

# EXCITE LIVE

---

## Pre-Installation Requirements

Line: **Excite Live**  
Equipment Code: **DF\***  
Rev: **2.0**  
Date: **02-03-2021**  
Document Code: **PIR-00127-EN**



**The Wellness Company**



# Table of contents

<b>1. GENERAL WARNINGS .....</b>	<b>7</b>
<b>2. NETWORK DESIGN – CONFIGURATION AND INSTALLATION.....</b>	<b>9</b>
2.1 NETWORK DESIGN AND INSTALLATION .....	9
2.2 CONFIGURATION AND INSTALLATION .....	9
<b>3. DISPLAY .....</b>	<b>11</b>
3.1 RUN LIVE .....	11
3.2 BIKE LIVE.....	12
3.3 RECLINE LIVE .....	13
3.4 SYNCHRO LIVE .....	14
3.5 SYNCHRO AR LIVE (Adjustable ramp).....	14
3.6 CLIMB LIVE .....	15
3.7 VARIO LIVE .....	16
3.8 TOP LIVE.....	17
<b>4. ELECTRICAL AND TECHNICAL DATA/REQUIREMENTS .....</b>	<b>19</b>
4.1 DATA & REQUIREMENTS.....	19
4.1.1 Run Live .....	19
4.1.2 Bike Live.....	20
4.1.3 Recline Live.....	20
4.1.4 Synchro Live.....	21
4.1.5 Synchro AR Live.....	21
4.1.6 Climb Live.....	22
4.1.7 Vario Live.....	23
4.1.8 Top Live .....	23
4.2 PLACE OF USAGE .....	24
<b>5. ELECTRICAL CONNECTION (mains powered machines).....</b>	<b>29</b>
5.1 INTRODUCTION .....	29
5.2 POSITIONING OF POWER INLET .....	30
<b>6. NETWORK REQUIREMENTS .....</b>	<b>35</b>
6.1 INTRODUCTION .....	35
6.2 ETHERNET CABLED NETWORK (ONLY FOR LIVE 16/LIVE 19 UI).....	35
6.3 WI-FI NETWORK REQUIREMENTS.....	35
6.3.1 LIVE 10.....	35
6.3.2 LIVE 16/LIVE 19.....	36



---

6.3.3	ADDITIONAL REQUIREMENTS .....	37
6.4	WIRELESS GUIDELINES .....	37
6.5	MAXIMUM NUMBER OF EQUIPMENT CONNECTED TO ONE ACCESS POINT ....	38
6.6	INTERNET CONNECTION BANDWIDTH REQUIREMENTS (ONLY FOR LIVE 16/LIVE 19 UI).....	38
6.7	INTERNET CONNECTION BANDWIDTH REQUIREMENTS (ONLY FOR LIVE 10 UI). 40	
6.8	FIREWALL / ROUTER RULES FOR ACCESS TO MYWELLNESS CLOUD SERVICES .....	41
6.9	PROXY (only for LIVE 16/LIVE 19 UI).....	42
<b>7.</b>	<b>STANDARD TV TECHNICAL SPECIFICATIONS (ONLY FOR LIVE 16/LIVE 19 UI).....</b>	<b>43</b>
7.1	INTRODUCTION .....	43
7.2	VIRTUAL LAN.....	44
7.3	LAN.....	44
7.4	LIVE 16/LIVE 19 UI: DVB-T / T2 / C / ISDB-Tb VERSION (-T) STANDARD OPTIONS.. 45	
7.5	LIVE 16/LIVE 19 UI - VERSION (-A) STANDARD OPTIONS - USA/CANADA.....	48
7.6	LIVE 16/LIVE 19 UI: DTMB DIGITAL .....	51
<b>8.</b>	<b>ACKNOWLEDGEMENT AND ACCEPTANCE .....</b>	<b>53</b>
<b>9.</b>	<b>LIST OF CHANGES FOR MANUAL REVISION.....</b>	<b>55</b>
9.1	REVISION 1.0.....	55
9.2	REVISION 2.0.....	55

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.



*This document contains proprietary information that is covered by copyright. Allrights reserved. No part of this document may be circulated, copied, reproduced or translated into another language without the prior written consent of Technogym.*

*Additional information may be included in the After Sales technical documents, available in the official 'After Sales documents repository'.*

*The information contained in this document may be changed without prior notification. For updates, please refer to the official 'After Sales documents repository'.*

*Technogym® is a trademark owned by Technogym S.p.A.*

*Document uncontrolled when printed.*



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

Blank page

# 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.*



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page



## **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.



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page

### 3. DISPLAY

The cardio equipment of the EXCITE LIVE may be fitted with LIVE 16/LIVE 19 display (depending on the type of machine) and/or with LIVE 10 display. For details, see the following paragraphs.

#### 3.1 RUN LIVE

The RUN LIVE (DFK\*) is fitted with LIVE 10 and LIVE 19 display.



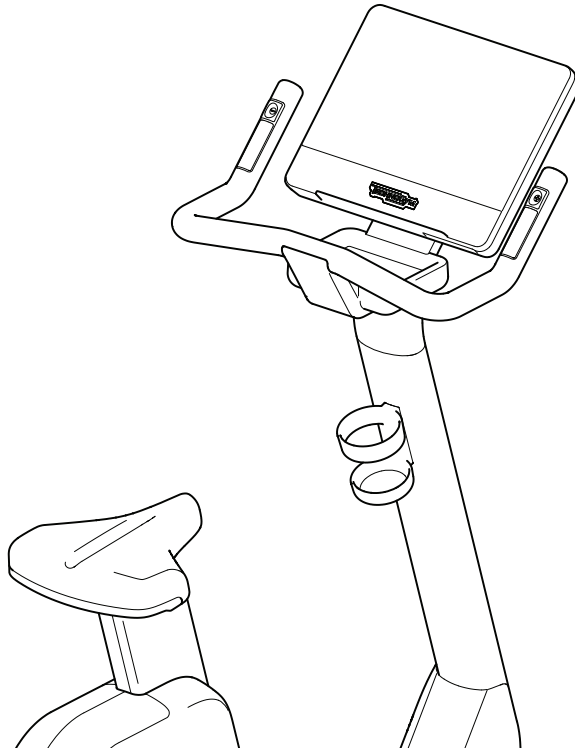
*Fig. 1- LIVE 19 DISPLAY*



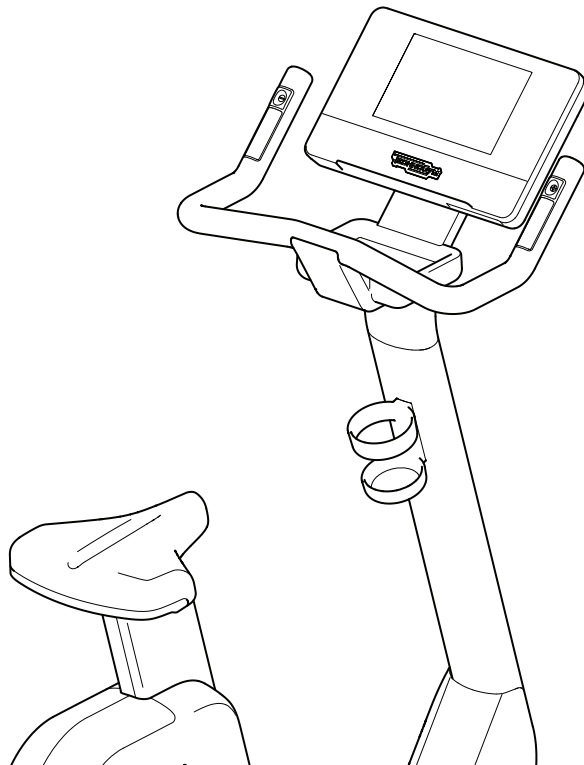
*Fig. 2- LIVE 10 DISPLAY*

## 3.2 BIKE LIVE

The BIKE LIVE (DFC\*) is fitted with LIVE 10 and LIVE 16 display.



**Fig. 3- LIVE 16 DISPLAY**



**Fig. 4- LIVE 10 DISPLAY**

### 3.3 RECLINE LIVE

The RECLINE LIVE (DFD\*) is fitted with LIVE 10 and LIVE 16 display.



*Fig. 5- LIVE 16 DISPLAY*



*Fig. 6- LIVE 10 DISPLAY*

### 3.4 SYNCHRO LIVE

The SYNCHRO LIVE (DF5\*) is fitted only with LIVE 10 display.



*Fig. 7- LIVE 10 DISPLAY*

### 3.5 SYNCHRO AR LIVE (Adjustable ramp)

The SYNCHRO AR LIVE (DFH\*) is fitted with LIVE 10 and LIVE 16 display.



