

# SKILLRUN™



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.





# SKILLRUN™

## SUPREME RUNNING PERFORMANCE

Skillrun shatters all expectations of what a treadmill can be. It is the first piece of running equipment designed to meet the training requirements of elite athletes and demanding fitness enthusiasts. Thanks to its unique **Multidrive Technology™**, Skillrun users can combine cardio and power training in a single solution.





# ENHANCE YOUR POWER

WITH RESISTANCE WORKOUTS



**MULTI  
TECHN  
PATENT**

From a complete assessment to innovative skill-driven exercises, Multidrive Technology allows users

# IMPROVE YOUR CARDIO

WITH RUNNING SESSIONS



**DRIVE™**  
OLOGY  
PENDING

to perform cardio and power training by adjusting the type and level of resistance on the interactive console.







## SPEED

Strengthen your resistive power and top-end speed with **Parachute Training**. The exclusive Technogym workout and optional Parachute Training Kit (patent pending) reproduce the feeling of outdoor running with a parachute in optimized conditions. Resistance is null at the start and increases as you gain speed.



## POWER

Boost your explosive power and acceleration with **Sled Training**. The exclusive Technogym workout reproduces the feeling of pushing a sled on grass. Resistance is high at the start and decreases to a constant rate as you pick up speed.



# IMPROVE YOUR POWER AND CARDIOVASCULAR ENDURANCE

The innovative **Multidrive Technology™** (patent pending) enables users to perform running sessions and resistance workouts on the same piece of equipment, providing a well-rounded cardio and power training workout.

- **PUSH AGAINST RESISTANCE WORKOUTS**  
thanks to **Sled** training mode
- **SPEED RESISTANCE WORKOUTS**  
with **Parachute** training mode
- **30% MORE TRAINING SPACE**  
as a result of the streamlined design and  
55 cm/22 in wide belt
- **FAST-PACED RUNNING**  
with speeds that reach up to 30 km/18.6 mph
- **INTENSE CLIMBS AND DESCENTS**  
thanks to a gradient that ranges from +25% to -3%
- **INSTANT SPEED AND GRADIENT CONTROL**  
at the touch of the **Fast Track Controls**
- **EFFICIENT SPRINT AND INTERVAL WORKOUT**  
ramp up acceleration twice as fast as standard  
treadmills

