

EXCITE & ARTIS

User Manual

LIVE



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Description of LIVE

- A. **Display:** lets you view and access information, settings and contents for workouts or entertainment. The tablet-style touchscreen interface lets you add the contents available on the Technogym App Store.
- B. **Input for Technogym key:** the device reads the workout data from the Technogym key and saves the results of the current exercise.
- C. **Headphone jack:** lets you connect your headphones and listen to audio content.
- D. **USB port**
- E. **Sensor for a NFC / RFID reader / Apple watch / Samsung Galaxy watch Active (optional)**
- F. **Wireless charger (optional)**



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Connecting Live to RFID and Bluetooth

Using the RFID reader

Before starting your exercise, place your personal device on the product, making sure the sensor on your device lines up with the logo on the reader. Your personal device will connect up to the Technogym cloud and display your training program and a video showing you how to do the exercise correctly.

At the end of the exercise, the results will be saved in the Technogym cloud. To connect Apple Watch and Samsung Galaxy Watch Active, follow the instructions on the badges on the top left side of the screen.



How to use Bluetooth

The Bluetooth function lets you:

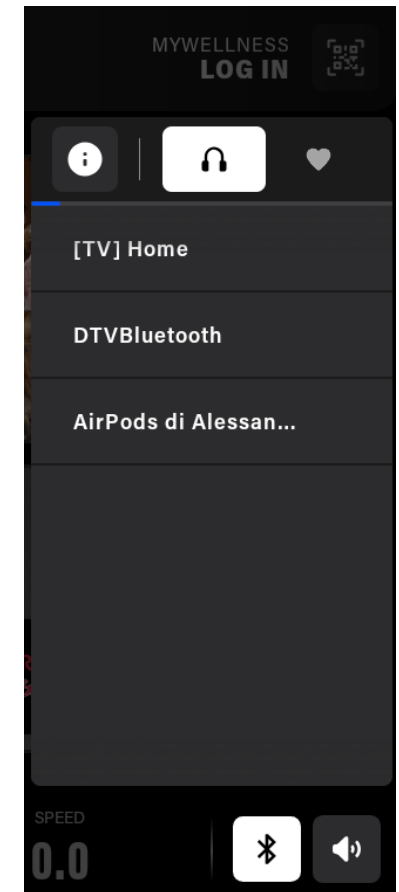
- connect your Bluetooth headphones up to Live
- connect your Bluetooth /ANT + heart rate monitor up to Live

Connecting Bluetooth headphones

1. Turn on Bluetooth on your headphones and switch on pairing mode.
Turn on Bluetooth on Live.
2. Select the device you want to connect: headphones.
3. A list of devices will appear. Select your device.

Connecting a Bluetooth heart rate monitor

1. Turn on Bluetooth on Live.
2. Select the device you want to connect: heart rate monitor.
3. A list of devices will appear. Select your device.



Status bar

The contents and controls you will see depend on the exercise product. The status bar is always shown.



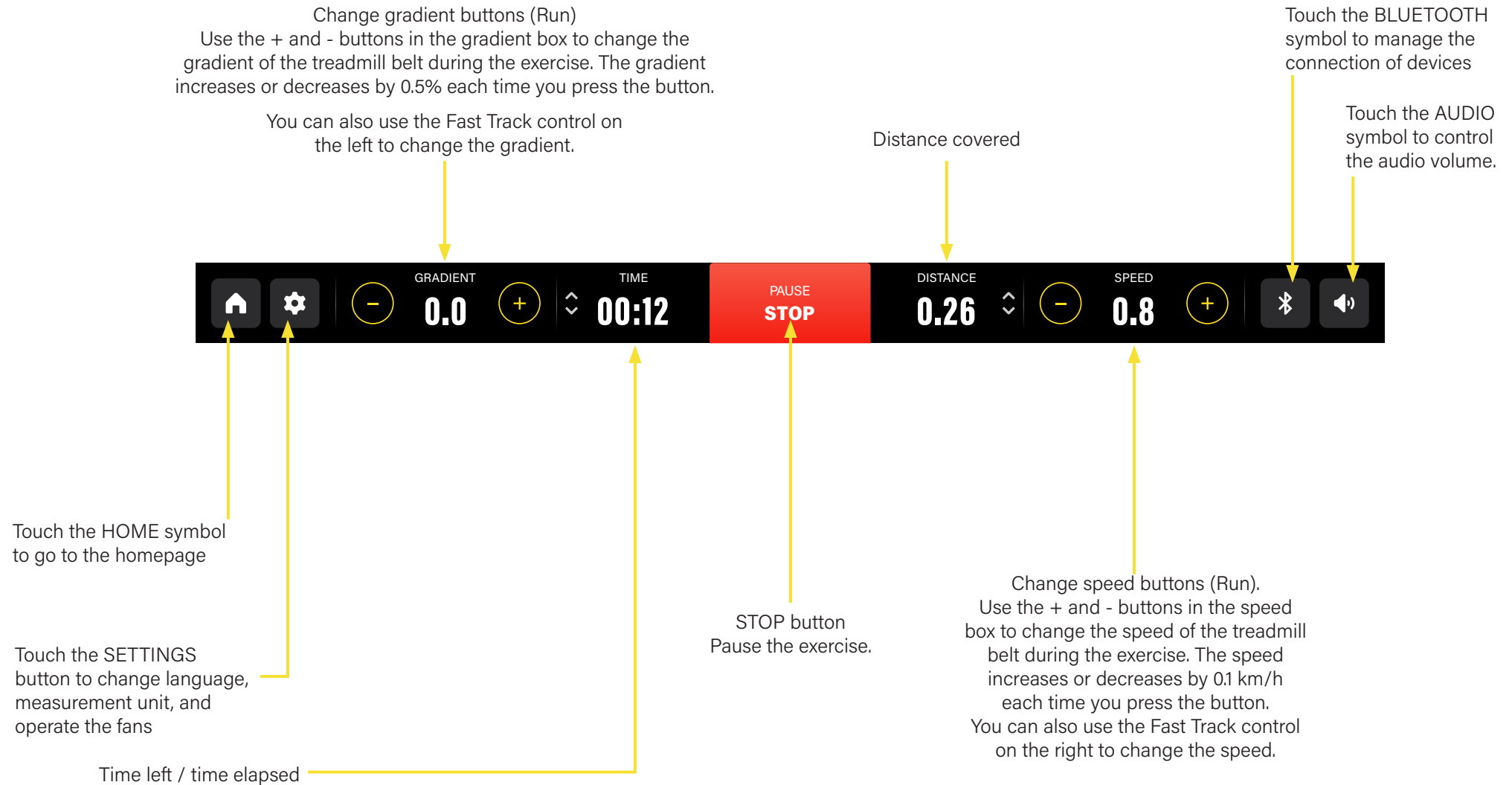
For Bike, Recline, Synchro and Vario, this exercise is at constant torque and starts at effort level 1.

For Top, this exercise is at constant torque and starts at effort level 5.

For Climb, this exercise is at constant speed and starts at effort level 1.