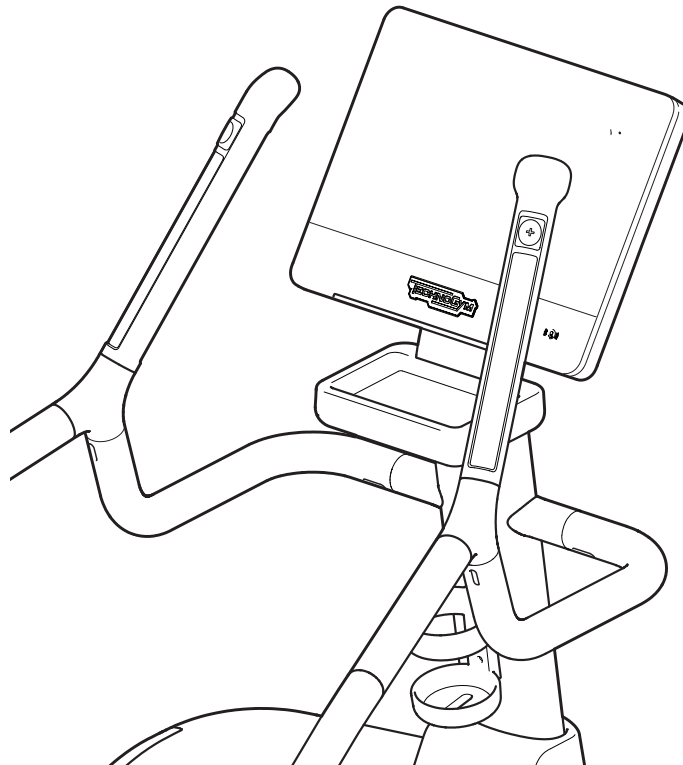
*Fig. 8- LIVE 16 DISPLAY*



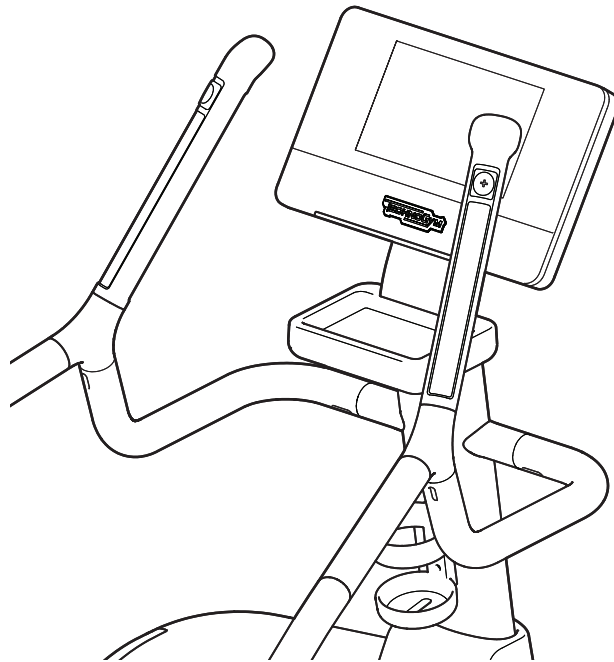
**Fig. 9- LIVE 10 DISPLAY**

### **3.6 CLIMB LIVE**

The CLIMB LIVE (DFE\*) is fitted with LIVE 10 and LIVE 16 display.



**Fig. 10- LIVE 16 DISPLAY**



**Fig. 11- LIVE 10 DISPLAY**

## 3.7 VARIO LIVE

The VARIO LIVE (DFF\*) is fitted with LIVE 10 and LIVE 16 display.



**Fig. 12- LIVE 16 DISPLAY**

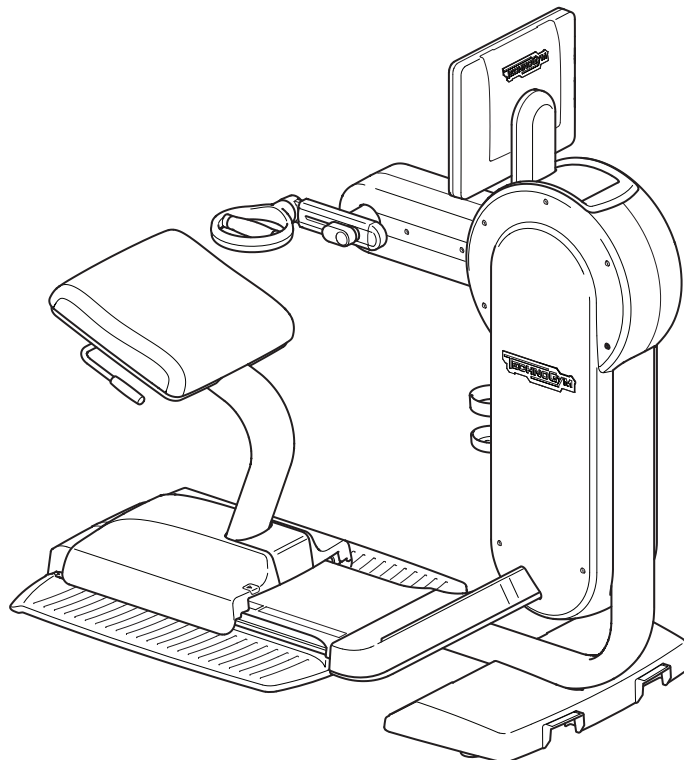




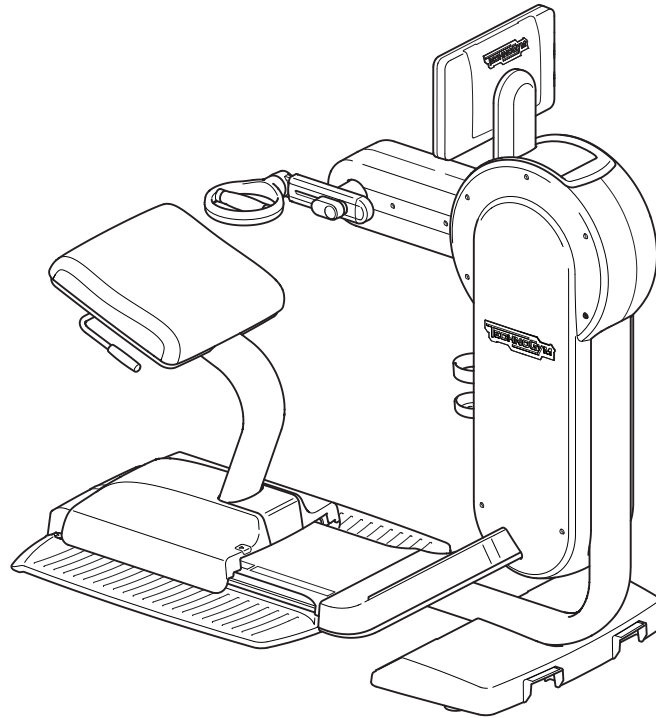
**Fig. 13- LIVE 10 DISPLAY**

### 3.8 TOP LIVE

The TOP LIVE (DF7\*) is fitted with LIVE 10 and LIVE 16 display.



**Fig. 14- LIVE 16 DISPLAY**



**Fig. 15- LIVE 10 DISPLAY**

## 4. ELECTRICAL AND TECHNICAL DATA/ REQUIREMENTS

### 4.1 DATA & REQUIREMENTS

#### 4.1.1 Run Live

Technical Data		
	DFKGA (RUN LIVE 10)	DFKUA (RUN LIVE 19)
Power supply	100÷240 Vac 50/60 Hz	
Max Absorption (theoretical value)	20A @ 110 Vac, 50/60 Hz 16A @ 230 Vac, 50/60 Hz	
Weight of equipment	160 kg (353 lb)	162 kg (357 lb)
Maximum user weight	220 kg (485 lb)	
Peak motor power	5800 W (7.8 hp)	
Speed with 100 Vac Maximum input power	0.8÷20 km/h 1600 VA	
Speed with 120 Vac Maximum input power	0.8÷22 km/h 2000 VA	
Speed with 240 Vac Maximum input power	0.8÷22 km/h 2000 VA (Model:RUN LIVE 10 500)	0.8÷22 km/h 2000 VA (Model:RUN LIVE 19 5000)
	0.8÷25 km/h 2200 VA (Models:RUN LIVE 10 700- RUN LIVE 10 900)	0.8÷25 km/h 2200 VA (Models:RUN LIVE 19 7000- RUN LIVE 19 9000)
Gradient	0÷15% (Model:RUN LIVE 10 500)	0÷15% (Model:RUN LIVE 19 5000)
	0÷18% (Models:RUN LIVE 10 700- RUN LIVE 10 900)	0÷18% (Models:RUN LIVE 19 7000- RUN LIVE 19 9000)
Noise level	Less than 70 dB	
Protection rating	IP 20	
Maximum capacity of water bottle holder	2 kg (4 lb)	
Electric isolation class	Class I	

Tab. 1



We recommend a dedicated power supply line for each machine.

