

GROUP CYCLE CONNECT- SKILLMILL CONNECT- SKILLROW

Pre-Installation Requirements

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The Wellness Company

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The information in this manual is intended for QUALIFIED TECHNICAL PERSONNEL - designated by the customer - who are in charge of preparing the electrical and network line, to guarantee the correct functioning of equipment.



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1. GENERAL WARNINGS

This manual includes informative notes with specific meanings:

Safety signs classified according to the relative seriousness of the potential hazards:



DANGER: INDICATES AN IMMINENTLY HAZARDOUS SITUATION WHICH, IF NOT AVOIDED, WILL RESULT IN DEATH OR SERIOUS INJURY. THIS SIGNAL WORD IS TO BE LIMITED TO THE MOST EXTREME SITUATIONS.



WARNING: Indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.



CAUTION: Indicates a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. It may also be used to alert against unsafe practices.

Signs applicable to equipment:



ATTENTION: REGULATION THAT MAY LEAD TO DAMAGE TO THE EQUIPMENT IF NOT COMPLIED WITH.



Detail regarding the operation in progress.



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2. NETWORK DESIGN – CONFIGURATION AND INSTALLATION

2.1 NETWORK DESIGN AND INSTALLATION

During the network design and preparation phases, Technogym requests to be put in touch with the technicians of the company performing the work, in order to obtain and provide technical information, so that the network is installed and configured according to the required technical requirements.

Technogym can not be held responsible for failures due to site preparation, assembly and installation not correct.

2.2 CONFIGURATION AND INSTALLATION

Before performing the installation the customer shall inform Technogym that all the required components have been provided and installed and that they operate correctly.

Installation and configuration of the network infrastructure (cables), of the network hardware (Switch, Router, firewall) and any wireless network are at the expense of the customer.

Technogym warns that the efficiency and correct operation of the equipment and of the mywellness Cloud services depend on the technical characteristics of the hardware that is installed.

Technogym does not guarantee the correct operation of the mywellness Cloud services in the event of failure to comply with all the technical specifications and warnings indicated.



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3. DISPLAY

The GROUP CYCLE CONNECT version is fitted with the console shown below.



Fig. 1

The SKILLMILL CONNECT version is fitted with the console shown in the figure below.



Fig. 2

The SKILLROW is fitted with the console shown below.



Fig. 3

4. TECHNICAL CHARACTERISTICS AND REQUIREMENTS

4.1 TECHNICAL DATA

4.1.1 GROUP CYCLE CONNECT

Technical Data- GROUP CYCLE CONNECT	
<i>Pedals</i>	With pedal straps and SPD clips.
<i>Minimum inclination angle for movement</i>	17°-19°
<i>Flywheel</i>	Molten cast iron, painted. Aluminium disc for magnetic braking; anodized and painted. Total weight: 17.4 kg.
<i>Braking system</i>	Magnetic with permanent magnets.
<i>Degree of protection</i>	IP20

Tab. 1

4.1.2 SKILLMILL CONNECT

Technical Data- SKILLMILL CONNECT	
<i>Power supply</i>	5 Vdc 1A
<i>Noise level</i>	Less than 70 dB
<i>Degree of protection</i>	IP20
<i>Electrical isolation class</i>	Class II

Tab. 2

4.1.3 SKILLROW

Technical Data- SKILLROW	
<i>Type of battery</i>	Sealed lead
<i>Battery capacity</i>	12V 24h
<i>Maximum recharge current</i>	200 mA
<i>Complete recharge duration</i>	10 hours
<i>Noise</i>	Less than 70 dB
<i>Degree of protection</i>	IP20

Tab. 3



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5. ELECTRICAL CONNECTION

5.1 SKILLMILL CONNECT VERSION

Before connecting the product to the mains power supply, ensure that the electrical system specifications comply with current regulations. Check the mains power supply specifications on the identification label.

Plug the power cable into the product socket first and then into the wall socket.



WARNING: The wall socket must be located in a place where the product may be easily and safely plugged in and unplugged.

The power socket must be fitted with earth. If missing, it must be installed by an electrician before plugging in the product.