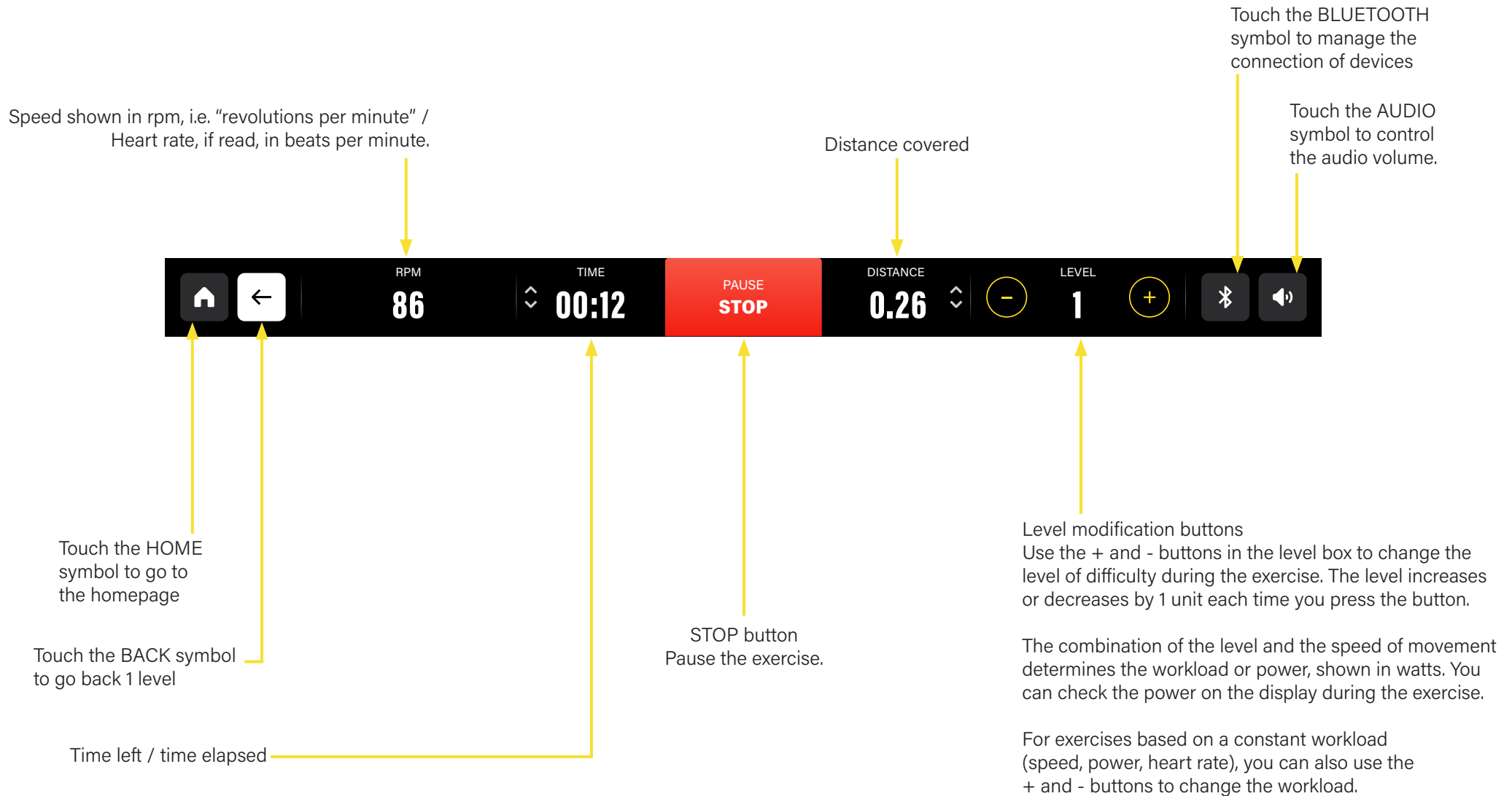
For Run, the starting speed of the belt is 0.8 km/h, with a 0% gradient.

Status Bar – displaying the workout with the Run



CAUTION. Press and hold the buttons to change speed and gradient, for faster speed/gradient changing. Speed shown in the unit of measurement entered using the settings button.

Status Bar – displaying the workout on other products



Internet requirements

The quality of the service depends on the speed of your internet connection.

An internet connection of 3 Mbps or more is needed for each individual product to guarantee an optimum HD audio-video experience; this requisite safeguards HD quality up to 1080 720 p.

With lower internet speeds, the product will automatically adapt to the connection speed available and lower the service quality and the video definition.

1.5 Mbps: broadband connection speed for low quality video (not recommended)

Wi-Fi Network

Check you meet the following requisites before connecting the product to the Wi-Fi network:

Standard: IEEE 802.11 a/b/g/n with 2.4 GHz or 5 GHz.

Security protocols: WEP, WPA/WPA2.

Unique or dedicated Wi-Fi router/access point.

DHCP: enabled

Additional configurations are necessary when using professional or advanced Wi-Fi routers/access points, or if the product is connected to a public/company network (clubs, gyms, hotels), as indicated below.

SESSION TIMEOUT: disabled.

LEASE TIME: at least 3 days.

Enter the settings for the dedicated Wi-Fi router / access point with a single SSID (Service Set Identifier). The SSID must be visible, not hidden.

Avoid transmitting the same SSID several times (for example, same SSID on 2.4 GHz and 5 GHz bandwidths, or same SSID transmitted by different access points /Wi-Fi routers).

Avoid different SSIDs but with the same initial root (for example, network 2.4 GHz and network 5 GHz).

If you use 2.4 GHz bandwidth, we recommend using channels 1, 6, 7, 8, 9, 10, 11, and 12.

Avoid channels 2, 3, 4, 13, and 14 because they can cause interference with Bluetooth devices.

Homepage and contents

Product features and the homepage may differ depending on the version, the amount of personalised settings and the applications used.

The display may be OFF or be on with a screensaver. Touch the display at any point to switch it on.



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The contents that may appear on the LIVE homepage are:

- Technogym sessions
- Outdoor
- Routines
- Exercises
- Settings
- TV
- Apps



EXCITE 10''

The contents that may appear on the LIVE 10' homepage are:

- Routines
- Exercises
- Settings

Technogym sessions

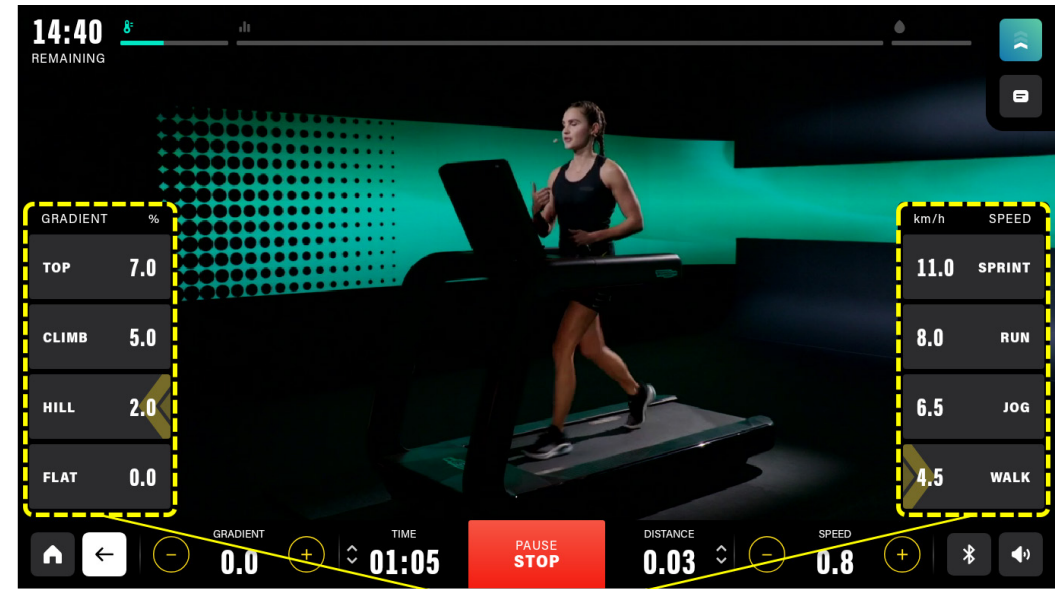
Technogym sessions are new and exclusive content by Technogym available on demand and subject to the purchase of the relevant licence.

Take part in a session with your favourite personal trainer selected by Technogym and start an engaging and fun workout accompanied by music, instructions and advice every step of the way, specifically designed for you to achieve your goal and get maximum results in your available time.

On the homepage, touch the **SESSIONS** box and choose the session that is the best match for your goal and the time you have available with your favourite Technogym Trainer.

You can always adjust the workout level during the session using the convenient controls at the side or using the status bar at the bottom of the display.

The type and number of Technogym Sessions may vary depending on the product. Technogym Sessions are available on Excite 7000 and 9000 and on Artis line. Free Technogym sessions samples are offered on compatible equipment lines.



CAUTION. The side buttons can be used for faster speed/gradient changes. Speed shown in the unit of measurement entered using the settings button.

Outdoor routes

New outdoor routes by Technogym available on demand and subject to the purchase of the relative licence. All products offer three free outdoor routes. Connect the product to the internet for nine free outdoor routes.

After purchasing a license, the outdoor routes increase to thirty and are updated once a year.

Touch the **OUTDOOR ROUTES** box on the homepage.

The outdoor routes are video contents passing through cities, the countryside, and coastal environments filmed at many attractive locations around the world for you to relax and enjoy exercising with Technogym.

Outdoor routes are available on the EXCITE 5000-7000-9000 and on Artis line.



Routines

Touch the **ROUTINES** box on the homepage.

Routines are sequences of exercises available on all products that enable you to train one or several specific muscle groups based on your training goals.