## 4.1.2 Bike Live

Technical Data		
	Mains Powered version (DFC*3)	Human-Powered version (DFC*4)
Power supply	100÷240 Vac 50/60 Hz	-
Max Absorption (theoretical value)	1A @ 110 Vac, 50/60 Hz 1A @230 Vac, 50/60 Hz	-
Maximum input power	160 VA	-
Fuses	2x3,15A (F)	-
Braking power (70 rpm)	37÷344 W	44÷344 W
Weight of equipment	BIKE LIVE 10: 62 kg (137 lb) BIKE LIVE 16: 64 kg (141 lb)	BIKE LIVE 10: 62 kg (137 lb)
Maximum user weight	180 kg (397 lb)	
Maximum capacity of water bottle holder	2 kg (4 lb)	
Protection rating	IP20	
Electric isolation class	Class I	

Tab. 2

## 4.1.3 Recline Live

Technical Data		
	Mains Powered version (DFD*3)	Human-Powered version (DFD*4)
Power supply	100÷240 Vac 50/60 Hz	-
Max Absorption (theoretical value)	1A @ 110 Vac, 50/60 Hz 1A @230 Vac, 50/60 Hz	-
Maximum input power	160 VA	-
Fuses	2x3,15A (F)	-
Braking power(70 rpm)	37÷344 W	44÷344 W
Weight of equipment	RECLINE LIVE 10: 80 kg (176 lb) RECLINE LIVE 16: 82 kg (181 lb)	RECLINE LIVE 10: 80 kg (176 lb)
Maximum user weight	220 kg (485 lb)	

Technical Data		
	Mains Powered version (DFD*3)	Human-Powered version (DFD*4)
Maximum capacity of water bottle holder	2 kg (4 lb)	
Protection rating	IP20	
Electric isolation class	Class I	

Tab. 3

#### 4.1.4 Synchro Live

Technical Data- SYNCHRO LIVE (DF5*)		
	Mains Powered version (DF5G3A)	Human-Powered version (DF5G4A)
Power supply	100÷240 Vac 50/60 Hz	-
Max Absorption (theoretical value)	100 W 1 A @110 Vac, 50/60 Hz 100 W 1 A @230 Vac, 50/60 Hz	-
Maximum input power	160 VA	-
Fuses	2x3,15A (F)	-
Braking power (90 spm)	45÷493 W	28÷231 W
Weight of equipment	SYNCHRO LIVE 10:152 kg (335 lb)	
Maximum user weight	180 kg (397 lb)	
Maximum capacity of water bottle holder	2 kg (4 lb)	
Protection rating	IP20	
Electric isolation class	Class I	

Tab. 4

#### 4.1.5 Synchro AR Live

Technical Data- SYNCHRO AR LIVE (DFH*)	
	Mains Powered version (DFH*3Q) - (DFH*3A)
Power supply	100÷240 Vac 50/60 Hz
Max Absorption (theoretical value)	250 W 2.5 A @110 Vac, 50/60 Hz 250 W 1.5 A @230 Vac, 50/60 Hz
Maximum input power	160 VA

Technical Data- SYNCHRO AR LIVE (DFH*)	
	Mains Powered version (DFH*3Q) - (DFH*3A)
Fuses	2x3,15A (F)
Braking power (90 spm)	45÷493 W
Weight of equipment	SYNCHRO AR LIVE 10: 170 kg (375 lb) SYNCHRO AR LIVE 16: 172 kg (379 lb)
Maximum user weight	180 kg (397 lb)
Maximum capacity of water bottle holder	2 kg (4 lb)
Protection rating	IP20
Electric isolation class	Class I

Tab. 5

## 4.1.6 Climb Live

Technical Data	
	Mains Powered version (DFE*3)
Power supply	100÷240 Vac 50/60 Hz
Max Absorption (theoretical value)	1A @ 110 Vac, 50/60 Hz 1A @230 Vac, 50/60 Hz
Maximum input power	160 VA
Fuses	2x3,15A (F)
Weight of equipment	CLIMB LIVE 16: 194 kg (428 lb) CLIMB LIVE 10: 190 kg (420 lb)
Maximum user weight	180 kg (397 lb)
Maximum capacity of water bottle holder	2 kg (4 lb)
Protection rating	IP20
Electric isolation class	Class I

Tab. 6

### 4.1.7 Vario Live

Technical Data		
	Mains Powered version (DFF*3)	Human-Powered version (DFF*4)
Power supply	100÷240 Vac 50/60 Hz	-
Max Absorption (theoretical value)	1A @ 110 Vac, 50/60 Hz 1A @230 Vac, 50/60 Hz	-
Maximum input power	160 VA	-
Fuses	2x3,15A (F)	-
Braking power (120 spm)	66 ÷556 W	38 ÷ 320 W
Weight of equipment	VARIO LIVE 10: 188 kg (414 lb) VARIO LIVE 16: 190 kg (419 lb)	VARIO LIVE 10: 188 kg (414 lb)
Maximum user weight	180 kg (397 lb)	
User heigh for which performance indicated is guaranteed	155 cm ÷ 205 cm	
Maximum capacity of water bottle holder	2 kg (4 lb)	
Protection rating	IP20	
Electric isolation class	Class I	

**Tab. 7**

### 4.1.8 Top Live

Technical Data	
	Mains Powered version (DF7*3)
Power supply	100÷240 Vac 50/60 Hz
Max Absorption (theoretical value)	1A @ 110 Vac, 50/60 Hz 1A @230 Vac, 50/60 Hz
Maximum input power	160 VA
Fuses	2x3,15A (F)
Braking power (70 rpm)	25÷1000 W ±10%*
Weight of equipment	TOP LIVE 10: 136 kg (300 lb) TOP LIVE 16: 138,5 kg (305 lb)

Technical Data	
	Mains Powered version (DF7*3)
Maximum capacity of water bottle holder	2 kg (4 lb)
Maximum user weight	180 kg (397 lb)
Weight of the seat	25,8 kg (57 lb)
Protection rating	IP20
Electric isolation class	Class I

**Tab. 8**

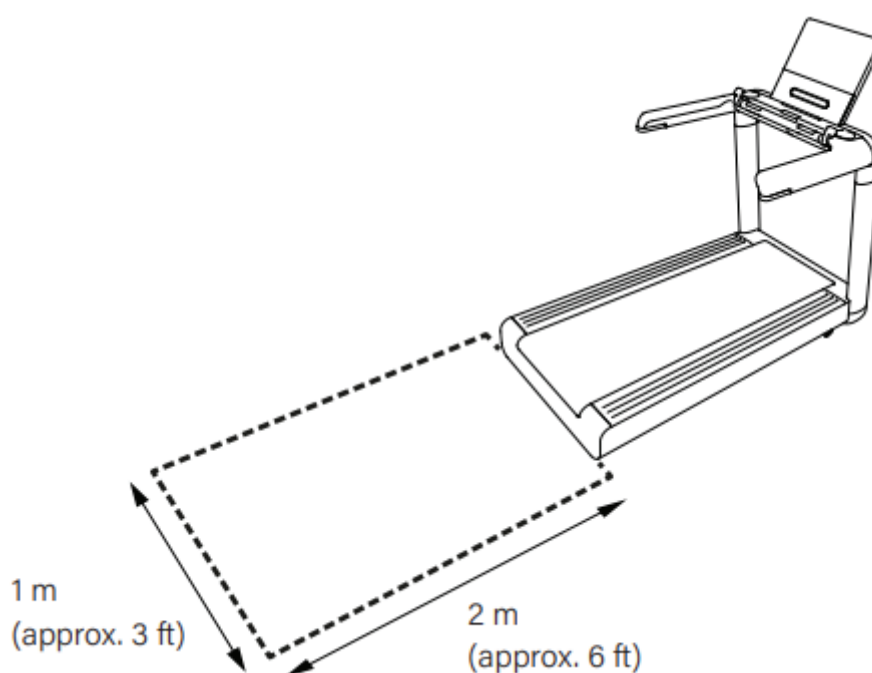
[\*] Achievable with the constant power exercise. In the other exercises the maximum braking power is 600 W.

## 4.2 PLACE OF USAGE

In order to ensure that activities with the products are easy and risk free for people, the area in which they take place must meet specific requirements:

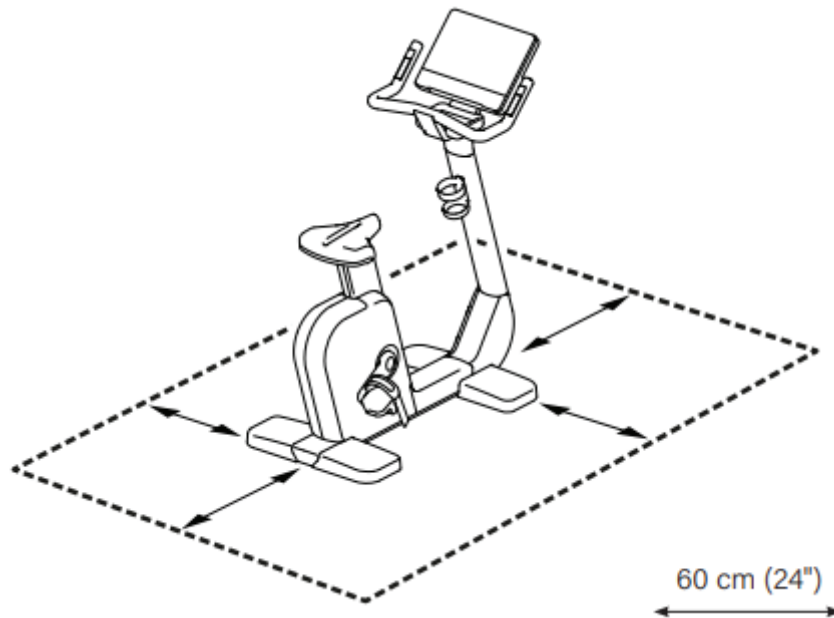
\_ A flat, stable and vibration-free surface that is capable of supporting the weight of both the products and the user ;

\_ A clear safety area of at least 2000 mm in length and at least as wide as the treadmill shall be provided behind the RUN when in use, as shown in the figure.

