	55 kg {121 lbs}
Assembled dimensions	L1545 x W638 x H1301 mm {L61 x W25 x H51 in}
Electrical requirement	Input: 100-240 Vac, 50-50 Hz, 60 Watt. Output: 24 Vdc



## 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

## CONSOLE



Skillbike

### SKILLBIKE™ CONSOLE AND CONNECTIVITY

#### EXERCISE AND TESTING OPTIONS

In-built testing	Yes, Maximum Test, FTP Technogym, Fitness Test
Embedded exercise options	15
Replication of Strava™ segments	Yes

#### CLASS-SPECIFIC UI

Skillbike Performance classes UI	Yes
Skillbike Race classes UI	Yes

#### BIOFEEDBACK

Pedaling circularity	Yes
Pedaling symmetry	Yes
Power reading	Yes, +/-1% accuracy

#### THIRD PARTY DEVICES AND APPS COMPATIBILITY

Zwift	Yes
Garmin	Yes

#### CONSOLE

Console type	7" LCD display with backlight
Touchscreen	Yes
Ability to update firmware from remote	Yes
mywellness® connectivity	Yes, through Bluetooth® low energy technology, NFC (RFID), QR Code

#### CONNECTIVITY

Wi-Fi®	Yes
NFC	Yes
ANT+	Yes (optional)
Bluetooth® low energy technology	Yes

## PROFESSIONAL APPS

### SKILLBIKE™ APP

#### HARDWARE

Capacity	18 Skillbike units for Race profile
Licensing	mywellness® cloud professional license
Unity™ Self compatibility	Unity™ Self V15 (E0204V15, E0202V15) version or higher

#### NETWORK CONNECTIVITY

Wi-Fi®	Skillbike equipment is capable of transmitting data via Wi-Fi® to the Unity™ Self kiosk that projects it on external screen
LAN-Ethernet	The Unity™ Self kiosk connects via LAN-ethernet

#### AVAILABLE CONTENT

Class profile builder	Trainers can easily create Race class profiles by working on distance and gradient and Performance class profiles by setting power and cadence
Automatic resistance customization	The bike automatically sets resistance based on user weight
Automatic gradient	The bike automatically replicates class gradient profiles
Reserved seats	Users reserve their bikes by remote booking (bike is locked)
Class assistant	Trainers review performances in real time
Class promotion	The large screen can be used to promote Skillbike classes in between classes
Progress monitoring	Users see their results at the end of the class

# TOTAL WELLNESS SOLUTION



## INTERIOR DESIGN

Technogym® Interior Design 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 a variety of sessions and fosters an inspirational training environment.

Technogym® can develop a circuit layout suited to different operator needs, suggesting the equipment solution that enables trainers to perform well-rounded sessions and encourages members to perform their very best.

## MARKETING SUPPORT

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

- Guidelines for facility branding
- Posters
- A4 poster
- Roll up banners
- Image library
- Videos

By accessing the dedicated marketing support area, you will be able to view and download all available tools.

[www.technogym.com/marketingsupport](http://www.technogym.com/marketingsupport)



## FINANCIAL SERVICES

The extensive knowledge of the needs of the fitness sector enables Technogym® Finance to 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 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, Technogym® 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.

# SKILL



SKILLMILL™



SKILLROW™

Discover more about Skill Line products and



# LINE



SKILLRUN™



SKILLBIKE™

Skillathletic Training at [technogym.com](https://www.technogym.com)



# Technogym in the World

## ITALY

OFFICES & SHOWROOM  
Via Calcinaro, 2861  
47521 Cesena (FC)  
Ph. +39 0547 56047  
Fax +39 0547 650505  
informazioni@technogym.com

## UNITED KINGDOM

OFFICES & SHOWROOM  
Two The Boulevard  
Cain Road – Bracknell  
Berkshire RG12 1WP  
Ph. +44 1344 300236  
Fax +44 1344 300238  
UK\_info@technogym.com

## GERMANY

OFFICES & SHOWROOM  
Frankfurter Str. 211  
(Eingang Du-Pont-Straße)  
63263 Neu-Isenburg  
Ph. +49 (0) 6102 - 822380  
Fax +49 (0) 6102 - 8223810  
info\_d@technogym.com

## NETHERLANDS

OFFICES & SHOWROOM  
Essebaan 63  
2908 LJ Capelle aan den IJssel  
Ph. +31 (0) 10 422 32 22  
Fax +31 (0) 10 422 25 68  
info\_blx@technogym.com

## BELGIUM AND LUXEMBOURG

OFFICES & SHOWROOM  
Ikaros Business Park,  
Ikaroslaan 25, 2nd floor  
1930 Zaventem  
Ph. +32 (0) 2 720 86 33  
Fax +32 (0) 2 721 36 99  
info\_blx@technogym.com