For example:

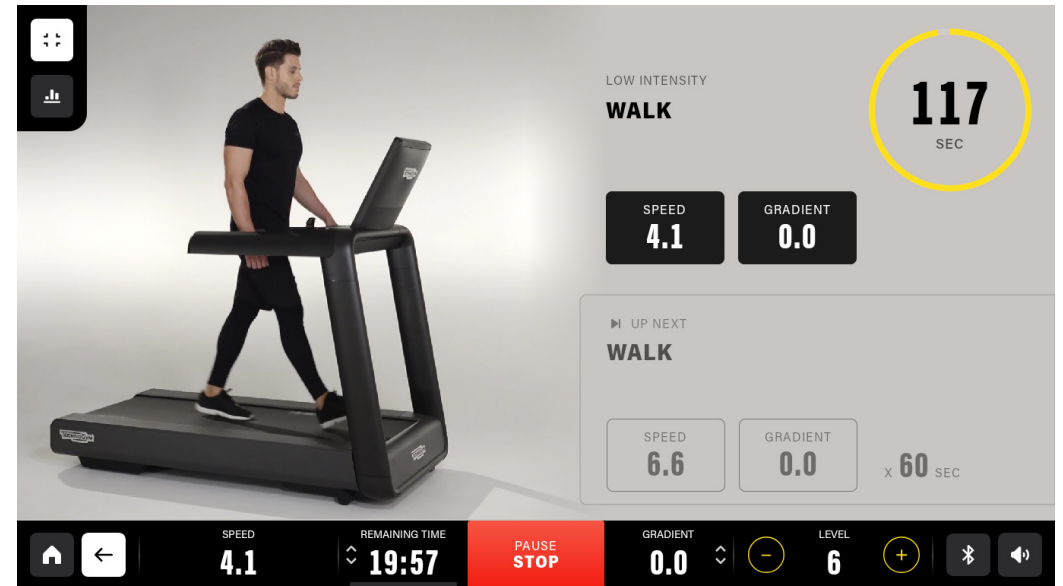
- Glutes routine: a sequence of exercises designed to shape and sculpt your lower body while improving your stamina.
- Weight loss routine: a sequence of exercises designed to maximise fat burning by increasing your energy expenditure.
- Stamina routine: a sequence of exercises designed to challenge your skills and muscle performance.

Start the exercise: by choosing its duration and effort level.

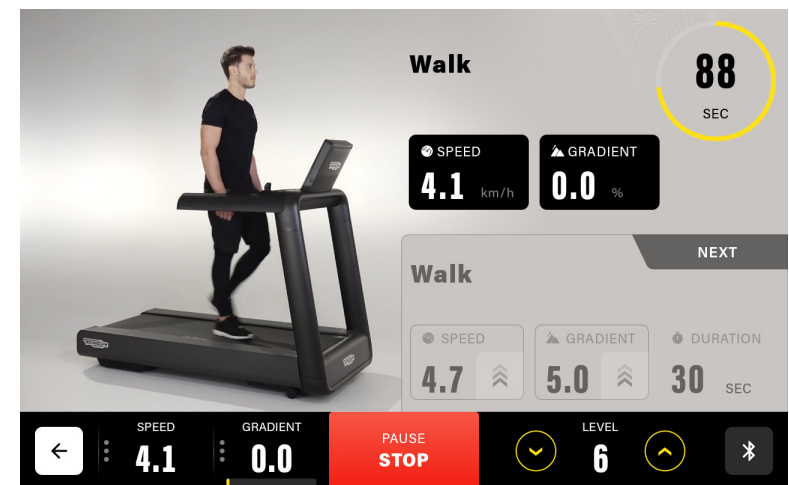
The exercise is accompanied by a training video showing the correct way to do the movements in exercises.

The routine ends with a one-minute cool down.

The number and type of routines may vary depending on the product.



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Exercises

Touch the **EXERCISES** box on the homepage.
The exercises are available on all the products.

The exercises are divided into categories to make it faster to search through them.

To start one of the exercises or one of the tests:

- touch the name of the category; a list opens at the centre with a short description of the exercises or tests
- touch the name of the exercise or test.

Here is the list of the categories and the exercises they contain. The number of exercises, categories and tests may vary depending on the line (Artis or Excite) and the product.

Goal-driven exercises

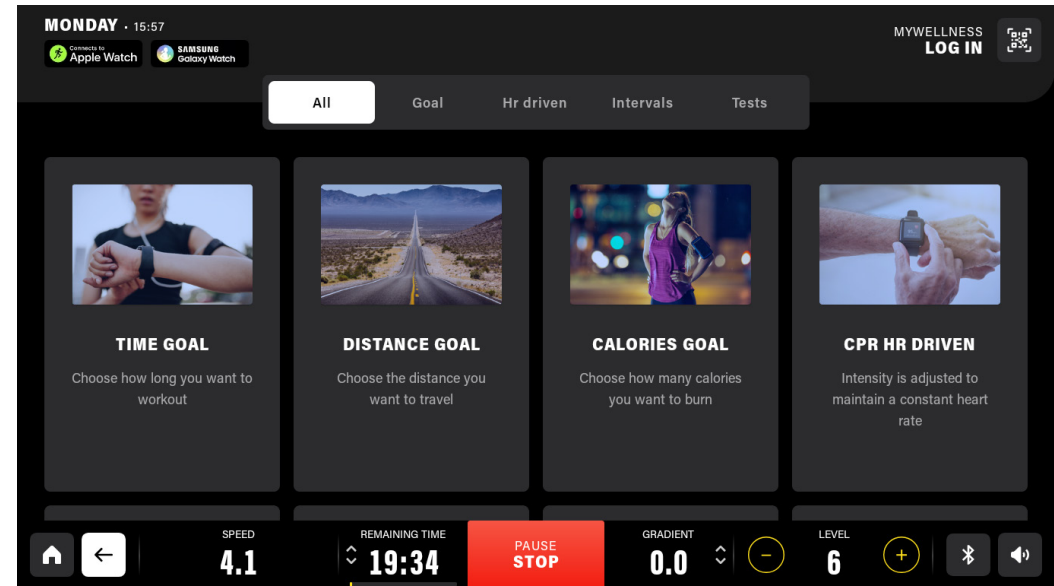
These exercises start quickly because the only parameter you have to enter is your goal.

- time
- distance
- calories

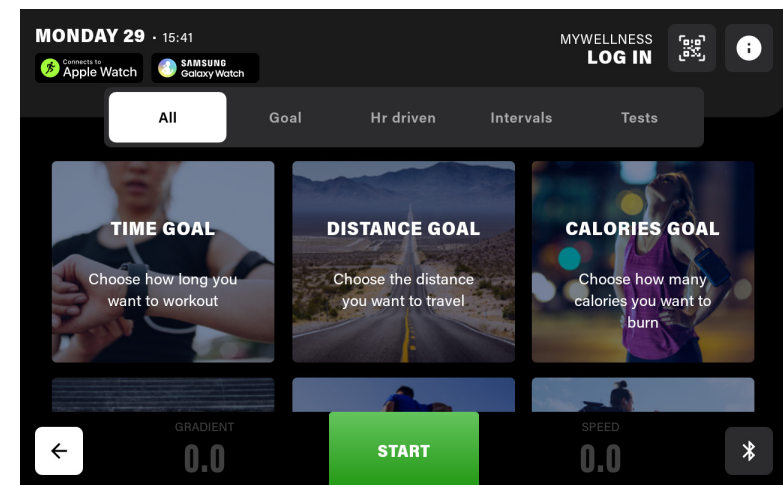
Heart rate driven exercises

These exercises are done at a constant heart rate and so you have to wear a heart rate monitor:

- CPR, constant pulse rate
- Training zone
- Weight Loss



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Exercises

Interval exercises

- Hi-low blocks
- Hills
- Cross training
- Burn out, specific exercise for Bike and Recline
- Speed shift, specific exercise for Run
- Preset profiles
- Create your own

Test

Three test categories are available depending on the type of product:

- Maximal Tests
- Submaximal tests
- Military tests

You may be asked to enter some data before you can start the exercises or the tests.

Your age and weight are generally not necessary to start the exercise, so you can decide whether to enter them. Entering your age and weight is useful for some calculations, for example:

- if you enter your weight, the calculation of the calories burned will be more accurate;
- if you enter your age, the calculation of your max heart rate will be more accurate.

If you do not enter any data, the calculations will be based on a person who is 30 years old and weighs 70 kg.

Data displayed while exercising

You can see your exercise data at the centre of the display during the exercise. The following data is shown for all products:

- time elapsed, in minutes and seconds;
- calories burned, in kilocalories;
- distance covered, in kilometres;
- heart rate, if read, in beats per minute.

For Bike, Top and Recline, the following data is also shown:

- power, in watts;
- speed in rpm, i.e. "revolutions per minute";
- effort level.

For Synchro and Vario, the following data is also shown:

- power, in watts;
- speed in spm, i.e. "strides per minute";
- effort level.