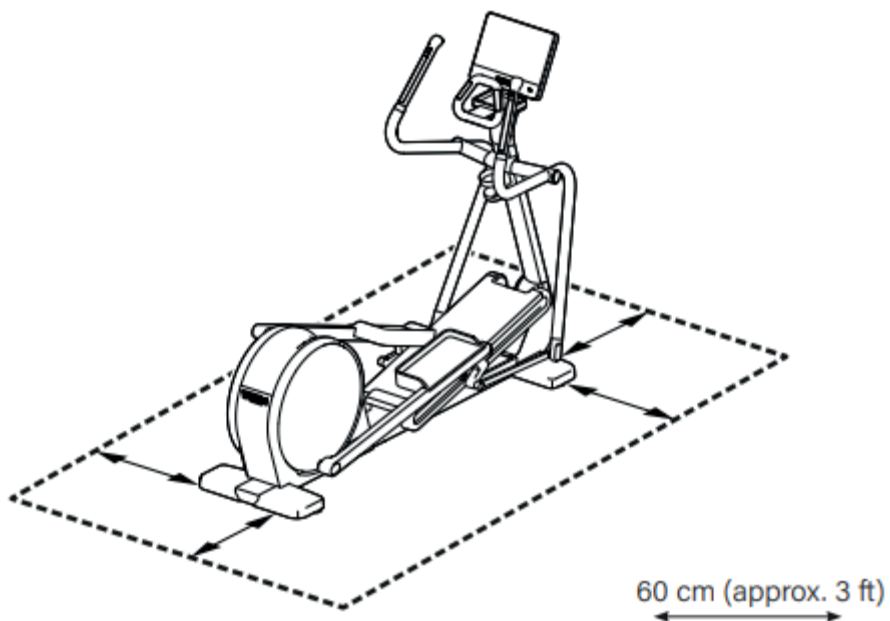
**Fig. 16**



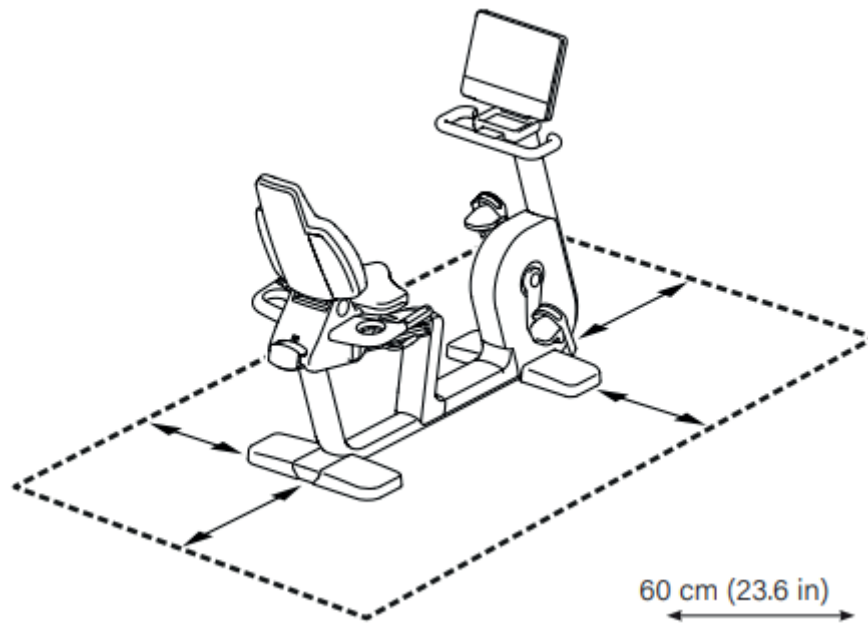
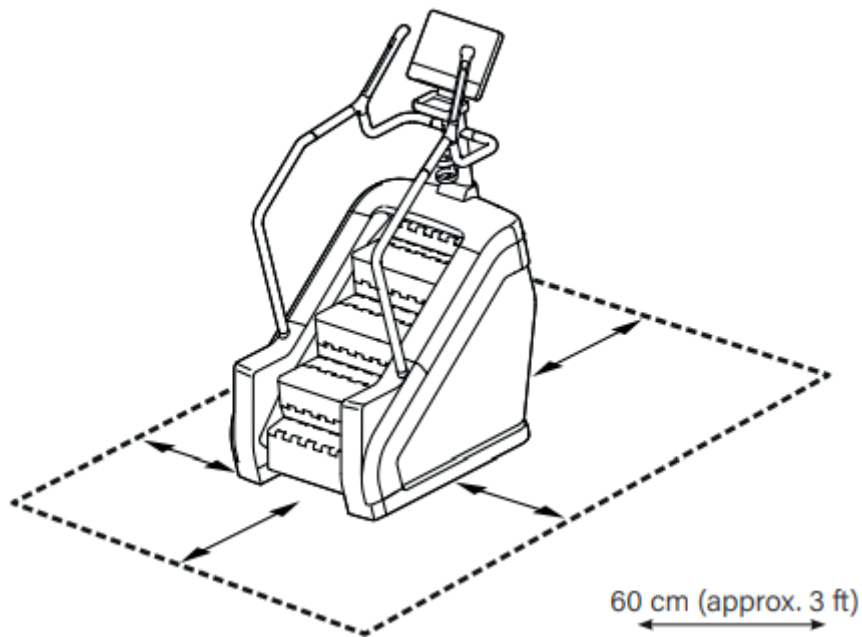
\_A free space - at least 60 cm wide - around the other products (BIKE, SYNCHRO, RECLINE, CLIMB, VARIO, TOP) as shown below :

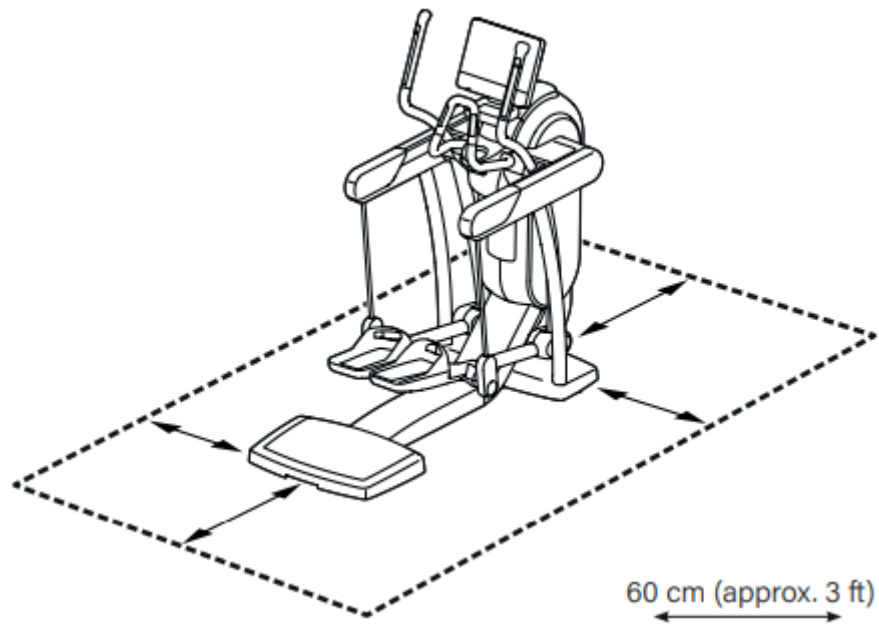


**Fig. 17**

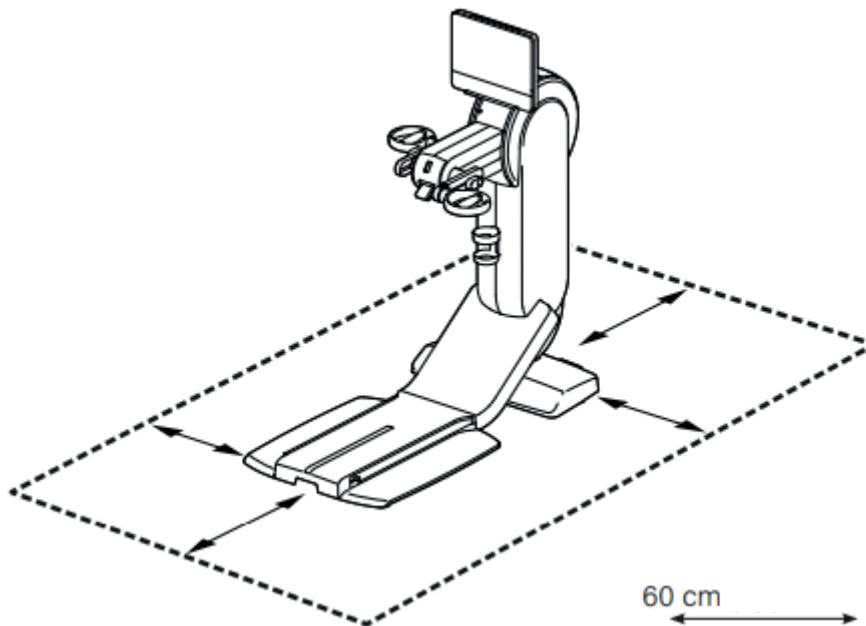


**Fig. 18**

**Fig. 19****Fig. 20**



**Fig. 21**



**Fig. 22**



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page

## 5. ELECTRICAL CONNECTION (mains powered machines)

### 5.1 INTRODUCTION

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.