## SPAIN

OFFICES & SHOWROOM  
Parc De Negocios Mas Blau  
Ed. Avant 1 c/Selva, 12  
08820 El Prat de Llobregat,  
Barcelona  
Freephone: 900 89 88 99  
Fax +34 933 704 736  
informacion@technogym.com

## PORTUGAL

OFFICES  
Tagus Park – Nucleo Central, 284  
2740 – 122 Oeiras (Portugal)  
Freephone: 800 112 998  
informacao@technogym.net

## FRANCE

OFFICES & SHOWROOM  
20, rue Rouget de Lisle  
92130 Issy les Moulineaux  
Ph. +33 (0)1 45 29 90 00  
Fax +33 (0)1 45 29 90 05  
info@technogym.fr

## RUSSIA

OFFICES  
BC 'Vereyskaya Plaza 1'  
Vereyskaya Street, 29, Build.154,  
Office 42 - 121357 Moscow  
Ph./Fax +7 495 933 38 34  
info\_ru@technogym.com

## NORTH AMERICA

OFFICES & SHOWROOM  
700 US Highway 46 East,  
Fairfield, New Jersey 07004  
Ph. +1 206 6231488  
Toll free: 800 8040952  
Fax +1 206 6231898  
info@technogymusa.com

## BRAZIL

MAIN OFFICES  
Av. Paulista, 1439 - Suite 114  
Bela Vista São Paulo – SP  
CEP 01310-100  
OTHER OFFICES  
Rua da Assembleia, 11  
sala 11 - Centro - Rio de Janeiro  
CEP 20011-001  
Ph. 0800 600 6070 / +55 21 3520 8400  
comercial\_br@technogym.com

## UNITED ARAB EMIRATES

OFFICES & SHOWROOM  
Sheik Zayed Road - Exit 42  
Palladium Building  
Dubai, United Arab Emirates  
ABU DHABI SHOWROOM  
Al Maqta Building -  
Sultan Bin Zayed The First St.  
Abu Dhabi, United Arab Emirates  
Ph. +971 4 3375337 (centralized)  
Fax +971 4 3372660 (centralized)  
infouae@technogym.com

## JAPAN

OFFICES & SHOWROOM  
Seafort Square Center Bldg. 18F  
2-3-12 Higashi-shinagawa  
Shinagawa-ku, Tokyo, 140-0002  
Ph. +81 (0)120 576 876  
Fax +81 (0)3 5495 7789  
jp\_info@technogym.com

## CHINA

OFFICES & SHOWROOM  
4th Floor, No.1 Building  
No.881 Wuding Road  
Jing An District, Shanghai  
200040, China  
Ph. +86 21 5888 6355  
Fax +86 21 5888 6950  
sales\_china@technogym.com

## HONG KONG

OFFICES & SHOWROOM  
35/F, Suite 3509-11  
25 Canton Road,  
The Gateway Tower 2  
Tsim Sha Tsui, Kowloon, Hong Kong  
Ph. +852 31162622  
Fax +852 31162625  
info\_hk@technogym.com

## AUSTRALIA

OFFICES & SHOWROOM  
Building E, Suite E204  
24-32 Lexington Drive  
Bella Vista NSW 2153  
Ph. +61 (02) 8883 0172  
Toll free: 1800 615 440  
Fax +61 (02) 9672 6410  
info.au@technogym.com

## OTHER COUNTRIES

OFFICES & SHOWROOM  
Via Calcinaro, 2861  
47521 Cesena (FC), Italy  
Ph. +39 0547 650111  
Fax +39 0547 650591  
info@technogym.com

## website

[www.technogym.com](http://www.technogym.com)

Technogym, The Wellness Company, Multidrive Technology, Skillbike, Skillrun, Skillmill, Skillrow, Skillathletic, Teambeats, Unity and mywellness are trademarks of Technogym S.p.A. registered in countries of the European Union and in the world. Skillbike, Real Gear Shift, Multidrive Technology are protected by pending patents and designs owned by Technogym S.p.A. in European countries and in the world. European Design Registration No. 002773812, patents No. US7722502, EP 1899023 B1.

Technogym reserves the right to modify its products and documentation at any time and without notice. © 2018 - 2019 Technogym.

Wi-Fi® is a registered trademark of the Wi-Fi Alliance. The terms HDMI and HDMI High-Definition Multimedia Interface, and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. in the United States and other countries. The Bluetooth® word are mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Technogym® is under license. All other third parties trademarks and logos contained within this catalog are property of their respective owners.