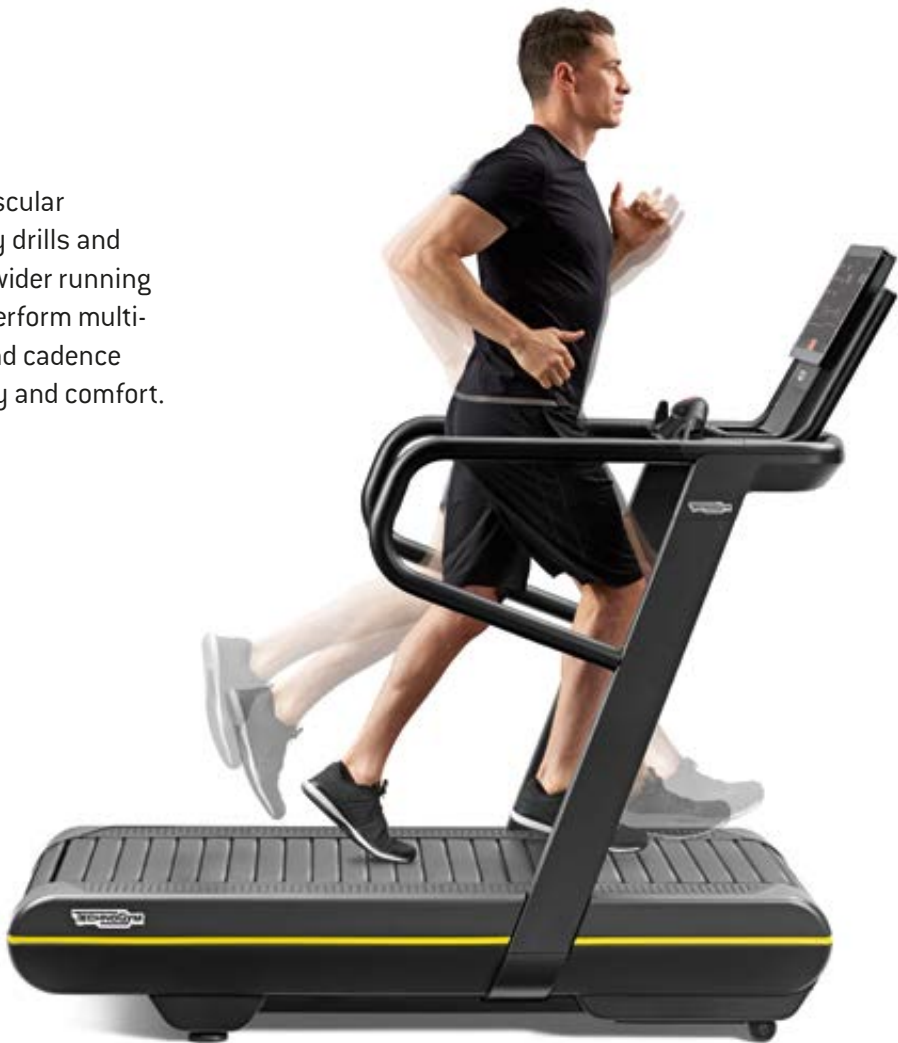




■ Discover why **Skillrun** sets the new gold standard for performance running at [technogym.com](http://technogym.com)

# AGILITY

Improve your neuromuscular coordination with agility drills and **Cadence Training**. The wider running space enables you to perform multi-directional exercises and cadence variations in total safety and comfort.



# STAMINA

Raise your endurance efficiency with **Biofeedback** (patent pending). The exclusive interactive technology by Technogym tracks and monitors your main running parameters in real time, providing color-coded feedback that enables you to improve your performance.







# RUN YOUR WAY

Skillrun™ opens up new horizons, giving you the freedom to set your goal and go for it – your way.