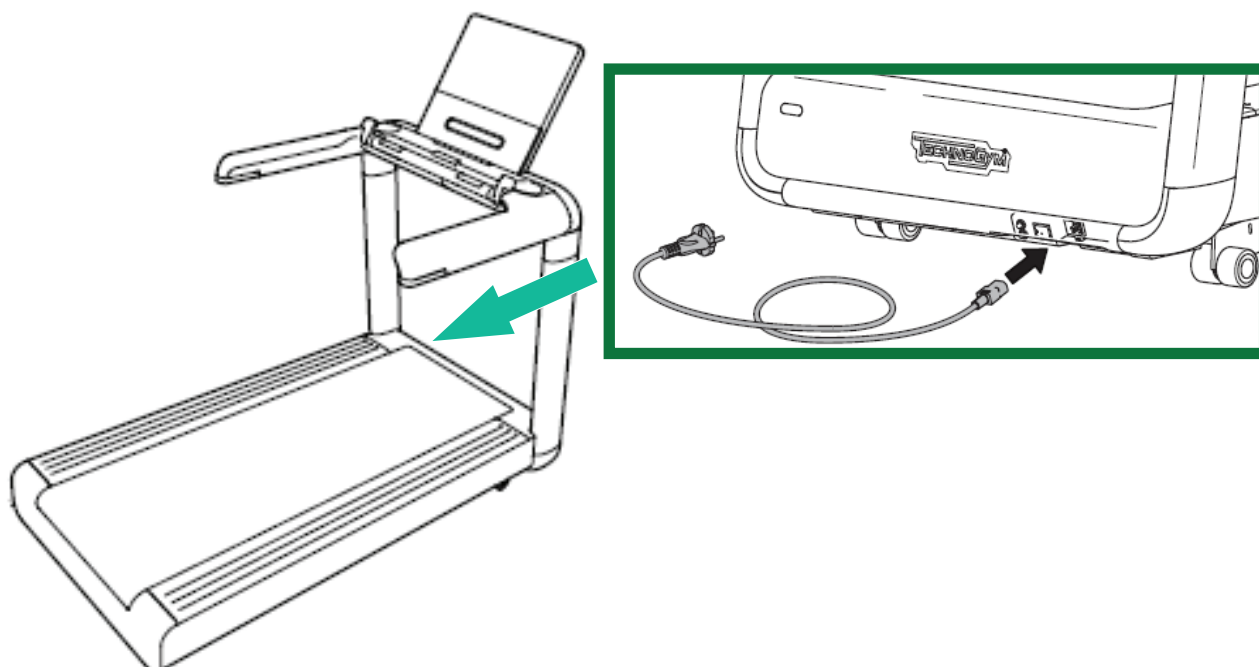
**The power socket must be fitted with earth. If missing, it must be installed by an electrician before plugging in the product.**

The product must be grounded. In the event of faulty operation or failures, the earth wire provides the electrical current a low resistance path, reducing the risk of electric shocks. The product includes a cable with earthing conductor and plug. The plug must be inserted in a properly installed socket connected to the earth in accordance with local codes and regulations

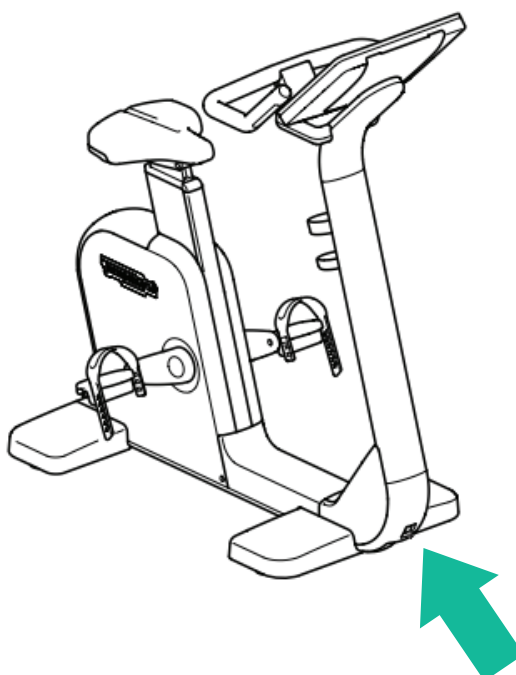


**WARNING:** Improper connection of the earthing conductor can result in the risk of an electric shock. Check with a qualified electrician or maintenance technician if you are in doubt whether the product is properly grounded. Do not modify the plug provided with the product; if it does not fit the socket, have a proper socket installed by a qualified electrician.