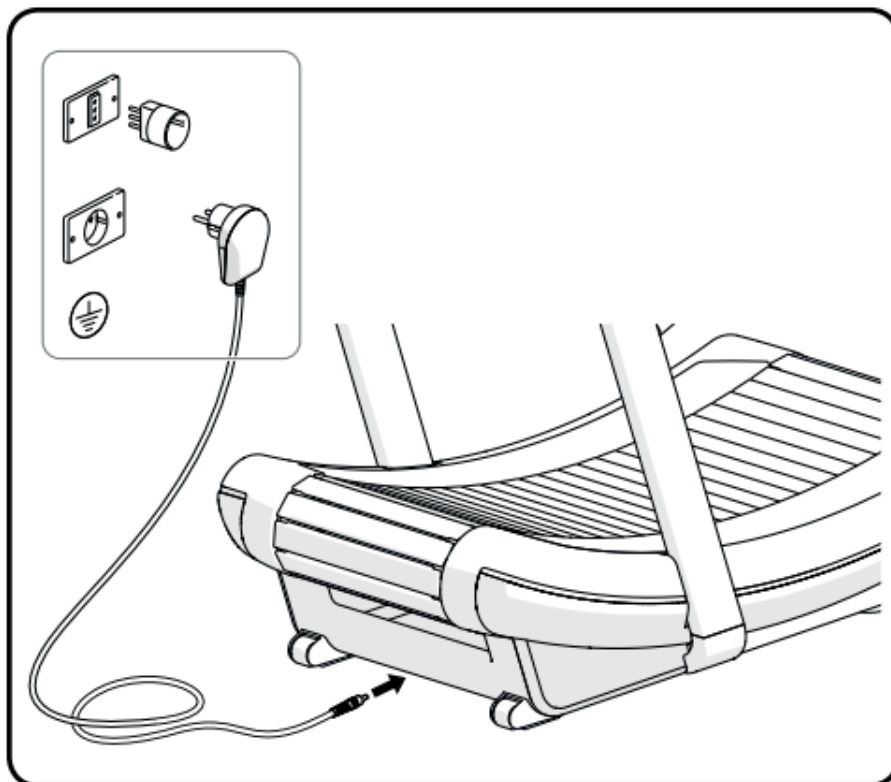


Fig. 4

5.2 SKILLROW

The product is self-powered.

The product contains a battery that recharges while an exercise is performed.

The display turns on when an exercise starts.

If you want to use an external power supply, only use a Edac Power Electronics CO LTD power supply type EA10682P, which is approved for this application. The power supply is NOT supplied with the product and can be purchased directly from Technogym s.p.a

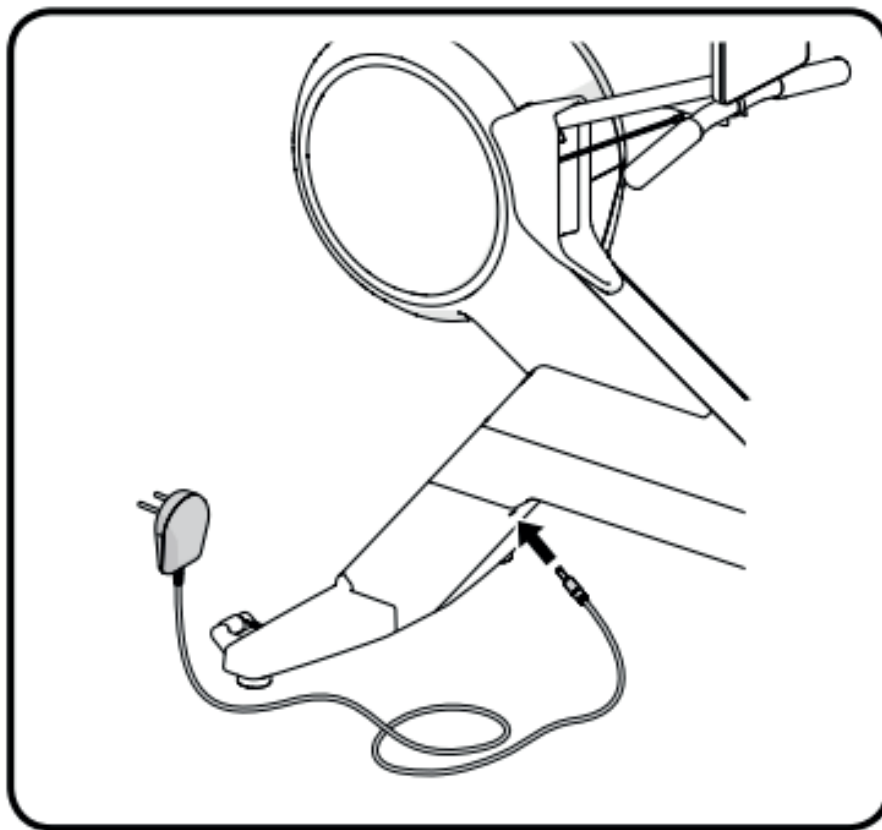


Fig. 5

5.3 MYWELLNESS KIOSK (ONLY FOR GROUP CYCLE) / UNITY SELF (FOR TRAINING FORMAT-CLASS)



For details regarding the MYWELLNESS KIOSK / UNITY SELF electric requirements, refer to the respective pre-installation requirements documents, available on Technogym Direct.