**SKILLRUN TX 500**



SKILLRUN UNITY 5000

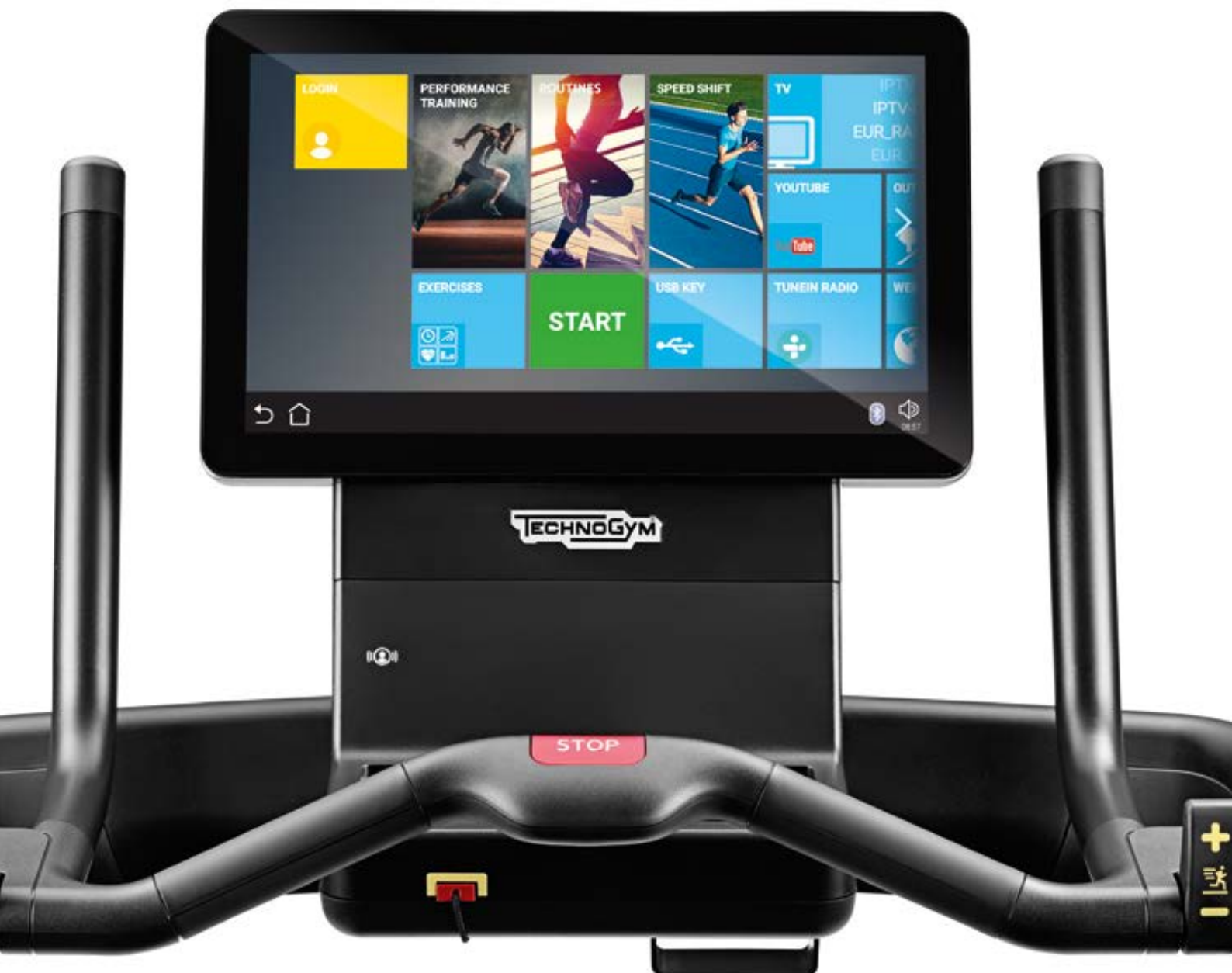
SKILLRUN UNITY 7000



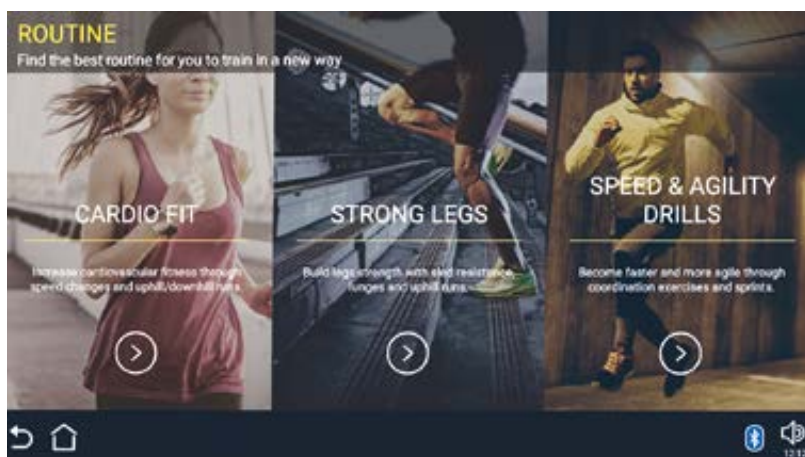


# UNITY. UNLIMITED TRAINING OPTIONS

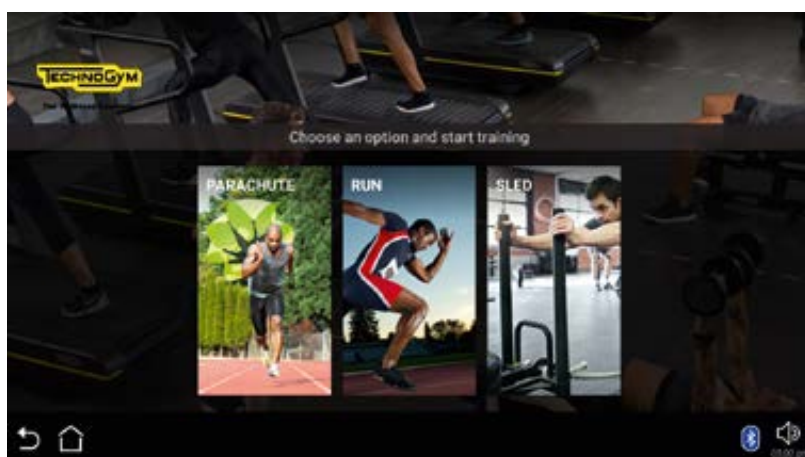
Choose Unity™ for limitless training and entertainment options. The unique variety of training modes supported by **Multidrive Technology™** make it ideal for classes, bootcamps, and gym floor use.







Target specific goals with exclusive cardio **Routines** embedded in the console.