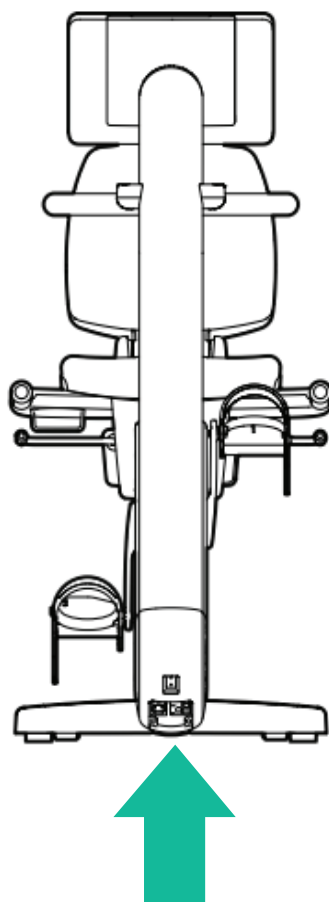
## 5.2 POSITIONING OF POWER INLET



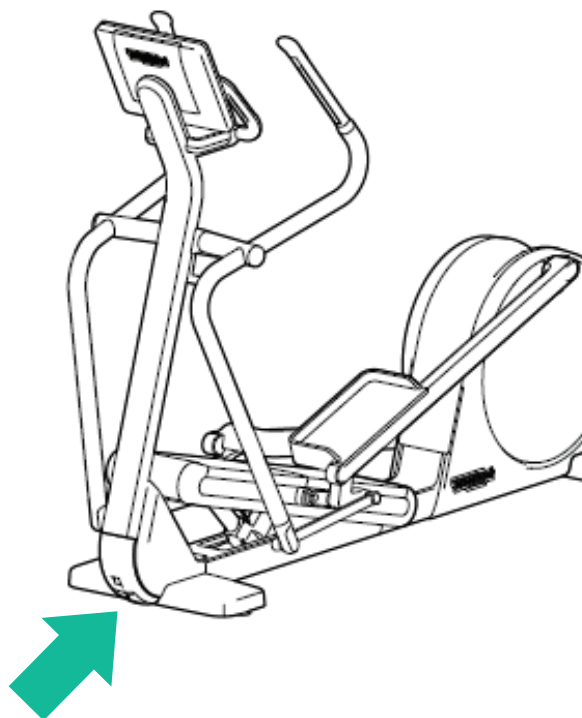
**Fig. 23 - RUN LIVE**



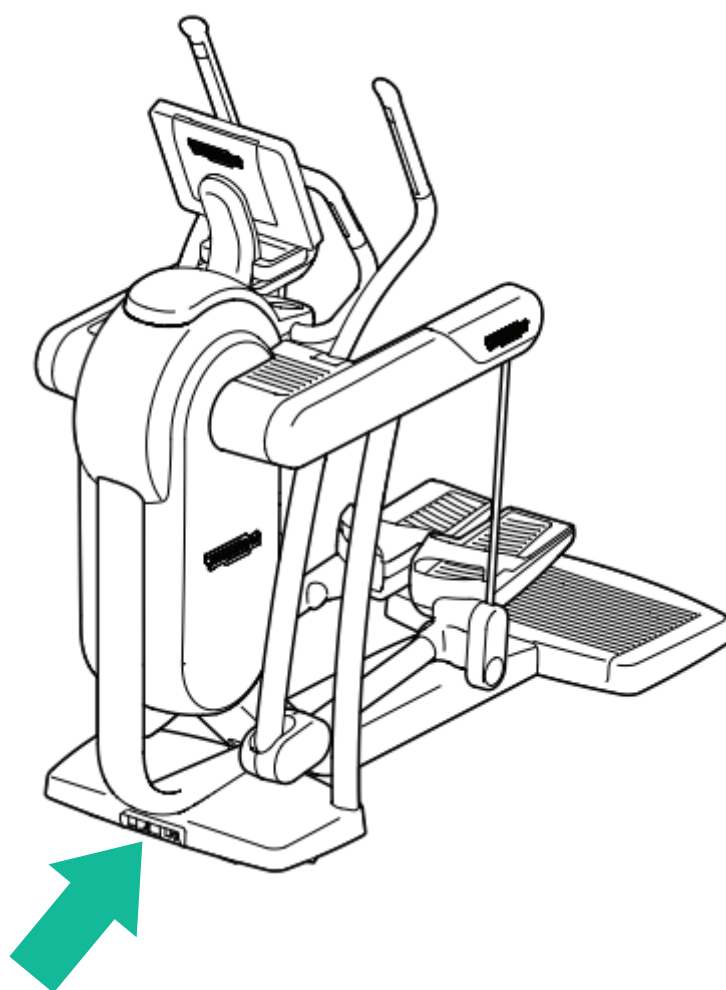
**Fig. 24- BIKE LIVE**



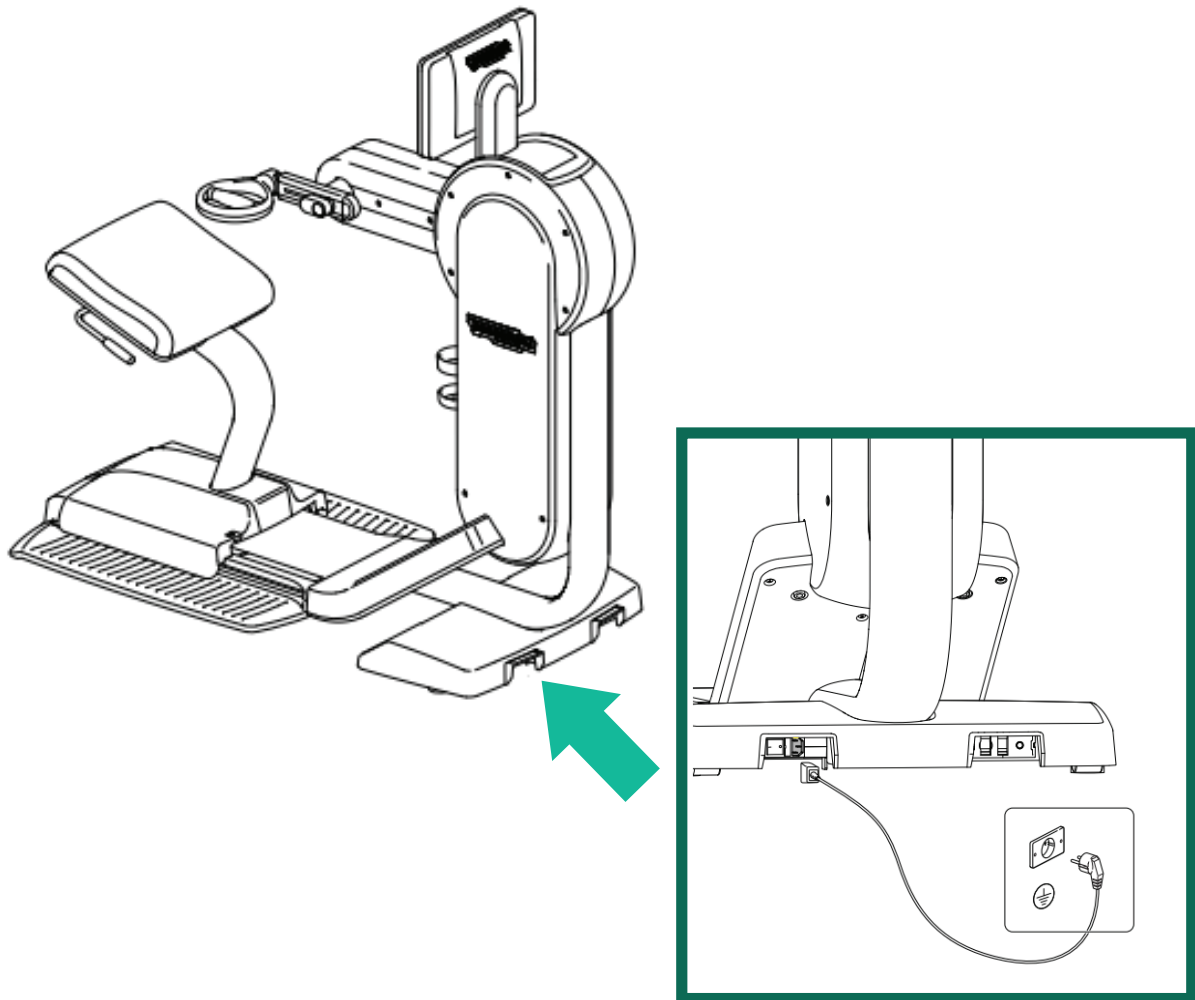
**Fig. 25 - RECLINE LIVE**

**Fig. 26 - SYNCHRO LIVE****Fig. 27 - CLIMB LIVE**





**Fig. 28 - VARIO LIVE**

**Fig. 29 - TOP LIVE**

## 6. NETWORK REQUIREMENTS

### 6.1 INTRODUCTION

The equipment fitted with LIVE 16/ LIVE 19 UI supports both wireless and wired internet connection.



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

The equipment fitted with LIVE 10 UI support a wireless internet connection.

In all cases, 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 ETHERNET CABLED NETWORK (ONLY FOR LIVE 16/LIVE 19 UI)

\_Category 5e/6 - UTP Ethernet cables with RJ45 patch;

\_Switch with a number of ports greater than the number of equipment connected.

### 6.3 WI-FI NETWORK REQUIREMENTS

#### 6.3.1 LIVE 10

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

\_Standard: IEEE 802.11 a/b/g/n at **5GHz** or 2.4GHz;

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



*The Protocol WPA2 Enterprise is not supported.*

\_ There must be only one dedicated Access Point / Wi-Fi router that provides the service;

\_ DHCP enabled;

\_ It's recommended to avoid broadcasting the same SSID, through 2.4 and 5 GHz, at the same time.

## 6.3.2 LIVE 16/LIVE 19

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

\_Standard: IEEE 802.11 a/b/g/n/ac at **5GHz** or 2.4GHz;

\_Additional standards:

IEEE 802.11 d/e/h/i/k

IEEE 802.11r/w

\_ Security Protocol List:

Supported protocols: WEP, WPA/WPA2 PSK, 802.1x EAP, none;

EAP: PEAP/TLS/TTLS/PWD

Phase 2 Authentication: PAP/MSCHAP/MSCHAPV2/GTC

Security:

WEP

WPA Personal

WPA2 Personal

WMM

WMM-PS (U-APSD)

WMM-SA

AES (hardware accelerator)

TKIP (hardware accelerator)

CKIP (software support)

Proprietary protocols:

CCXv2

CCXv3

CCXv4

CCXv5

WFAEC



*The Protocols WPA/WPA2 Enterprise are supported*

\_Additional information:

IPv6 supported.

fixed IPs address

- \_ There must be only one dedicated Access Point / Wi-Fi router that provides the service;
- \_ DHCP enabled;
- \_ It's recommended to avoid broadcasting the same SSID, through 2.4 and 5 GHz, at the same time.

### 6.3.3 ADDITIONAL REQUIREMENTS

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 requirements:

- \_ Configure the Access Point to broadcast only one SSID (Service Set Identifier) needed for the equipment installation. The SSID must not be hidden;
- \_ Program in the display of equipment (Customer Menu 2406: Network: Wi-Fi) just only the SSID defined above;
- \_ Frequency Band:
  - **5GHz band only** (not automatic) is the configuration suggested;
  - If the Access Point is not provided with 5GHz band, 2.4GHz is ok but might need some channel fine tuning by the local IT company. The best practice for 2.4GHz Wi-Fi configuration is enabling Wi-Fi on one of the following channels: 1, 6, 7, 8, 9, 10, 11, 12. Other channels: 2, 3, 4, 13, 14 might cause interference with Bluetooth signal.
  - Avoid in any case to broadcast the same SSID through 2.4 and 5 GHz at the same time.
- \_ LEASE TIME : at least three days;
- \_ SESSION TIMEOUT disabled (Typically achieved setting the timeout = 0).



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

## 6.4 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).

\_ If you use an Access Point with a fixed channel: avoid overlapping problems if, in the same area, there are Access Points that use the same channel.

## 6.5 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.*

## 6.6 INTERNET CONNECTION BANDWIDTH REQUIREMENTS (ONLY FOR LIVE 16/LIVE 19 UI)

The below table illustrates the minimum infrastructure requirements, based on the number of equipment fitted with LIVE 16/LIVE 19 UI. In detail, the requirements (minimum and target) are based on average usage of LIVE 16/LIVE 19 UI machines / applications at the same time.



*Configuration with minimum Internet bandwidth may slow down Internet browsing when all equipment fitted with LIVE 16/LIVE 19 UI are using Internet at the same time.*

NETWORK/INTERNET BANDWIDTH REQUIREMENTS										
max #equipment units										
510204060100										
MINIMUM requirements (websites without video, Facebook, Cloud,...)	local network	WIFI or Cable		WIFI or Cable		WIFI or Cable		WIFI or Cable		WIFI or Cable
	internet connection (bandwidth requirements)	Download	Upload	Download	Upload	Download	Upload	Download	Upload	Download
		> 2 Mbps	> 512Kbps	> 5 Mbps	> 512Kbps	> 7 Mbps	> 1Mbps	> 10 Mbps	> 1Mbps	> 2Mbps
	local server	not necessary		not necessary		not necessary		not necessary		not necessary
TARGET requirements (With web video like youtube, Facebook video, Netflix,...)	local network	WIFI or Cable		WIFI or Cable		WIFI or Cable		WIFI or Cable		WIFI or Cable
	internet connection (bandwidth requirements)	Download	Upload	Download	Upload	Download	Upload	Download	Upload	Download
		> 5 Mbps	> 512Kbps	> 7 Mbps	> 512Kbps	> 10 Mbps	> 1Mbps	> 20 Mbps	> 1 Mbps	> 30 Mbps
	local server	not necessary		not necessary		not necessary		not necessary		not necessary

**Fig. 30**



The below table illustrates the minimum infrastructure requirements, based on the number of equipment fitted with LIVE 10 UI. In detail, the requirements (minimum and target) are based on average usage of equipment fitted with LIVE 10 UI at the same time.

**Fig. 31**



## 6.8 FIREWALL / ROUTER RULES FOR ACCESS TO MYWELLNESS CLOUD SERVICES

The Firewall\Router installed locally must be configured with **ports 80 and 443 open**. These ports must also be opened on the devices of the related ISP (Internet service provider).

Free access to the Internet must be guaranteed for correct use of the Mywellness Cloud services, and in particular access to the following DNS names must never be disabled.

