

# TECHNOGYM BIKE LIVE

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## Pre-Installation Requirements

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# Index

<b>1. GENERAL WARNINGS .....</b>	<b>7</b>
1.1 INTRODUCTION .....	7
<b>2. NETWORK DESIGN – CONFIGURATION AND INSTALLATION.....</b>	<b>9</b>
2.1 INTRODUCTION .....	9
2.2 NETWORK DESIGN AND PREPARATION PHASES (Business-to-Business (B2B)) ...	9
2.3 CONFIGURATION AND INSTALLATION (Business-to-Business (B2B)) .....	9
<b>3. DISPLAY .....</b>	<b>11</b>
<b>4. ELECTRICAL AND TECHNICAL DATA / REQUIREMENTS .....</b>	<b>13</b>
4.1 DATA & REQUIREMENTS.....	13
4.2 ELECTRICAL CONNECTION.....	13
4.2.1 Positioning of Power Inlet.....	14
4.3 PLACE OF USAGE .....	14
<b>5. NETWORK REQUIREMENTS .....</b>	<b>15</b>
5.1 INTRODUCTION .....	15
5.2 ETHERNET CABLED NETWORK.....	15
5.3 WI-FI NETWORK REQUIREMENTS.....	16
5.4 WIRELESS GUIDELINES .....	16
5.4.1 Facility / Hotel (Business to Business (B2B)) .....	17
5.4.2 Home (Business to Consumer (B2C)).....	17
5.5 MAXIMUM NUMBER OF EQUIPMENT CONNECTED TO ONE ACCESS POINT ....	17
5.6 INTERNET SPEED REQUIREMENTS FOR STREAMING.....	17
5.7 FIREWALL / ROUTER RULES FOR ACCESS TO MYWELLNESS CLOUD .....	19
5.8 PROXY .....	19
<b>6. ACCOUNT REQUIREMENTS.....</b>	<b>21</b>
6.1 TECHNOGYM ACCOUNT (BUSINESS TO CONSUMER (B2C)) .....	21
6.2 SALESFORCE ACCOUNT ID (BUSINESS TO BUSINESS (B2B)).....	21
<b>7. ACKNOWLEDGEMENT AND ACCEPTANCE .....</b>	<b>23</b>
<b>8. LIST OF CHANGES FOR MANUAL REVISION.....</b>	<b>25</b>
8.1 REVISION 1.0.....	25



**The Wellness Company**

TECHNOGYM BIKE LIVE Pre-Installation Requirements

Rev. 1.0



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Rev. 1.0

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# 1. GENERAL WARNINGS

## 1.1 INTRODUCTION

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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Rev. 1.0

Blank page



## **2. NETWORK DESIGN – CONFIGURATION AND INSTALLATION**

### **2.1 INTRODUCTION**

- 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.

### **2.2 NETWORK DESIGN AND PREPARATION PHASES (Business-to-Business (B2B))**

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.

### **2.3 CONFIGURATION AND INSTALLATION (Business-to-Business (B2B))**

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

For this purpose, Technogym will contact the customer a few days before the date set for installation, to acquire the information related to the installation status of the network for the equipment and thus check that everything that has been requested to perform installation of the equipment is provided and operational.