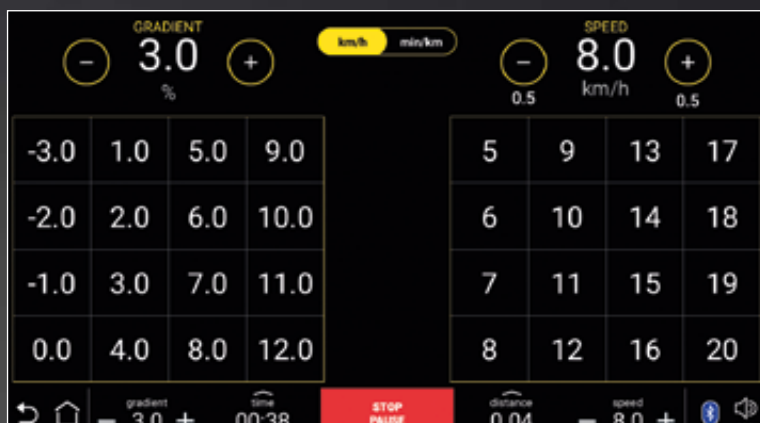
Switch from cardio to power training mode with one touch of the **Bootcamp** user interface.

# SKILLRUN™ UNITY™ 5000

## RUNNING MODE

Improve your running technique and performance with dedicated cardio workouts and real-time feedback.





Change speed and gradient on the fly with the running-specific **Swiftpad**.



Improve your performance with real-time **Biofeedback** (patent pending) on key running metrics.



Optimize your running efficiency in all circumstances with **Cadence Training**.

# SKILLRUN™ UNITY™ 5000

## POWER MODE

Strengthen your explosive power with Skillrun's unique resistance workouts.



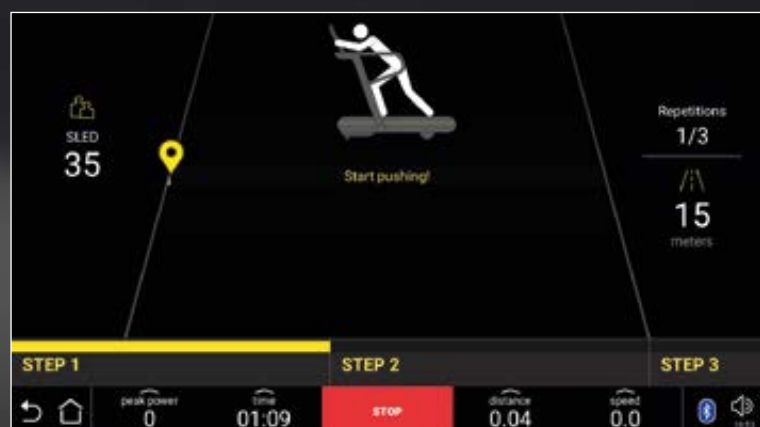




Boost your sprint and acceleration by **Sled Training**.



Improve your resistive power and top-end speed by **Parachute Training**.



Assess your peak power with the scientifically-designed **Sled Maximum Power Test**.

# SKILLRUN™ UNITY™ 7000

## RUNNING MODE

Achieve peak performance with scientific feedback on your running movement and technique.





Maximize your running efficiency and effectiveness with **Advanced Biofeedback** on your left and right leg.

# SKILLRUN™ UNITY™ 7000

## POWER MODE

Increase your top-end speed and acceleration with perfectly balanced power and control.







Maximize power with the help of **Advanced Biofeedback** that analyzes the performance of your left and right leg during Sled Training.

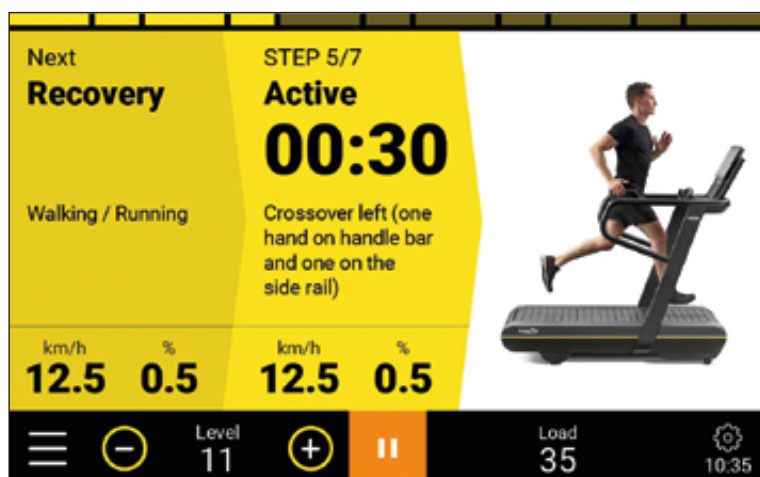


Enhance your acceleration thanks to **Advanced Biofeedback** that shows the power output of your left and right leg during Parachute Training.