DNS Names for LIVE 16/LIVE 19 UI
mywellness.com
technogym.com
facebook.com
facebook.net
fbcdn.net
google.com
googleapis.com
google-analytics.com
worldweatheronline.com
clouddrive.com
cloudfront.net
amazonaws.com
time.android.com

**Tab. 9 - DNS Names for EXCITE LIVE with LIVE 16/LIVE 19 UI**

DNS Names for LIVE 10 UI
mywellness.com
technogym.com
google.com
googleapis.com
google-analytics.com
clouddrive.com
cloudfront.net
amazonaws.com
2.android.pool.ntp.org

**Tab. 10- DNS Names for EXCITE LIVE with LIVE 10 UI**



*It shall be possible to download .tar packets.*



## **6.9 PROXY (only for LIVE 16/LIVE 19 UI)**

PROXY not supported.

## 7. STANDARD TV TECHNICAL SPECIFICATIONS (ONLY FOR LIVE 16/LIVE 19 UI)

### 7.1 INTRODUCTION

The data useful to antenna installers for checking the suitability of the antenna signal input to the equipment with LIVE 16/LIVE 19 UI are detailed below.



*The readings in the tables below must be taken directly at the antenna input connector on the equipment.*



*If the equipment is not connected to a terrestrial antenna or if it is connected but the signal is interrupted by line disconnection switches, such as television control units or modulators or other devices, the equipment will not be able to receive the signal to tune into the radio stations.*



*Key to abbreviations:*

- *dB $\mu$ V = dB microVolt*
- *dBmV = dB milliVolt*
- *dBm = dB milliWatt*
- *SNR = Signal to Noise Ratio*

Hereafter is shown the LIVE 16/LIVE 19 UI – Digital TV standards broadcasting map:

## TV: DVB WORLDWIDE

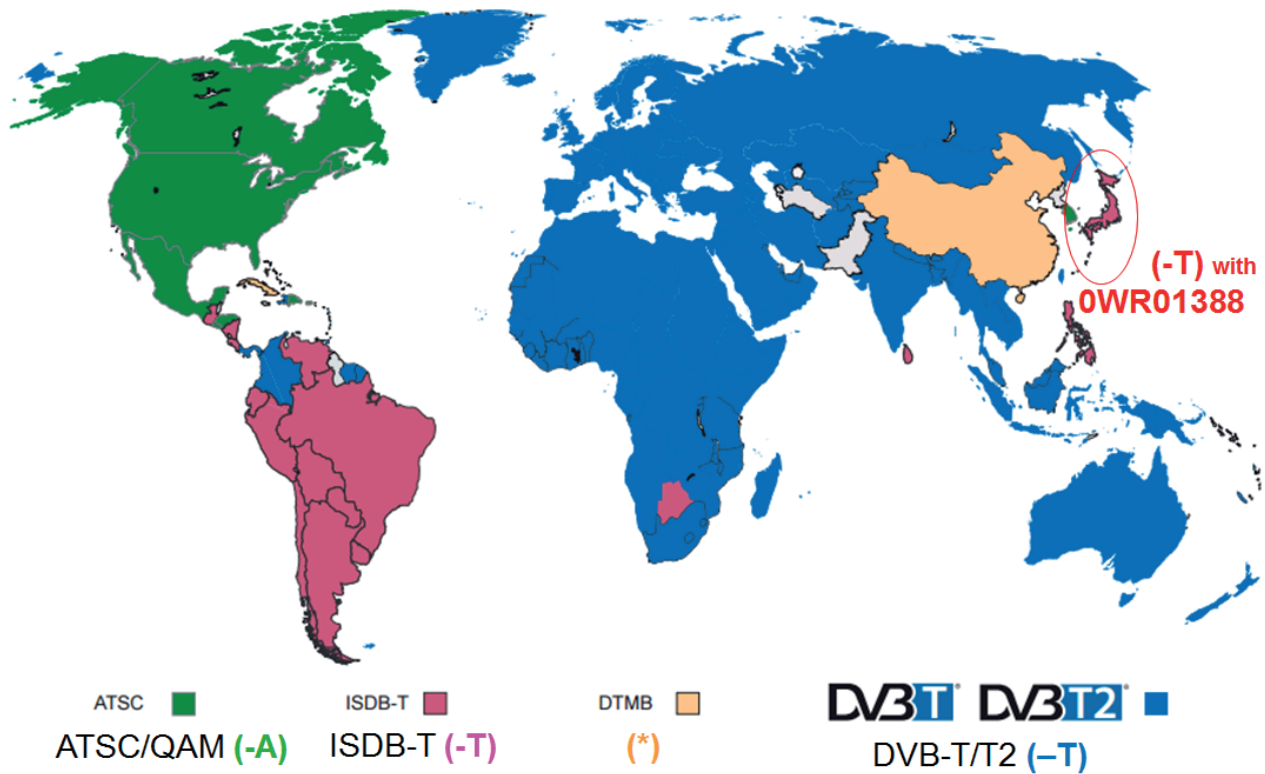


Fig. 32

(\*): DTMB -> UPGRADE KIT A0001108.

## 7.2 VIRTUAL LAN

LIVE 16/LIVE 19 UI doesn't manage the VLANs because it has only one CPU port that manages both Internet and IPTV on the same network. Therefore it's not possible to set a VLAN network on IPTV infrastructure.



*However, it's possible to manage the VLANs, through a dedicated upgrade kit. See the below standard options.*

## 7.3 LAN

If there's an IPTV infrastructure via LAN, internet must be via ethernet or wi-fi.

## 7.4 LIVE 16/LIVE 19 UI: DVB-T / T2 / C / ISDB-Tb VERSION (-T) STANDARD OPTIONS

### NOT ENCRYPTED

- Analog TV + FM Radio;
- Digital TV DVB-T/ DVB-T2 (mpeg2, H264, HEVC) not encrypted;
- Digital TV ISDB-Tb not encrypted (ADD-ON 0WR01388 for Japan version);



*If the equipment must be installed in Japan, the equipment is sent with the Japanese Power Supply cable and the kit 0WR01388. The kit is mounted on the machine during the installation phase.*

- Cable DVB-C (64/128/256) not encrypted;
- IPTV (LAN- mpeg over UDP/RTP) not encrypted + Internet via LAN
- IPTV (LAN- mpeg over UDP/RTP) not encrypted+ Internet via LAN (different VLAN) -> (ADD-ON A0001109 )
- IPTV (LAN -mpeg over UDP/RTP) not encrypted + Internet via Wi-Fi

### ENCRYPTED

#### DIGITAL COAX - ENCRYPTED:

- Pro:IDIOM (Released only in US): Cable TV (coax QAM-B 64/256) ENCRYPTED Pro:IDIOM -> (ADD-ON A0000845)
- Other encryption standards:
  - centrally convert the signal to COAX analog/digital (DVB-C) without encryption;
  - install an external Set Top Box: HDMI-IN input ready for external STB -> ADD-ON A0001054 (cable only, HDCP 2.2 only, NOT remote control) or A0001229 (with HDMI extender and remote control);

#### DIGITAL IPTV - ENCRYPTED:

- Pro:IDIOM : IPTV SD/HD (LAN mpeg over UDP/RTP) ENCRYPTED Pro:IDIOM -> (ADD-ON A0001109 );
- IPTV (other encryption standards):
  - centrally convert the signal to IPTV WITHOUT encryption;
  - install an external Set Top Box: HDMI-IN input ready for external STB -> ADD-ON A0001054 (cable only, HDCP 2.2 only, NOT remote control) or A0001229 (with HDMI extender and remote control);

### INTERNET IPTV (e.g. Netflix)

ANDROID APP (FREE) – Compatibility check

### SUPPORTED ANALOGIC STANDARDS (DVB-T/T2/C VERSION)

- PAL B/G , PAL I , SECAM DK , SECAM L , SECAM L1;
- NTSC M , PAL M , PAL N;
- PAL B/G AUSTRALIA;
- PAL D/K.

### SUPPORTED ANALOGIC STANDARDS (ISDB-Tb VERSION): NTSC M

STANDARD (NOT ENCRYPTED) DVB-T/ DVB-T2 / DVB-C/ISDB-Tb ANALOG/ IPTV LIVE 16/LIVE 19 UI VERSION “-T”		
Broadcast System	DIGITAL TV: DVB-T / DVB-T2 (mpeg2, H264, HEVC) / DVB-C / ISDB-Tb ANALOG TV: YES RADIO FM: YES RF INPUT: F-Type connector INPUT INPEDENCE: 75 Ohm (max nondestructive input power: 10 dBm)	
	DVB-C	QAM 16, 32, 64, 128, 256 / BANDWIDTH 8 MHz CABLE TUNER: 42 MHz to 1002 MHz
		Symbol Rate: 6875, 6900, 6956 , manual setting (Automatic selection of the first one available)
Signal Level (COAX)	DVB-C (256 QAM)	MIN: -50 dBm / 59 dBμV / -1 dBmV (SNR> 33) MAX: 0 dBm / 109 dBμV / 49 dBmV (SNR>33)
	DVB-T/T2/ISDB-Tb	MIN: : -60 dBm / 49 dBμV / -11 dBmV (SNR> 23) MAX: : 0 dBm / 109 dBμV / 49 dBmV (SNR> 23)
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1. HEVC/H265MAIN,MAIN 10 PROFILE.	
Video Resolutions	Decodes up to 720p and 1080p	
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3	
IPTV	INPUT: Ethernet 10/100/1000 BaseT via RJ-45 shielded connector PROTOCOLS: mpeg TS over UDP/RTP protocols Supports IP and RF tuning: direct IPTV, RF only, and mixed RF/IP	