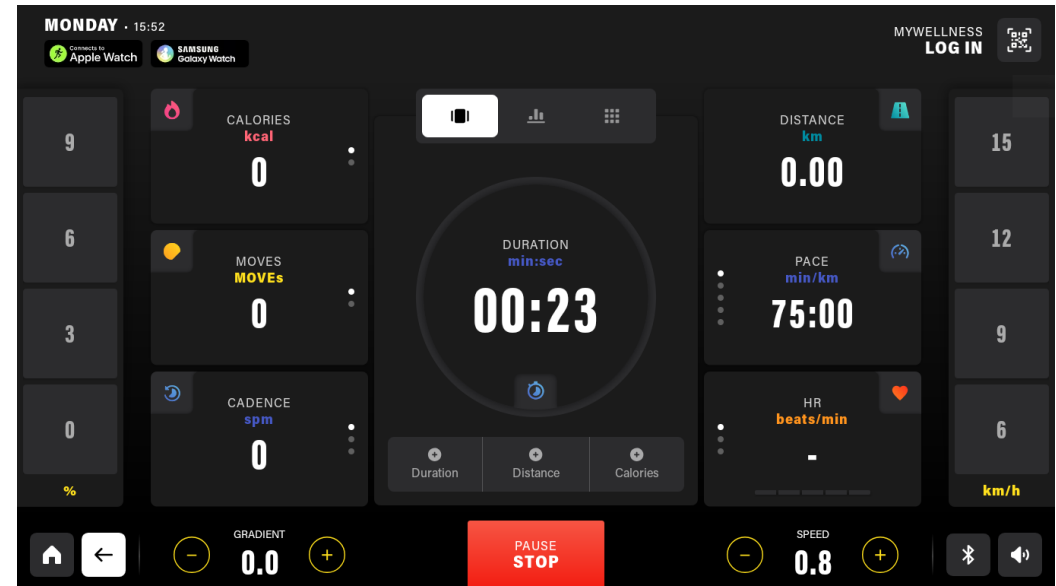
For Run the following data is also shown:

- gradient, as a percentage;
- speed, in km/h;
- pace, in min/km

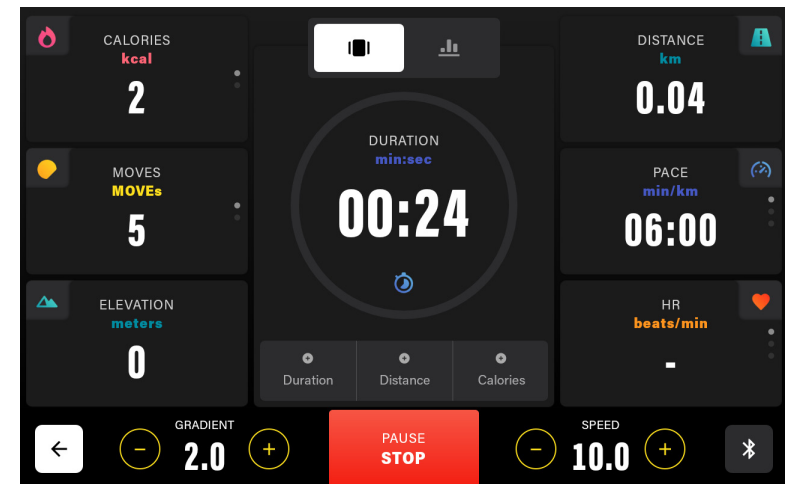
For Climb Excite, the distance is given as floors.



CAUTION. Never let your heart rate go above 90% of your maximum rate.



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Buttons that stay active during the exercise

PAUSE / STOP button

Pause the exercise. If you pause your exercise, all the values will remain on pause. Press **RESTART** to continue, or **STOP** to finish. A message will inform you of the maximum pause time before the exercise will stop, displaying your results up to the pause.

STOP button

To end the exercise without a cool down session.

The **STOP** button will appear while the exercise is paused if you want to end the exercise.

Change speed buttons (Run)

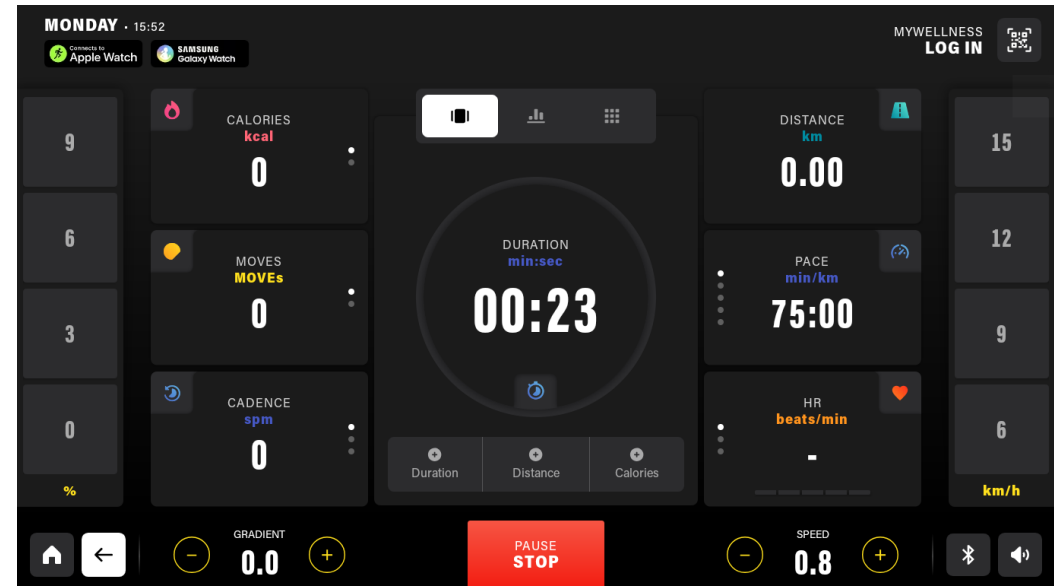
Use the + and - buttons in the speed box to change the speed of the treadmill belt during the exercise. The speed increases or decreases by 0.1 km/h each time you press the button.

You can also use the Fast Track control on the right to change the speed.

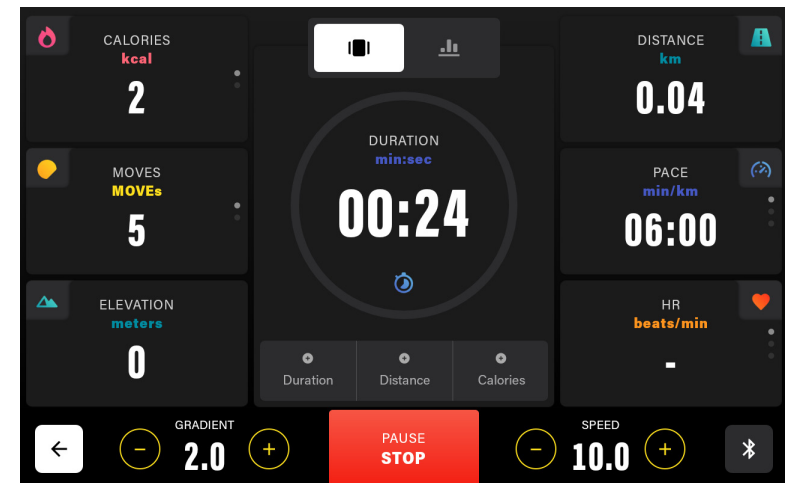
Change gradient buttons (Run)

Use the + and - buttons in the gradient box to change the gradient of the treadmill belt during the exercise. The gradient increases or decreases by 0.5% each time you press the button.

You can also use the Fast Track control on the left to change the gradient.



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Buttons that stay active during the exercise

Change effort level buttons (Bike, Recline, Synchro, Vario, Climb and Top)

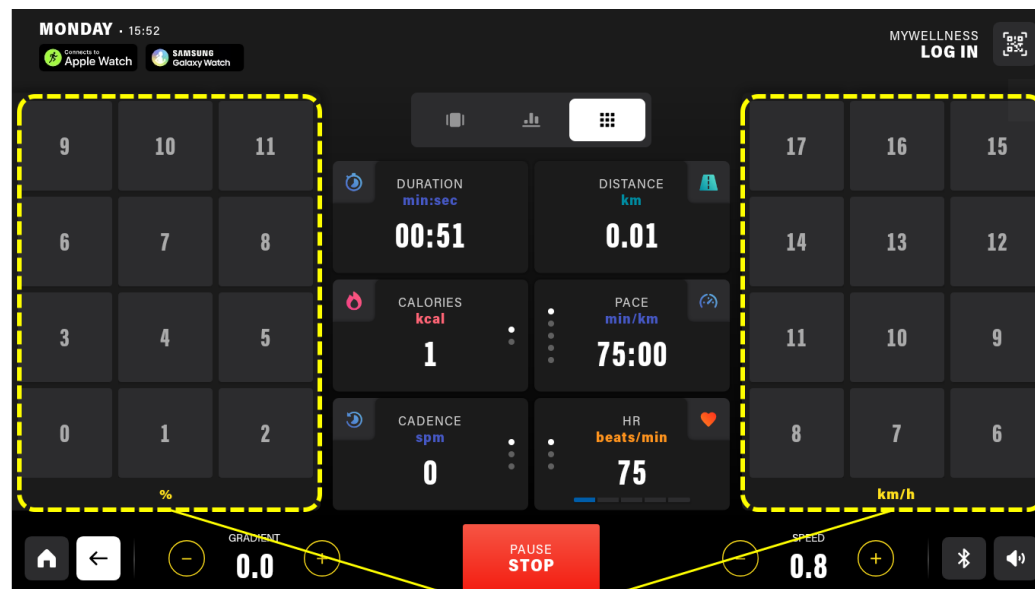
Use the + and - buttons in the **level** box to change the level of difficulty during the exercise. The level increases or decreases by 1 unit each time you press the button.