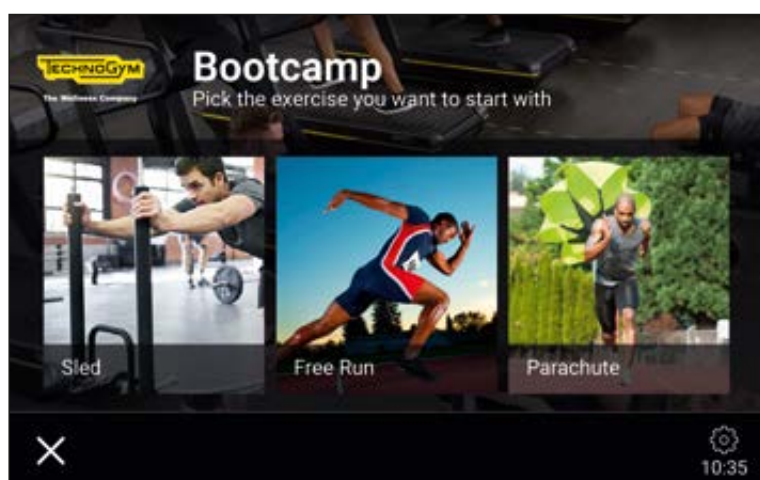
# TX. LASER FOCUSED ON TRAINING

Choose TX™ for a pure training experience. Enhance your performance with dedicated cardio and power workouts.





Target specific training objectives with exclusive **Routines** that provide step-by-step video guidance.



Keep your pace and your motivation high with **Bootcamp**, which allows you to easily switch back and forth from running to resistance training.



# SKILLRUN™ TX 500

## RUNNING MODE

Get the most out of your training with real-time feedback and step-by-step guidance.







Track the effectiveness of your performance by monitoring all your important training data with **Biofeedback** (patent pending).



Learn to run efficiently even under intense conditions with **Cadence Training**.



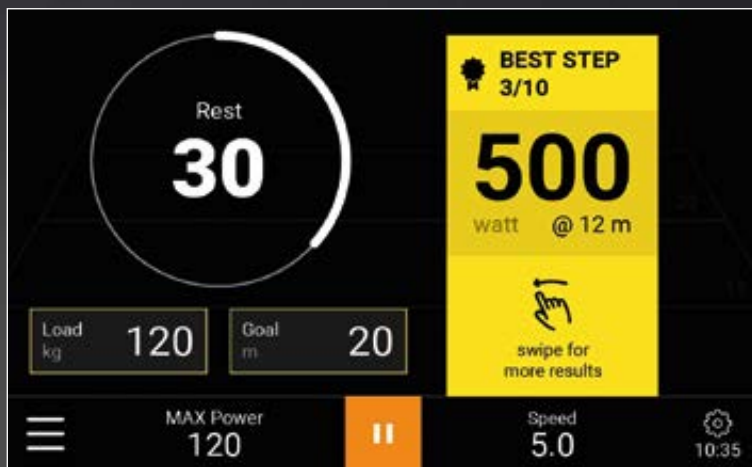
Add variety and intensity to your workout with **Speed Shift**. Create on-the-fly interval training profiles and easily switch between speeds.

# SKILLRUN™ TX 500

## POWER MODE

Make your workout more challenging and interesting with resistance training using **Sled** and **Parachute**.