**Tab. 11**

COAX QAM Pro:IDIOM®: ATSC/ QAM-B Pro:IDIOM® LIVE 16/LIVE 19 UI VERSION “-T” + UPGRADE KIT A0000845		
Broadcast System	CABLE TV: QAM-B (64/256 QAM –ITU J83 Annex B) – Channel spacing 6 MHz DIGITAL TV : ATSC (free to air) ANALOG TV: Not available RADIO FM: Not available RF INPUT: F-Type connector INPUT INPEDENCE: 75 Ohm (max nondestructive input power: 10 dBm) CABLE TUNER: 54 MHz to 1GHz	
Signal Level	256 QAM	MIN: -50 dBm / 59 dBμV / -1 dBmV (SNR> 33) MAX: 0 dBm / 109 dBμV / 49 dBmV (SNR>33)
	ATSC	MIN: : -60 dBm / 49 dBμV / -11 dBmV (SNR> 23) MAX: : 0 dBm / 109 dBμV / 49 dBmV (SNR> 23)
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1 HEVC/H265MAIN,MAIN 10 PROFILE	
Video Resolutions	Decodes up to 720p and 1080p	
Encrypted TV	Embedded Zenith Pro:IDIOM® DECRYPTION Closed Captioning	
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3	

**Tab. 12**

IPTV Pro:IDIOM® LIVE 16/LIVE 19 UI VERSION “-A” + UPGRADE KIT A0001109	
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1 HEVC/H265MAIN,MAIN 10 PROFILE
Video Resolutions	Decodes up to 720p and 1080p
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3
Input	Ethernet 10/100 BaseT via RJ-45 shielded connector
Protocols	mpeg TS over UDP/RTP protocols
Encrypted TV	Embedded Zenith Pro:IDIOM® DECRYPTION

**Tab. 13**

## 7.5 LIVE 16/LIVE 19 UI - VERSION (-A) STANDARD OPTIONS - USA/CANADA

### NOT ENCRYPTED

- Analog TV (e.g. NTSC) + FM Radio;
- Digital TV (coax ATSC) not encrypted;
- Cable TV (coax QAM-B 64/256) not encrypted;
- IPTV (LAN- mpeg over UDP/RTP) not encrypted + Internet via LAN;
- IPTV (LAN- mpeg over UDP/RTP) not encrypted + Internet via LAN (different VLAN) -> (ADD-ON A0001109);
- IPTV (LAN -mpeg over UDP/RTP) not encrypted + Internet via Wi-Fi

### ENCRYPTED

#### DIGITAL COAX - ENCRYPTED:

- Pro:IDIOM: Cable TV (coax QAM-B 64/256) ENCRYPTED Pro:IDIOM - (ADD-ON A0000845);
- Other encryption standards
  - centrally convert the signal to COAX analog/digital (QAM) without encryption;
  - install an external Set Top Box: HDMI-IN input ready for external STB -> ADD-ON A0001054 (cable only, HDCP 2.2 only, NOT remote control) or A0001229 (with HDMI extender and remote control);

#### DIGITAL IPTV - ENCRYPTED

- Pro:IDIOM : IPTV SD/HD (LAN mpeg over UDP/RTP) ENCRYPTED Pro:IDIOM -> (ADD-ON A0001109);
- IPTV (other encryption standards):
  - centrally convert the signal to IPTV WITHOUT encryption;
  - install an external Set Top Box: HDMI-IN input ready for external STB -> ADD-ON A0001054 (cable only, HDCP 2.2 only, NOT remote control) or A0001229 (with HDMI extender and remote control);

### INTERNET IPTV (E.G. NETFLIX)

ANDROID APP (FREE) – Compatibility check

### SUPPORTED ANALOGIC STANDARDS:

- NTSC M , PAL M , PAL N;



STANDARD (NOT ENCRYPTED) ATSC/ QAM-B / ANALOG NTSC / IPTV LIVE 16/LIVE 19 UI VERSION “-A”		
Broadcast System	CABLE TV: QAM-B (64/256 QAM –ITU J83 Annex B) – Channel spacing 6 MHz DIGITAL TV : ATSC (free to air) ANALOG TV: YES RADIO FM: YES RF INPUT: F-Type connector INPUT INPEDENCE: 75 Ohm (max nondestructive input power: 10 dBm) CABLE TUNER: 54 MHz to 1GHz	
Signal level (COAX)	256 QAM	MIN: -50 dBm / 59 dB $\mu$ V / -1 dBmV (SNR> 33) MAX: 0 dBm / 109 dB $\mu$ V / 49 dBmV (SNR>33)
	ATSC	MIN: -60 dBm / 49 dB $\mu$ V / -11 dBmV (SNR> 23) MAX: 0 dBm / 109 dB $\mu$ V / 49 dBmV (SNR> 23)
Codecs	MPEG-2 MP@HL, MPEG -4 pt10 AVC/H.264 HP@L4-VC1. HEVC/H265MAIN,MAIN 10 PROFILE	
Video Resolutions	Decodes up to 720p and 1080p	
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3	
IPTV	INPUT: Ethernet 10/100/1000 BaseT via RJ-45 shielded connector PROTOCOLS: mpeg TS over UDP/RTP protocols Supports IP and RF tuning: direct IPTV, RF only, and mixed RF/IP	

**Tab. 14**

<b>COAX QAM Pro:IDIOM®: ATSC/ QAM-B Pro:IDIOM®</b> <b>LIVE 16/LIVE 19 UI VERSION “-A” + UPGRADE KIT A0000845</b>		
Broadcast System	CABLE TV: QAM-B (64/256 QAM –ITU J83 Annex B) – Channel spacing 6 MHz DIGITAL TV : ATSC (free to air) ANALOG TV: Not available RADIO FM: Not available RF INPUT: F-Type connector INPUT INPEDENCE: 75 Ohm (max nondestructive input power: 10 dBm) CABLE TUNER: 54 MHz to 1GHz	
Signal level	256 QAM	MIN: -50 dBm / 59 dBµV / -1 dBmV (SNR> 33) MAX: 0 dBm / 109 dBµV / 49 dBmV (SNR>33)
	ATSC	MIN: : -60 dBm / 49 dBµV / -11 dBmV (SNR> 23) MAX: : 0 dBm / 109 dBµV / 49 dBmV (SNR> 23)
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1. HEVC/H265MAIN,MAIN 10 PROFILE	
Video Resolutions	Decodes up to 720p and 1080p	
Encrypted TV	Embedded Zenith Pro:IDIOM® DECRYPTION Closed Captioning	
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3	

**Tab. 15**

<b>IPTV Pro:IDIOM®</b> <b>LIVE 16/LIVE 19 UI VERSION “-A” + UPGRADE KIT A0001109</b>	
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1. HEVC/H265MAIN,MAIN 10 PROFILE
Video Resolutions	Decodes up to 720p and 1080p
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3
Input	Ethernet 10/100 BaseT via RJ-45 shielded connector
Protocols	mpeg TS over UDP/RTP protocols
Encrypted TV	Embedded Zenith Pro:IDIOM® DECRYPTION

**Tab. 16**

## 7.6 LIVE 16/LIVE 19 UI: DTMB DIGITAL

DTMB DIGITAL UPGRADE KIT A0001108		
Broadcast System	DIGITAL TV : DTMB ANALOG TV: NOT SUPPORTED ANALOG RADIO FM: NOT SUPPORTED RF INPUT: F-Type connector INPUT INPEDENCE: 75 Ohm (max nondestructive input power: 10 dBm)	
Signal level (COAX)	DTMB	MIN: : -60 dBm / 49 dB $\mu$ V / -11 dBmV (SNR>23) MAX: : 0 dBm / 109 dB $\mu$ V / 49 dBmV (SNR>23)
Codecs	MPEG-2 MP@HL. MPEG -4 pt10 AVC/H.264 HP@L4-VC1. HEVC/H265MAIN,MAIN 10 PROFILE	
Video Resolutions	Decodes up to 720p and 1080p	
Audio	MPEG 1, 2, MP3, DD/DD+, AAC, AC3	

**Tab. 17**



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page.

---

## 8. ACKNOWLEDGEMENT AND ACCEPTANCE

*Date:* \_\_\_\_\_

*Acknowledged and accepted* \_\_\_\_\_



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page

## 9. LIST OF CHANGES FOR MANUAL REVISION

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

### 9.1 REVISION 1.0

First released version.

### 9.2 REVISION 2.0

New §4.2 PLACE OF USAGE

Modified §6.3 WI-FI NETWORK REQUIREMENTS: updated the wi-fi network requirements for LIVE 16/LIVE 19

Modified §7.4 LIVE 16/LIVE 19 UI: DVB-T / T2 / C / ISDB-Tb VERSION (-T) STANDARD OPTIONS: added references to upgrade kits A0001054 and A0001229

Modified §7.5 LIVE 16/LIVE 19 UI - VERSION (-A) STANDARD OPTIONS - USA/CANADA: added references to upgrade kits A0001054 and A0001229



**The Wellness Company**

*EXCITE LIVE (DF\*) Pre-Installation Requirements*

*Rev. 2.0*

---

Blank page







## **The Wellness Company**

---

TECHNOGYM S.p.A.

Via Calcinaro, 2861 - 47521 Cesena (FC) - Operational Headquarters

ITALY

### **International Technical Support:**

---

TG Branches: +390547650638 / +390547650667  
cloudsupport@technogym.com (Cloud Support)  
sfdcsvhqit@technogym.com (Equipment Support)

TG Distributors: +390547650638 / +390547650667  
cloudsupport4distributors@technogym.com  
support4distributors@technogym.com