The combination of the level and the speed of movement determines the workload or power, shown in watts. You can check the power on the display during the exercise.

For exercises that require a constant workload (speed, power, heart rate), you can also use the + and - buttons to change the workload.

SWIFTPAD

On certain products, you can use the side buttons on the dashboard (SWIFTPAD) to adjust the level/speed and gradient to the value set automatically during the exercise. The SWIFTPAD is useful as it requires minimum interaction with the product, leaving you to concentrate on your workout. The speed is shown in the unit of measurement entered in the SETTINGS menu, next to the HOME button.



CAUTION. The side buttons on the SWIFTPAD can be used for faster speed/gradient changes. Speed shown in the unit of measurement entered using the settings button.

Quick start

Exercises started by pressing the **START (A)** button are on a time-increase basis; the age and weight values are predefined, i.e. 30 years and 70 kilograms.

For Bike, Recline, Synchro and Vario, this exercise is at constant torque and starts at effort level 1.

For Top, this exercise is at constant torque and starts at effort level 5.

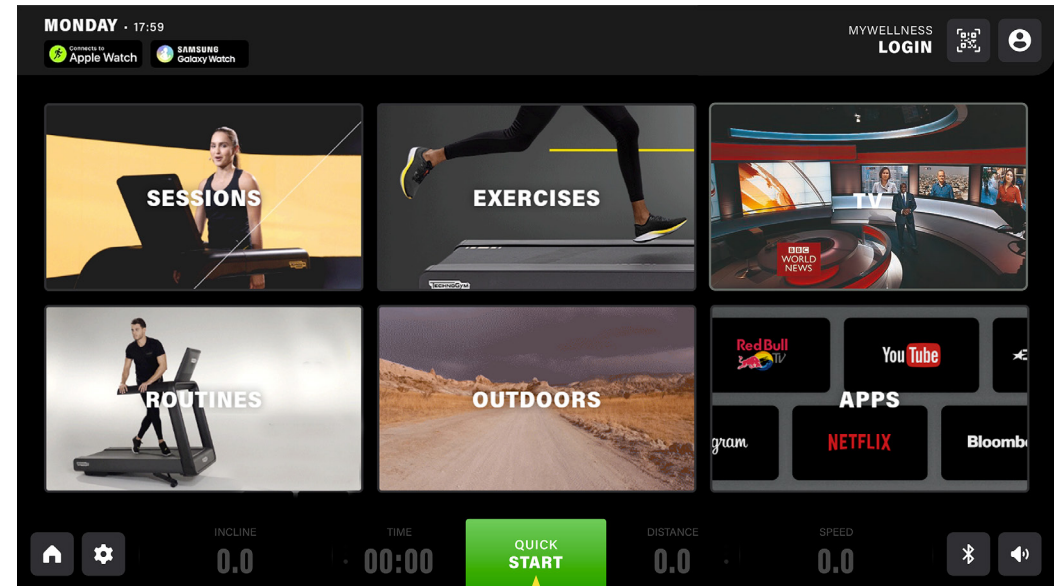
For Climb, this exercise is at constant speed and starts at effort level 1.

For Run, the starting speed of the belt is 0.8 km/h, with a 0% gradient.

After you press the START button, the training dashboard will appear with a box at the bottom centre of the display.

Select the dashboard to maximize it to full display size.

The dashboard is automatically maximized after a few seconds of user inactivity.

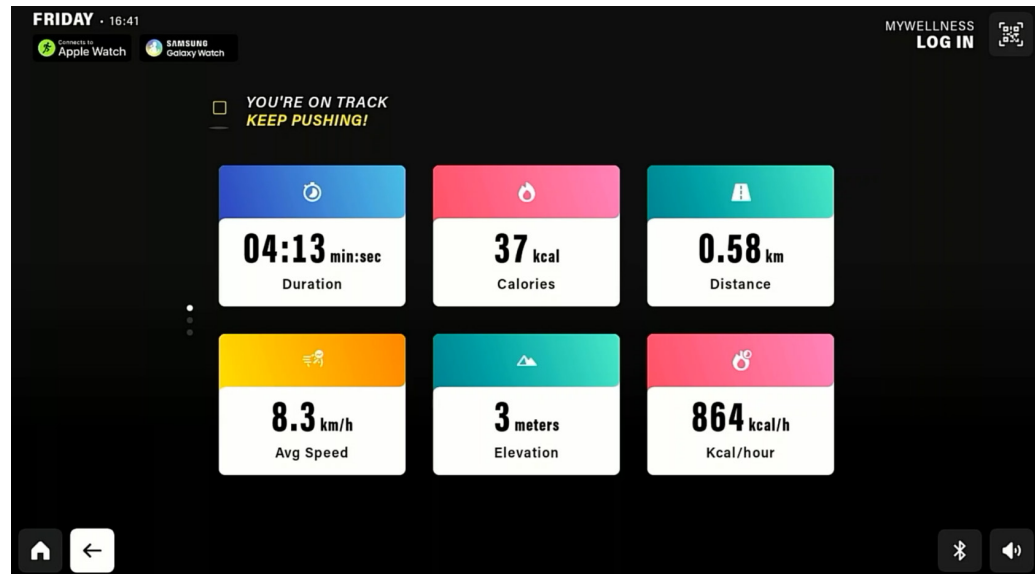


Cool down

There is a cooling down stage at the end of each exercise or test lasting at least one minute. This is set at half the load of the exercise just completed. Use the corresponding buttons to modify the workload, just as you would during the exercise.

Your workout results will be displayed, depending on the type of product and exercise.

Heart rate results are only shown if the heart rate monitor was used for at least 3 minutes during the exercise.



Hi-low blocks

Challenging interval training for maximum exercise results: the Hi-low blocks profile is an alternative to your usual interval training and burns more calories. It has a wide intensity range: from 80% to 140% of the selected effort level. It improves aerobic endurance and gives you an instant sense of its effectiveness.

Enter the duration and effort level before starting this exercise. The minimum duration is 10 minutes. The age and weight settings are optional.

Hills

Smooth changes in intensity around the level you choose: the Hills profile features slight changes in intensity. The intensity ranges from 85% to 120% of the selected effort level. It improves your aerobic endurance faster and burns more calories.

Enter the duration and effort level before starting this exercise. The minimum duration is 10 minutes.

The age and weight settings are optional.

This profile manages the effort level specifically for you and is calculated based on your fitness test or smart test. Consequently, you should complete one of these tests first and then do the exercise at a level not above the suggested level.

Speed shift

The Speed shift exercise lets you enter your interval training settings faster: change quickly from one exercise speed setting to another using the Fast Track Control.