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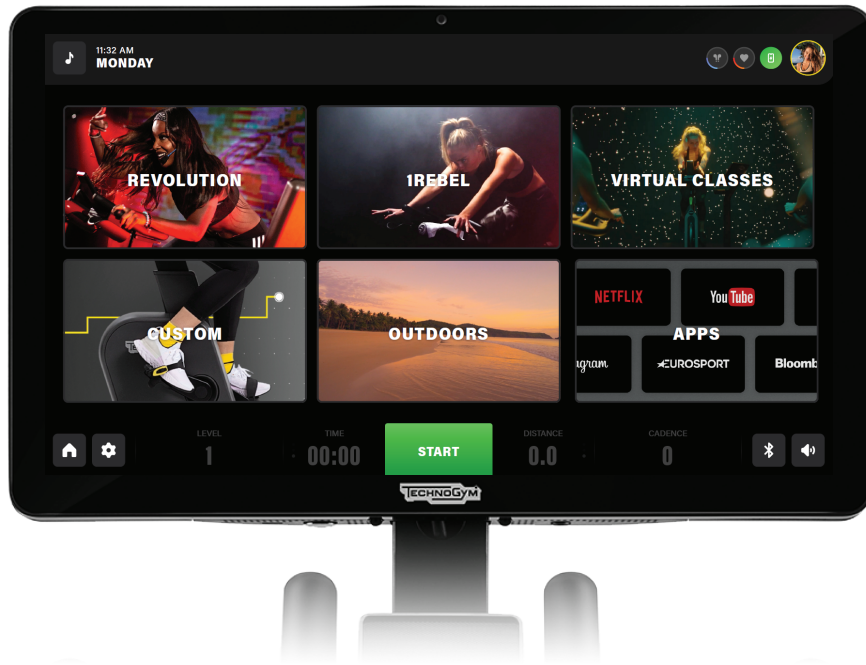
TECHNOGYM BIKE LIVE Pre-Installation Requirements

Rev. 1.0

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### 3. DISPLAY

The TECHNOGYM BIKE product is fitted with 21.5-inch Live display:



*Fig. 1*



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Rev. 1.0

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## 4. ELECTRICAL AND TECHNICAL DATA / REQUIREMENTS

### 4.1 DATA & REQUIREMENTS

TECHNOGYM BIKE RESTYLING	
Power Source (Equipment input)	12V 5A
Power Supply Unit	Input (Electrical Network): 100÷240Vac 50/60Hz 2A Output: 12V 5A
Weight of the product	67 Kg (148 lbs)
Maximum weight of user	160 Kg (353 lbs)
Noise Level	Less than 70 dB
Protection rating	IP 20
Operating Temperature	From +5°C to +35°C (41°F - 95°F)

**Tab. 1**

Only use the power supply provided with the product.

### 4.2 ELECTRICAL CONNECTION

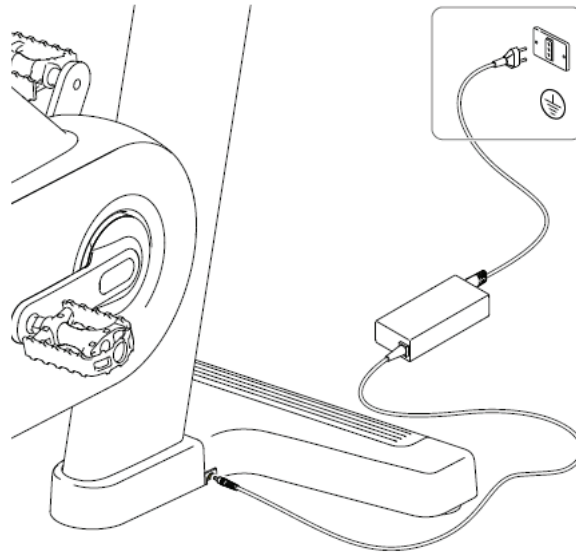
Before connecting the equipment to the mains power supply, ensure that the electrical system specifications comply to binding regulations. Check the mains power supply specifications on the product's identification label.

Connect the power supply unit to the product first and then plug it into the wall socket.