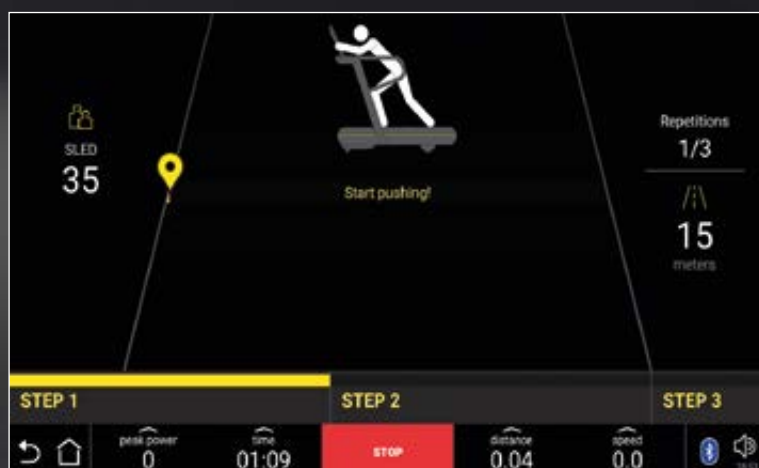




Boost your sprint and acceleration with **Sled**. Push against resistance until your trainer stops you. The resistance decreases as you gain speed.



Strengthen your top-end speed with **Parachute**. Run against resistance, which increases as you pick up speed.



Assess your peak power with the **Maximum Power Test**, which scientific research has proven to be equivalent to a 15-meter sprint performance test.

## TECHNICAL SPECIFICATIONS

SKILLRUN	UNITY 7000	UNITY 5000	TX 500
END-USER COMFORT AND CONVENIENCE			
Console type	Unity 3.0 19" Android open platform with HD LCD and Flat Full Glass Dual-Touch screen	Unity 3.0 19" Android open platform with HD LCD and Flat Full Glass Dual-Touch screen	TX 10" Android platform with HD LCD
Water bottle holder and accessory tray	Yes	Yes	Yes
Optimal View	Yes, scientifically certified display	Yes, scientifically certified display	Yes, scientifically certified display
Speed Swiftpad (Easy Access)	Yes (Homepage, Skillrun Class UI)	Yes (Homepage, Skillrun Class UI)	Yes (Skillrun Class UI)
Gradient Swiftpad (Easy Access)	Yes (Homepage, Skillrun Class UI)	Yes (Homepage, Skillrun Class UI)	Yes (Skillrun Bootcamp UI)
Fast Track Controls	Yes	Yes	Yes
Runner Detection System	Yes	Yes	Yes
Ergonomic dashboard	Yes	Yes	Yes
User-defined language selection	Yes	Yes	Yes
Languages available	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	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	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
TECHNICAL SPECIFICATIONS AND PERFORMANCE			
Running surface type	Slat Belt technology	Slat Belt technology	Slat Belt technology
Running surface size	173 x 55 cm (68 x 22 in)	173 x 55 cm (68 x 22 in)	173 x 55 cm (68 x 22 in)
Max user weight	220 Kg / 485 lbs	220 Kg / 485 lbs	220 Kg / 485 lbs
Footrest width	14 cm (5.5 in)	14 cm (5.5 in)	14 cm (5.5 in)
Speed range (at any main supply)	0.2-30 km/h (0.1-18.6 mph)	0.2-30 km/h (0.1-18.6 mph)	0.2-30 km/h (0.1-18.6 mph)
Gradient range	-3% / +25%	-3% / +25%	-3% / +25%
Multidrive Technology	Run + Resistance	Run + Resistance	Run + Resistance
Ergonomic Sled Handlebars	Yes	Yes	Yes
Maximum Sled load	160 kg / 350 lbs	160 kg / 350 lbs	160 kg / 350 lbs
Parachute Training Kit	Included	Optional	Optional
Parachute sizes	From XS to 2XL	From XS to 2XL	From XS to 2XL
Motor PFC	Yes	Yes	Yes
Maximum resistance	1700 watts @ 10.0 km/h (6.25 mph) - [Max. Resistance increases with speed]	1700 watts @ 10.0 km/h (6.25 mph) - [Max. Resistance increases with speed]	1700 watts @ 10.0 km/h (6.25 mph) - [Max. Resistance increases with speed]
HR MONITORING			
Heart rate monitoring	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*	Compatible with ANT+ and Bluetooth® low energy technology transmitters (chest belts)*
WORKOUT OPTIONS			
Classic workout programs	1 - Quick Start	1 - Quick Start	1 - Quick Start
Goal-Oriented workout programs	3 - Time/Calories/Distance	3 - Time/Calories/Distance	3 - Time/Calories/Distance
Heart rate-driven workout programs	3 - CPR-CHR/Training Zone/Weight Loss	3 - CPR-CHR/Training Zone/Weight Loss	3 - CPR-CHR/Training Zone/Weight Loss
Individual profile workout programs	7 - Profiles (6 preset), Create your own	7 - Profiles (6 preset), Create your own	7 - Profiles (6 preset), Create your own
On-trend workout programs	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training	4 - Speed Shift, Hi-Low Blocks, Hills, Cross Training
Real-time Races	Up to 99 participants	Up to 99 participants	No
Marathon courses	Yes	Yes	No
Performance Training	Sled; Parachute; Run Against Resistance (constant resistance)	Sled; Parachute; Run Against Resistance (constant resistance)	Sled; Parachute
Goal-Oriented Routines	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills	3 - Cardio Fit Training, Strong Legs, Speed&Agility Drills
Submaximal Tests	4 - Fitness Test, Single Stage, Multistage, Smart Test	4 - Fitness Test, Single Stage, Multistage, Smart Test	No
Maximal Tests	9 - Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox, Technogym Maximal Power Test	9 - Technogym Maximal Test, Custom Maximal Test, Bruce, Bruce Modified, Naughton, Balke And Ware, Astrand Modified, Costill And Fox, Technogym Maximal Power Test	1 - Technogym Maximal Power Test
Military Tests (US Army)	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO	8 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB, IPPT, GTO	No