6. NETWORK REQUIREMENTS

6.1 INTRODUCTION

The network must be installed and configured by the customer before Technogym delivers the product, in accordance with the technical specifications set out below.

6.2 WI-FI NETWORK REQUIREMENTS

6.2.1 GROUP CYCLE WITH OLD WI-FI CONSOLE- SKILLMILL WITH OLD WI-FI CONSOLE

Connect the product to the Wi-Fi network, taking into account the following requirements:

- _Access Point or Router or ADSL Gateway;
- _Standard: IEEE 802.11 b/g at 2.4GHz
- _Frequency band: 2.4GHz;
- _Security Protocol: WEP, WPA/WPA2, open (free) network;
- _DHCP enabled.

In case of professional Access Point or if the equipment is used in a public / company network (hotel, fitness facility) you must cover the following additional requirement:

- _LEASE TIME : at least three days.

 *For more details about Access Point, refer to the AP technical specifications.*

6.2.2 SKILLMILL WITH NEW WI-FI/ANT+ CONSOLE

 *Technogym has introduced the new Wi-Fi - ANT+ console W0008102AF, starting from the following SN:*

- DJK03D20000224
- DJK13D20000065

Connect the product to the Wi-Fi network, taking into account the following requirements:

- _Access Point or Router or ADSL Gateway;
- _Standard: IEEE 802.11 a/b/g/n at 2.4GHz and 5GHz
- _Frequency band: 2.4GHz and 5 GHz;
- _Security Protocol: WEP, WPA/WPA2, open (free) network;

_DHCP enabled.

In case of professional Access Point or if the equipment is used in a public / company network (hotel, fitness facility) you must cover the following additional requirement:

_ LEASE TIME : at least three days.



For more details about Access Point, refer to the AP technical specifications.

6.2.3 GROUP CYCLE WITH NEW WI-FI/ANT+ CONSOLE-SKILLROW

Connect the product to the Wi-Fi network, taking into account the following requirements:

_Access Point or Router or ADSL Gateway;

_Standard: IEEE 802.11 b/g/n at 2.4GHz;

_Frequency band: 2.4GHz;

_Security Protocol: WEP, WPA/WPA2, open (free) network;

_DHCP enabled.

In case of professional Access Point or if the equipment is used in a public / company network (hotel, fitness facility) you must cover the following additional requirement:

_ LEASE TIME : at least three days.



For more details about Access Point, refer to the AP technical specifications.

6.3 WIRELESS GUIDELINES

The following indications must be interpreted only as guidelines.

The wireless network must be installed and configured only by specialised companies and expert technicians.

_The equipment must not be more than 25-30 metres LOS (line of sight) away from the Access Point (analyse possible problems due to the presence of walls or other obstacles between the Access Point and the equipment).

_Configure the access points on channels not close one to the other (ie. 1-6-11), in order to avoid any kind of overlapping problems.

6.3.1 MAXIMUM NUMBER OF EQUIPMENT CONNECTED TO ONE ACCESS POINT

_Up to 5 devices: use a commercial Access Point.

_More than 5 devices: use a professional Access Point (see the technical datasheet).



For more details about Access Point, refer to the AP technical specifications.

6.3.2 ACCESS POINT NOT COMPATIBLE WITH GROUP CYCLE WITH OLD WI-FI CONSOLE AND SKILLMILL WITH OLD WI-FI CONSOLE



ATTENTION: THE ACCESS POINT THAT **MUST NOT BE USED** (SINCE IT'S NOT COMPATIBLE) WITH GROUP CYCLE (WITH OLD WI-FI CONSOLE) AND SKILLMILL (WITH OLD WI-FI CONSOLE) IS THE FOLLOWING: SONICWALL SONICPOINT ACE)

6.4 INTERNET CONNECTION BANDWIDTH REQUIREMENTS

6.4.1 EQUIPMENT WITHOUT UNITY SELF

NETWORK BANDWIDTH REQUIREMENTS						
N° OF EQUIPMENT	50		100		200	
MINIMUM REQ.	DownLoad	Upload	DownLoad	Upload	DownLoad	Upload
	>1Mbps	>1Mbps	>2Mbps	>2Mbps	>4Mbps	>4Mbps

Tab. 4

6.4.2 CLASSES WITH UNITY SELF

NETWORK BANDWIDTH REQUIREMENTS						
N° OF EQUIPMENT	50		100		200	
MINIMUM REQ.	DownLoad	Upload	DownLoad	Upload	DownLoad	Upload
	>0.5Mbps	>0.5Mbps	>1Mbps	>1Mbps	>2Mbps	>2Mbps

Tab. 5

6.4.3 CLASSES WITH MYWELLNESS KIOSK (ONLY FOR GROUP CYCLE)

NETWORK BANDWIDTH REQUIREMENTS		
MINIMUM REQ. (without video streaming/format application)	DownLoad	Upload
	> 2Mbps	> 512kbps
TARGET (with video streaming/format application)	DownLoad	Upload
	> 8Mbps	> 1Mbps

Fig. 6

6.5 FIREWALL / ROUTER RULES FOR ACCESS TO MYWELLNESS CLOUD SERVICES

Enable UDP and TCP traffic through port:

- 1508 for Group Cycle;
- 1509 for Skillmill;
- 2407 for Skillrow.