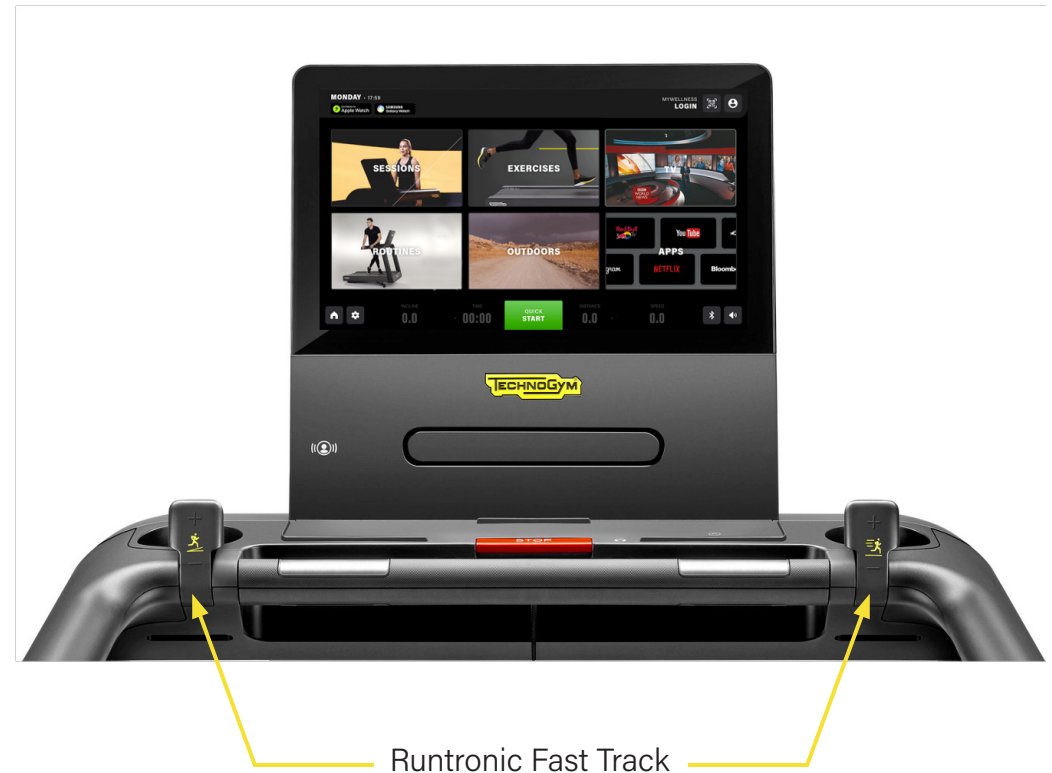
Enter 2, 3 or 4 different speeds before starting this exercise.

The age and weight settings are optional.

The exercise starts with the speed you set first.

Use the Fast Track Control to go directly from one speed setting to another during the exercise.

This exercise is available for Run.



Cross training

Different routes to kill boredom; the Cross training profile consists of a series of changes in intensity at a medium/high effort level.

Enter the duration and effort level before starting this exercise. The age and weight settings are optional.

Burn out

Intervals with self-adaptive resistance; the Burn out profile consists of anaerobic exercise at constant speed. It improves performance with a short duration exercise.

Enter the duration and effort level before starting this exercise. The age and weight settings are optional.

This exercise is available for Bike and Recline.

Goal-driven exercises

Select one of the goals before starting a goal-driven exercise:

- time, i.e. exercise duration,
- distance to cover,
- calories to burn.

Now enter a setting for your goal.

The age and weight settings are optional.

For Bike, Recline, Synchro and Vario, this exercise is at constant torque and starts at effort level 1.

For Top, this exercise is at constant torque and starts at effort level 5.

For Climb, this exercise is at constant speed and starts at effort level 1.

For Run, the starting speed of the belt is 0.8 km/h, with a 0% gradient.

Fitness test

This fitness test is also suitable for unfit or moderately fit people.

You need to wear the heart rate monitor to take the test; the test will not start if no heart rate signal is detected.

You must enter your age, weight and gender to start the test.

It is a three-stage fitness test; the workload is determined externally for the warm up stage; for the next two stages, the workload is internal, as it is determined by your heart rate.

Fitness test for Bike, Recline, Synchro, Vario

stage	time	workload
warm up	90 seconds	50 watts
1	3 minutes after reaching the workload	60% of the max heart rate if the HR at the end of warm up is ≤ 100
		65% of the max heart rate if the HR at the end of warm up is ≤ 100
2	4 minutes after reaching the workload	75% of max heart rate

Fitness test for Run

stage	time	workload
warm up	90 seconds	speed 3.5 km/h and 0% gradient
1	3 minutes after reaching the workload	60% of the max heart rate if the HR at the end of warm up is ≤ 100
		65% of the max heart rate if the HR at the end of warm up is ≤ 100
2	4 minutes after reaching the workload	75% of max heart rate

Fitness test

Fitness test for Climb

stage	time	workload
warm up	90 seconds	40 spm
1	3 minutes after reaching the workload	60% of the max heart rate if the HR at the end of warm up is ≤ 100
		65% of the max heart rate if the HR at the end of warm up is ≤ 100
2	4 minutes after reaching the workload	75% of max heart rate

Fitness test for Top

stage	time	workload
warm up	90 seconds	30 watts
1	3 minutes after reaching the workload	60% of the max heart rate if the HR at the end of warm up is ≤ 100
		65% of the max heart rate if the HR at the end of warm up is ≤ 100
2	4 minutes after reaching the workload	75% of max heart rate

Smart test

The smart test is based on a person's training level; it calculates the maximum V02 according to the workload when the user perceives the effort as being "tough".

Before starting the test, you enter your training level, i.e. how well-trained you consider yourself, and your weight. The intensity increases gradually as the test progresses.

Press the **STOP** button to end the test. Press the **STOP** button when you consider the workload to be **tough** on a scale of 9 intensities:

- no effort
- extremely weak
- very weak
- light
- moderate
- quite tough
- tough
- very tough
- extremely tough

If you find the exercise is not challenging enough, repeat the test after entering a higher training level.

The smart test is available for Bike, Recline and Run.

Single stage model

This type of test is available for Run. This is a submaximal protocol, where the workload is set by the user. You need to wear the heart rate monitor to take the test; the test will not start if no heart rate signal is detected. To start the test, you must enter your age, weight and gender, as well as the speed and gradient.

The single stage model includes a 90 second warm up, at half the set speed and gradient of 0%; followed by a 5 minute effort stage.

The test ends if the **STOP** button is pressed or if no heart rate signal is received for 100 consecutive seconds, without returning any test result.

Multistage model

This type of test is available for Run. This is a submaximal protocol, where the workload is set by the user.

You need to wear the heart rate monitor to take the test; the test will not start if no heart rate signal is detected.

To start the test, you must enter your age, weight and gender, followed by the mode and workload for each of the two effort stages.

In running mode, the minimum speed you can set is 7.0 km/h; in walking mode, the maximum speed you can set is 6.9 km/h. The minimum workload for the second stage is the setting used for the first stage.

The multistage model includes a 90 second warm up, at 0% gradient and half the speed set for the first effort stage.

stage	time	workload
warm up	90 seconds	speed = 50% of the setting for stage 1, gradient 0%
1	4 minutes	speed and gradient set by the user
2	4 minutes	speed and gradient set by the user

The test ends if the **STOP** button is pressed or if no heart rate signal is received for 100 consecutive seconds, without returning any test result.

Maximal tests

This type of test is available for Run.

The custom maximal test and the Wingate test are available for Top Excite.

With the sole exception of the Technogym maximal test, we recommend wearing a heart rate monitor for maximal tests; the maximum heart rate value cannot be calculated without a heart rate monitor.

Maximal tests are considered to be concluded as soon as you press the **STOP** button, subject to all precautions of a medical nature. This type of test is called an exhaustion test and ends when you press the **STOP** button because you have reached the maximum workload you can tolerate. Maximal tests are only suitable for experts who are fit and in very good health.

However, if the test involves a maximum number of stages, the test finished at the end of the last stage, even if the **STOP** button has not been pressed. In this case, you should take a more strenuous test.

The test is followed by a 3-minute cool down with lower workloads than those endured during the test.

Technogym maximal test

The maximal test is an exhaustion test suitable for people who are fit and in very good health.

You need to wear a heart rate monitor to take the test; the exercise will not start if no heart rate signal is detected.

You should enter your maximum heart rate in addition to your age, weight and gender before you can take this test; however, you can continue even if you do not know your max heart rate. In this case, a theoretical maximum heart rate will be used based on your age.

The maximal test is done in running mode and is divided into two stages:

1) a **warm up** stage in constant heart rate mode, lasting 15 minutes and divided into 3 five-minute steps, so that you reach 75% of your maximum heart rate;

stage	time	workload
warm up_1	5 minutes	65% of max heart rate
warm up_2	5 minutes	70% of max heart rate
warm up_3	5 minutes	75% of max heart rate

2) a **test** stage, **not** in constant heart rate mode, with the speed increasing every minute and 0% gradient.

The test ends when you are exhausted and press the **STOP** button.

The test is cancelled if no heart rate signal is detected for 100 consecutive seconds during the test, without returning any test result.

The test is cancelled if you press the **STOP** button reaching 85% of your maximum heart rate or before 60 seconds is up, without returning any test result.

Custom maximal test for Run

The custom maximal test is suitable for very fit people in very good health.

You must enter the workloads in addition to your age, weight and gender before you can take this test:

- the starting speed,
- the increase in speed between one step and the next,
- the duration of each step.