\*Transmitters not included

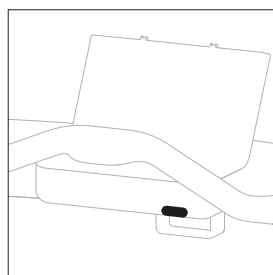


SKILLRUN	UNITY 7000	UNITY 5000	TX 500
BIOFEEDBACK (PATENT PENDING)			
Cadence	Yes	Yes	Yes
Step Length	Yes	Yes	Yes
Running Power	Yes	Yes	Yes
Ground Contact Time	Yes	Yes	Yes
Flight Time	Yes	Yes	Yes
Propulsion Time	Yes	Yes	Yes
Pushing Power	Yes (for Sled and Parachute)	Yes (for Sled and Parachute)	Yes (for Sled and Parachute)
Advanced Running Biofeedback	Yes	Optional	No
Advanced Power Biofeedback	Yes	Optional	No
FORMAT SPECIFIC UI			
Skillrun Class	Yes	Yes	No
Skillrun Bootcamp	Yes	Yes	Yes
STRUCTURAL SPECIFICATIONS			
Dimensions L x W x H	1850 x 870 x 1680 mm (73 x 34 x 66 in)**	1850 x 870 x 1680 mm (73 x 34 x 66 in)**	1850 x 870 x 1680 mm (73 x 34 x 66 in)**
Running surface height	32 cm (12.6 in)	32 cm (12.6 in)	32 cm (12.6 in)
Treadmill weight	223 kg (492 lbs)	223 kg (492 lbs)	223 kg (492 lbs)
ELECTRICAL SPECIFICATIONS			
Power requirement	200-240 Vac ("E" version); 90-240 Vac ("A" version); One dedicated 16A socket each machine	200-240 Vac ("E" version); 90-240 Vac ("A" version); One dedicated 16A socket each machine	200-240 Vac ("E" version); 90-240 Vac ("A" version); One dedicated 16A socket each machine
Power engine (peak)	10.0 HP (AC Brushless motor)	10.0 HP (AC Brushless motor)	10.0 HP (AC Brushless motor)
UTILITIES			
Maintenance	Slat belt maintenance NOT required for 160,000 km (100,000 miles)	Slat belt maintenance NOT required for 160,000 km (100,000 miles)	Slat belt maintenance NOT required for 160,000 km (100,000 miles)
OTHER FUNCTIONALITIES			
Quick and easy access	Yes	Yes	Yes
Engine belt automatic tensioning	Yes	Yes	Yes
Anterior wheels for easy transport	Yes	Yes	Yes
USB port	Yes	Yes	Yes
Customizable settings	Yes	Yes	Yes
Remote software update	Yes, with Asset Management	Yes, with Asset Management	Yes, with Asset Management
CERTIFICATIONS			
UL Mark	Yes	Yes	Yes
CE Mark	Yes	Yes	Yes
EAC Mark	Yes	Yes	Yes

\*\* Length x Width x Height from workout position

#### ADVANCED BIOFEEDBACK KIT PATENT PENDING

The optional Skillrun Advanced Biofeedback Kit consists of a sensor that allows the detection of specific running and power metrics for the left and right foot.