The access to the following DNS names must never be disabled:

DNS Names
https://servicesbeta.mywellness.com
https://services.mywellness.com
https://eam.mywellness.com
https://6560a8ab83e11d31e5b8-a6a2f3b6d8cd41e62196a5824547b1d8.ssl.cf3.rackcdn.com
https://certs.godaddy.com
https://www.thawte.com
https://cdn.mywellness.com
https://a4a40ed25bfa4c32ffa8-a6a2f3b6d8cd41e62196a5824547b1d8.r0.cf3.rackcdn.com
clouddrive.com
cloudfront.net

Tab. 6 - DNS Names

6.6 PROXY

Proxy not managed.

6.7 MYWELLNESS KIOSK (ONLY FOR GROUP CYCLE)/ UNITY SELF NETWORK REQUIREMENTS (FOR TRAINING FORMAT- CLASS)

MYWELLNESS KIOSK / UNITY SELF support both wireless and wired internet connection.



In all situations, where possible, Technogym recommends connection via network cable.

For details regarding the MYWELLNESS KIOSK / UNITY SELF installation requirements, refer to the respective pre-installation requirements documents, available on Technogym Direct.

In case of training format (class), the following additional requirements must be covered:

- MYWELLNESS KIOSK / UNITY SELF must be configured with a STATIC IP ADDRESS;
- MYWELLNESS KIOSK / UNITY SELF must be in the same network of the Group Cycle-Skillmill- Skillrow consoles;
- The locally installed firewall/router must be configured with ports 80, 443 open (UDP and TCP traffic) to access the MW Cloud services.



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7. ACKNOWLEDGEMENT AND ACCEPTANCE

Date: _____

Acknowledged and accepted _____



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8. LIST OF CHANGES FOR MANUAL REVISION

The main changes made to this manual, are listed below in chronological order.

8.1 REVISION 1.0

First released version.

8.2 REVISION 2.0

Inserted the installation requirements related to the SKILLROW.

Inserted new web sites that must be reachable.

8.3 REVISION 3.0

New paragraph §2.1.2 WIRELESS NETWORK (GROUP CYCLE WITH NEW WI-FI / ANT+ CONSOLE)

- SKILLROW: inserted the standard n: Standard: IEEE 802. 11b/g/n;

New paragraph §2.2.2 ACCESS POINT NOT COMPATIBLE WITH GROUP CYCLE (WITH OLD WI-FI CONSOLE) AND SKILLMILL;

Modified paragraph §2.4 FIREWALL / ROUTER RULES: inserted two new domains that must never be disabled: clouddrive.com and cloudfront.net.

8.4 REVISION 4.0

Inserted the new layout of the document.

New paragraph §2 NETWORK DESIGN – CONFIGURATION AND INSTALLATION: modified the paragraphs §2.6 and §2.7 of the revision 3.0

New paragraph §3 DISPLAY: inserted the image of the console for each product

New paragraph §4 TECHNICAL CHARACTERISTICS AND REQUIREMENTS: inserted the technical data for each product

New paragraph §5 ELECTRICAL CONNECTION: inserted the electrical connection requirements for SKILLROW, SKILLMILL and MYWELLNESS KIOSK (ONLY FOR GROUP CYCLE)/ UNITY SELF (in case of training format)

New paragraph §6.2.2 SKILLMILL WITH NEW WI-FI/ANT+ CONSOLE: inserted the wi-fi network requirements related to the SKILLMILL with NEW WI-FI/ANT+ CONSOLE

Modified paragraph §6.4 INTERNET CONNECTION BANDWIDTH REQUIREMENTS: inserted the network bandwidth requirements for classes with MyWellness Kiosk (ONLY FOR GROUP CYCLE)

New paragraph §6.7 MYWELLNESS KIOSK (ONLY FOR GROUP CYCLE)/ UNITY SELF NET-



WORK REQUIREMENTS (FOR TRAINING FORMAT- CLASS): inserted the network requirements of MYWELLNESS KIOSK (only for Group Cycle) and UNITY SELF in case of training format.



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