There is no specific warm up stage so you should enter settings for the first step/steps with a suitable workload or warm up for a few minutes before starting the test.

The test ends when you are exhausted and press the **STOP** button.

Custom maximal test for Top

The custom maximal test is suitable for very fit people in very good health.

You should wear a heart rate monitor: your maximum heart rate value cannot be calculated if you do not wear one.

You must enter the workloads in addition to your age, weight and gender before you can take this test:

- the starting power,
- the increase in power between one step and the next,
- the duration of each step.

There is no specific warm up stage so you should enter settings for the first step/steps with a suitable workload or warm up for a few minutes before starting the test.

The test ends when you are exhausted and press the **STOP** button.

Wingate Test

The Wingate test is available for the Top Excite. This is a maximal test suitable for any type of person. You should wear a heart rate monitor: your maximum heart rate value cannot be calculated if you do not wear one. This test is done at constant torque and requires you to enter the resistance.

Considering the maximum effort required, it is important that you warm up for at least 10 minutes before starting the test and finish with a cool down stage.

When you see the start message displayed, begin the exercise at maximum speed for 30 seconds. Press the **STOP** button to cancel the test.

Bruce test

The Bruce test is a maximal test suitable for any type of person. You must enter your age, weight and gender to start the test. There is no specific warm up stage for the Bruce test so you should warm up for a few minutes before the test.

step	time	speed	gradient
1	3 minutes	2.7 km/h	10.0%
2	3 minutes	4.0 km/h	12.0%
3	3 minutes	5.5 km/h	14.0%
4	3 minutes	6.8 km/h	16.0%
5	3 minutes	8.0 km/h	18.0%

The test ends if the **STOP** button is pressed or after 15 minutes.

Bruce modified test

The Bruce modified test is a maximal test for any type of person, including high risk individuals.

You must enter your age, weight and gender to start the test.

There is no specific warm up stage for the Bruce modified test so you should warm up for a few minutes before the test.

step	time	speed	gradient
1	3 minutes	2.7 km/h	0.0%
2	3 minutes	3.7 km/h	5.0%
3	3 minutes	3.7 km/h	10.0%
4	3 minutes	4.0 km/h	12.0%
5	3 minutes	5.5 km/h	14.0%
6	3 minutes	6.8 km/h	16.0%
7	3 minutes	8.0 km/h	18.0%

The test ends if the **STOP** button is pressed or after 21 minutes.

Astrand modified test

The Astrand modified test is a maximal test suitable for very fit people in very good health.

You must enter the speed in addition to your age, weight and gender before you can take this test. The speed must be between 8.0 and 13.0 km/h.

You are advised to warm up for 5 minutes before the test by walking or light running.

step	time	speed	gradient
1	3 minutes	set by the user	0.0%
2	2 minutes	set by the user	2.5%
3	2 minutes	set by the user	5.0%
4	2 minutes	set by the user	7.5%
5	2 minutes	set by the user	10.0%
6	2 minutes	set by the user	12.5%
7	2 minutes	set by the user	15.5%
8	2 minutes	set by the user	17.5%

The test ends if the **STOP** button is pressed or after 17 minutes.

Costill & Fox test

The Costill & Fox test is a maximal test suitable for very fit people in very good health.

You must enter your age, weight and gender to start the test.

You are advised to warm up for 10 minutes before the test by walking or light running.

step	time	speed	gradient
1	2 minutes	14.3 km/h	0.0%
2	2 minutes	14.3 km/h	2.0%
3	2 minutes	14.3 km/h	4.0%
4	2 minutes	14.3 km/h	6.0%
5	2 minutes	14.3 km/h	8.0%
6	2 minutes	14.3 km/h	10.0%
7	2 minutes	14.3 km/h	12.0%
8	2 minutes	14.3 km/h	14.0%
9	2 minutes	14.3 km/h	16.0%
10	2 minutes	14.3 km/h	18.0%

The test ends if the **STOP** button is pressed or after 20 minutes.

Naughton test

The Naughton test is a maximal test designed specifically to assess high risk individuals suffering from heart conditions.

You must enter your age, weight and gender to start the test.

There is no specific warm up stage for the Naughton test so you should warm up for a few minutes before the test.

step	time	speed	gradient
1	2 minutes	1.6 km/h	0.0%
2	2 minutes	3.2 km/h	0.0%
3	2 minutes	3.2 km/h	3.5%
4	2 minutes	3.2 km/h	7.0%
5	2 minutes	3.2 km/h	10.5%
6	2 minutes	3.2 km/h	14.0%
7	2 minutes	3.2 km/h	17.5%

The test ends if the **STOP** button is pressed or after 14 minutes.

Balke & Ware test

The Balke & Ware test is a maximal test suitable for any type of person.

The workloads for the effort stage are different for men and women, organised as shown in the tables below.

Men			
step	time	speed	gradient
1	1 minute	5.3 km/h	0.0%
2	1 minute	5.3 km/h	2.0%
3	1 minute	5.3 km/h	3.0%
4	1 minute	5.3 km/h	4.0%
5	1 minute	5.3 km/h	5.0%
6	1 minute	5.3 km/h	6.0%
7	1 minute	5.3 km/h	7.0%
8	1 minute	5.3 km/h	8.0%
9	1 minute	5.3 km/h	9.0%
10	1 minute	5.3 km/h	10.0%
11	1 minute	5.3 km/h	11.0%
12	1 minute	5.3 km/h	12.0%
13	1 minute	5.3 km/h	13.0%
14	1 minute	5.3 km/h	14.0%
15	1 minute	5.3 km/h	15.0%
16	1 minute	5.3 km/h	16.0%
17	1 minute	5.3 km/h	17.0%
18	1 minute	5.3 km/h	18.0%

Balke & Ware test

Women			
step	time	speed	gradient
1	3 minutes	4.8 km/h	0.0%
2	3 minutes	4.8 km/h	2.5%
3	3 minutes	4.8 km/h	5.0%
4	3 minutes	4.8 km/h	7.5%
5	3 minutes	4.8 km/h	10.0%
6	3 minutes	4.8 km/h	12.5%
7	3 minutes	4.8 km/h	15.0%
8	3 minutes	4.8 km/h	17.5%

You must enter your age, weight and gender to start the test.

There is no specific warm up stage for the Balke & Ware test; you are advised to warm up for a few minutes before the test.

The test ends if the **STOP** button is pressed or after the last step.

Military tests

Except for the Gerkin Protocol lasting 11 minutes, the target of all other military tests is to complete a distance in the shortest possible time. You cannot alter the gradient during these tests; you can alter the speed to complete the task the shortest possible time.

At the end of the test, there is a 3-minute cool down stage at half the speed of the last speed detected and 0.0% gradient.

It is not possible to pause the test.

All the military tests described are available for the Run.

The Navy PRT test and the Air Force PRT test are available for the Bike and Recline.

The Navy PRT test is available for the Synchro.

Air Force PRT test for Bike and Recline

You must wear a heart rate monitor to take the Air Force test; the test will not start if no heart rate signal is detected.
You must enter your age, weight, gender and number of weekly training sessions before you start the test.

The test begins with a 2-minute warm up stage at 50 watts before the workload increases to raise your heart rate to over 125 beats per minute. The increase in the workload depends on your age, gender and level of training.

The goal of the test is to keep your heart rate above 125 beats per minute for 6 minutes at a constant power.

The power will be increased every 2 minutes if your heart rate has not reached the value required for the test. The timing of the 6 minutes required to calculate the results starts from the last increase in the workload.

stage	time	workload
warm up	2 minutes	50 watts
1	2 minutes	increase based on set parameters
2	2 minutes	+ 50 watts if HR is lower than 100 + 25 watts if HR is between 111 and 120 + 0 watts if HR is higher than 120
n	2 minutes	like step 2

The test will not start if your heart rate is already higher than 110 beats per minute before starting, when you are entering your data. You must maintain a pedalling speed between 50 and 80 rpm throughout the test.

Air Force PRT test for Bike and Recline

The test is cancelled without returning any results in the following circumstances:

- if your heart rate returns to below 125 beats per minute at the end of the 6 minutes;
- if your heart rate is higher than 85% of the theoretical max heart rate;
- if your speed is below 50 rpm or above 80 rpm for more than 10 consecutive seconds;
- if you press the **STOP** button;
- if no heart rate signal is detected for 100 consecutive seconds.

Navy PRT test for Bike, Recline and Synchro

You must confirm the duration and enter your body weight before starting the test. You do not need to wear a heart rate monitor.

The goal of the test is to burn as many calories as possible in 12 minutes; increase the exercise workload, i.e. the speed and/or effort level, to increase the calories burnt.

The test is cancelled if you press the **STOP** button, without returning any result.