#### SKILLRUN PARACHUTE TRAINING KIT PATENT PENDING A0000916

The optional Skillrun Parachute Training Kit consists of a steel frame equipped with an ergonomic adjustable belt that the users can place around their waist to perform parachute resistance training in optimized conditions.



## DISPLAYS

VERSION	UNITY	TX
SCREEN AND CONTROLS		
Screen size	19" LCD - Wide 16:9	10" LCD
Android OS	Yes	Yes
Capacitive touch screen	Yes	Yes
Gesture interaction	Yes	No
TRAINING CONTENTS		
Embedded workout programs	47	16
Languages	24	24
Goal-Oriented Routines	Yes	Yes
Bootcamp UI	Yes	Yes
Sled Training	Yes	Yes
Parachute Training	Yes	Yes
Run Against Resistance Training	Yes	No
Cadence Training	Yes	Yes
3RD PARTY SOFTWARE		
Compatibility with Apple GymKit	Yes	Yes
USER ID		
Technogym key reader	Yes	Yes
Bluetooth® low energy technology	Yes	Yes
QR code	Yes	Yes
RFID (NFC) reader	Yes	Yes
Login with username and password (typing option)	Yes	Yes
Apple Watch	Yes	Yes
USER CUSTOMIZATION		
My Training Program	Yes	Yes
My Training Results	Yes	No
My Challenges	Yes	No
Favorite TV channels	Yes	No
Favorite WEB bookmarks	Yes	No
User Content Sync	Yes	No
ENTERTAINMENT OPTIONS/MULTIMEDIA		
TV	Analog Television: PAL (BG,DK,I,M,N,BG Australia), SECAM (L,L1,DK, NTSC (NTSC M). Digital Television (DVB-T HD, DVB-C HD, ATSC+QAM B mpeg2, ISDB-T (with smart card reader for Japanese market)	No
IPTV	SD; HD(MPEG-2; MPEG-4 pt 10AVC/H. 264 Standard Definition & HD - up to 720p and 1080i; Protocols: UDP multicast & unicast)	No
Radio	Yes	No
Free web browsing	Yes, customizable (Technogym App Store)	No
Games for braintraining	Yes	No
Audio-Mic Plug	Yes, Mini-jack 3,5 mm, all audio standards. MIC: CTIA/AHL standard	Yes, Mini-jack 3,5 mm, all audio standards. MIC: CTIA/AHL standard
USB Media: Audio	MP3, M4A, WAV	MP3, M4A, WAV
USB Media: Video	AVI (Video codec:XVID, MPEG4, H264 Audio codec: MP3,AC3) MKV (Video codec:MPEG4, H264 Audio codec:MP3, AAC, AC3) MP4 (Video codec: MPEG4, H264 Audio codec:MP3, AC3) Up to 720p	AVI (Video codec:XVID, MPEG4, H264 Audio codec: MP3,AC3) MKV (Video codec:MPEG4, H264 Audio codec:MP3, AAC, AC3) MP4 (Video codec: MPEG4, H264 Audio codec:MP3, AC3) Up to 720p
USB Media: Picture and documents reader	JPEG,PNG,PDF	JPEG,PNG,PDF
Smartphone, Tablet recharge	Yes*	Yes*
iPad, iPod, iPhone	Yes, via Bluetooth® connection	Yes, via Bluetooth® connection
Outdoors Virtual Training	Yes	NO

\*Through USB; connection cable not provided



VERSION	UNITY	TX
CONNECTIVITY		
LAN	Yes	Yes
Wi-Fi®	Yes. Wi-Fi® IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP	Yes. Wi-Fi® IEEE 802.11b/g/n 2.4GHZ ISM Band; SECURITY: WPA/WPA2, 64,128,152-bit WEP
USB	Yes	Yes
Bluetooth® low energy technology	Yes	Yes
SUPPORTED PROFESSIONAL APPS		
Communicator - Messages	Yes	No
Communicator - Club Area	Yes	No
Asset Management	Yes	Yes
Prescribe	Yes	Yes
Self	Yes	No
Challenge	Yes	No

# SKILL



SKILLMILL™



SKILLROW™

Discover more about Skill Line products and



# LINE



SKILLRUN™



SKILLBIKE™

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

# CHAMPIONS TRAIN WITH TECHNOGYM



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