The time cannot be paused. The test continues even if you stop exercising. At the end of the test, the calorie count will also include any periods when you were not exercising.

Air Force PRT test for Run

The Air Force PRT test requires you to run **2.4 km**, with a 1% gradient, in the shortest possible time.

You must enter your age, weight, gender and the initial speed before you can start the test.

The test is cancelled if you press the **STOP** button, without returning any result.

Navy PRT test for Run

The Navy PRT test requires you to run **2.4 km**, with a 1% gradient, in the shortest possible time.

You must enter your age, weight, gender and the initial speed before you can start the test. You must also indicate whether the test is conducted at an altitude lower or higher than 1525 metres (5000 ft).

The test is cancelled if you press the **STOP** button, without returning any result.

The Gerkin Protocol

You need to wear the heart rate monitor to do the Gerkin Protocol military test; the test will not start if there is no heart rate signal. You must enter your age, weight and gender before you can start the test.

step	time	speed	gradient
warm up	3 minutes	4.8 km/h	0.0%
1	1 minute	7.2 km/h	0.0%
2	1 minute	7.2 km/h	2.0%
3	1 minute	8.0 km/h	2.0%
4	1 minute	8.0 km/h	4.0%
5	1 minute	8.8 km/h	4.0%
6	1 minute	8.8 km/h	6.0%
7	1 minute	9.6 km/h	6.0%
8	1 minute	9.6 km/h	8.0%
9	1 minute	10.4 km/h	8.6%
10	1 minute	10.4 km/h	10.0%
11	2 minutes	11.2 km/h	10.0%

The test ends when you reach 85% of the maximum theoretical heart rate; the work loads remain unchanged for 15 seconds when you have reached 85% of the maximum theoretical heart rate, and then the test ends.

If your heart rate does not reach 85% of the maximum theoretical rate or you press the **STOP** button before the end of the last step, the test will end without returning any result.

Army PFT test

The Army PFT military test requires you to cover **3.2 km**, with a 0% gradient, in the shortest possible time.

You must enter your age, weight, gender and the initial speed before you can start the test.

The test is cancelled if you press the **STOP** button, without returning any result.

PEB (Federal Law Enforcement) test

The PEB military test requires you to cover **2.4 km**, with a 0% gradient, in the shortest possible time.

You must enter your age, weight, gender and the initial speed before you can start the test.

The test is cancelled if you press the **STOP** button, without returning any result.

Marine Corps PFT test

The Marine Corps PFT military test requires you to cover **4.8 km**, with a 0% gradient, in the shortest possible time.

You must enter your age, weight, gender and the initial speed before you can start the test. You must also indicate whether the test is conducted at an altitude lower or higher than 1370 metres (4500 ft).

The test is cancelled if you press the **STOP** button, without returning any result.

Preset profiles

These are variable workouts based on your specific effort level, as calculated using the fitness test or the smart test. Consequently, you should complete one of these tests first and then do the exercise at a level not above the suggested level.

You do not need to wear a heart rate monitor for workouts using preset profiles. To start the exercise:

- choose a profile;
- choose your goal, time, distance or calories;
- enter a setting for your goal;
- enter a setting for the effort level.

If you alter the effort level or goal during the exercise, the change will apply to the parameters of the remaining profile, not the single step in progress.

Constant heart rate (CPR) exercise

Constant heart rate exercise is very important in all situations where specific heart rate levels have to be maintained. Constant heart rate exercise adjusts the workload automatically so your heart rate reaches the chosen value and keeps it steady throughout the exercise.

You enter the heart rate setting that must be maintained during the exercise when you are programming the exercise.

You must wear a heart rate monitor to do constant heart rate exercises. The exercise will not start if no heart rate signal is detected.

To start the exercise:

- choose your goal, time, distance or calories;
- enter a setting for your goal;
- enter your age;
- for Run: select walking or running mode;
- set the heart rate value that must be kept steady during the exercise;
- press **START**.

CPR exercise will not continue if no heart rate signal is detected for 100 consecutive seconds. In this case, you can choose to:

- continue the exercise, which becomes a goal-driven exercise and is no longer at constant heart rate;
- end the exercise.

Training Zone exercise

Training zone exercise is performed at constant heart rate; the training heart rate is determined by your fitness level. You can select the workout intensity: light, moderate or hard.

You must wear a heart rate monitor to do constant heart rate exercises. The exercise will not start if no heart rate signal is detected.

To start the exercise:

- enter your age;
- for Run: select walking or running mode;
- select exercise intensity;
- select exercise duration;
- press **START**.

Training Zone exercise will not continue if no heart rate signal is detected for 100 consecutive seconds. In this case, you can choose to:

- continue the exercise, which becomes a goal-driven exercise and is no longer at constant heart rate;
- end the exercise.

Weight loss exercise

The aim of Weight loss exercise is to burn the maximum amount of calories in the time available.

The Weight Loss exercise consists of two phases; the first stage with a constant heart rate, and the second stage when the actual exercise begins. You need to wear a heart rate monitor, at least for the first stage. The exercise will not start if no heart rate signal is detected.

To start the exercise:

- enter your age;
- enter your gender;
- for Run: select walking or running mode;
- select the exercise duration; the total duration must be no less than 10 minutes, as the first minutes of the exercise are used to calculate your workout heart rate and to calculate the parameters for the exercise itself;
- press **START**.

The exercise will end if no heart rate signal is detected for 100 consecutive seconds during the first stage of the exercise.

The Weight Loss exercise is not available for Top.

Configuration menu

To customise the product configuration, press any button to open the homepage.

Press and hold the volume button for a few seconds.

Enter the password 2 4 0 6 and then press **CONFIRM**.

The parameters for configuration are divided into different categories:

- General settings
- Exercise settings
- Homepage
- Date and time
- Network
- Touchscreen calibration

Press the **BACK** symbol on the status bar to exit the configuration menu.

Configuration menu

General settings

There are two buttons to save all the configuration settings on a USB key or to import all the configuration settings from a USB key. This is a simple way to transfer the entire content of this menu from one product to another.

The following parameters are entered on this page.

- **Language.** Select the interface language.
- **Unit of measurement.** Choose between kilometres and kilograms (km); or miles and pounds (mls).
- **Facility URL.** To enter the internet address (URL) that Technogym assigned to the facility.
- **Internet.** Enable or disable the internet connection.
- **TV.** Enable or disable TV.

The setting is shown next to the name of the parameter.

Configuration menu

Exercise settings

Select the maximum exercise duration.

This function automatically interrupts all exercises once they reach the set time; for example, if you enter a max time of 30 minutes and an exercise is started using the START button without entering any setting, the exercise will end after 30 minutes.

The maximum exercise duration is set in minutes.

This does not apply to exercises memorised on the Technogym key.

Select the maximum pause time.

Set the maximum pause time for an exercise. After the end of this pause time, the pause ends and the exercise is terminated.

The maximum pause time is set in seconds.

Select the cool down time.

Set the cool down time from 5 to 180 seconds.

Select speed for User present

Set the speed for the start of the user present function. Available for Run.

Enable or disable gradient.

To enable or disable the gradient of the treadmill belt. Available for Run.

Select completed exercise LED time

Set a number of minutes before the end of the exercise for the LED to light up. This LED is located at the end of the side handgrip and indicates the product will be available soon: in **motion light**. Available for Run.

Configuration menu

Homepage settings

Enable or disable screensaver.

If the product is not used, the display will turn off. If you prefer, you can decide to activate a screensaver before the display turns off.

Select screensaver time.

If the screensaver option is enabled, use this function to set how many minutes you want the screensaver to remain on before the display turns off.

Decide to allow language modification.

If you select the modifiable option, there will be a button on the homepage for selecting the interface language.

Configuration menu

Date and time settings

Select time format.

You can choose between 12 or 24 hours.

Enable or disable use of data from mywellness network.

The network sets the latitude and longitude, and also sets the time zone accordingly.

Enable or disable the time set by the network.

Enabled, if the previous option was enabled.

Set the time.

You can set the time manually if you choose to leave the time from the network option disabled.

Configuration menu

TV settings

The TV settings are divided into 4 pages.

Channels

This page is used to manage the channel list.
You can search for digital, analogue or cable channels.

Picture

Used to adjust the colour, contrast, brightness, hue.

TV Standard

Used to enter the TV standard for the country where the product is located.

Save

The save buttons are present on this page.

- **Save on USB key**
Used for saving all the TV settings on a USB key to transfer them to different products.
- **Import from USB key**
Used to import all the TV settings from a USB key. This is a simple way to transfer all the TV settings from one product to another.
- **Save changes**
Save the changes made to the TV settings.
- **Clear all channels**
Clears all the saved TV channels.

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