**WARNING:** The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.

### 4.2.1 Positioning of Power Inlet

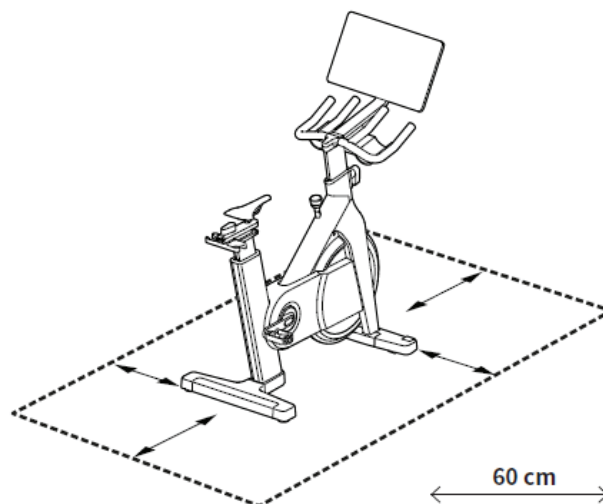


**Fig. 2 - Positioning of power inlet**

## 4.3 PLACE OF USAGE

Install and use the product in an environment that meets the requirements below:

- Free space - at least 60 cm wide - around the product;
- A flat, stable and vibration-free surface that is capable of supporting the weight of both the product and the user. Do not install on floating floors.



**Fig. 3**

## 5. NETWORK REQUIREMENTS

### 5.1 INTRODUCTION

TECHNOGYM BIKE supports both wireless and wired internet connection.

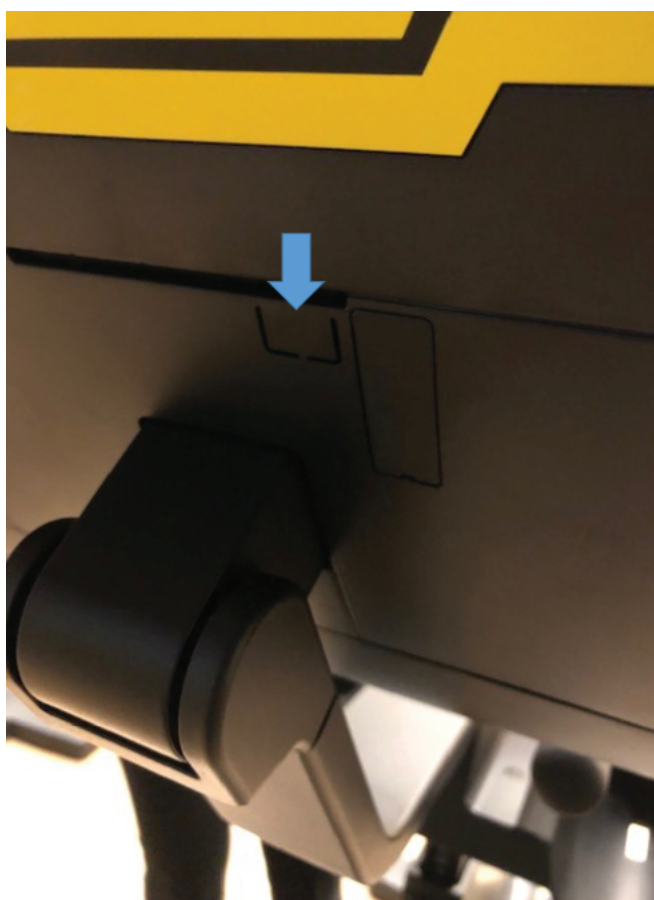
In all cases, the network must be installed and configured by the customer before Technogym delivers the product, in accordance with the technical specifications set out below.

### 5.2 ETHERNET CABLED NETWORK

Connect the product to the wired network, taking into account the following requirements:

- LAN Ethernet 10/100 GigaBit;
- Category 5e/6 - UTP Ethernet cables with RJ45 patch;
- Switch with a number of ports greater than the number of product connected.

It's necessary to remove the shaped cap from the rear casing of the display, to connect the LAN cable to the equipment.



*Fig. 4*

## 5.3 WI-FI NETWORK REQUIREMENTS

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;
- 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.

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 and it's best to avoid them.

\_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 (AP), refer to the AP technical specifications.*

## 5.4 WIRELESS GUIDELINES

The following indications must be interpreted only as guidelines.



### 5.4.1 Facility / Hotel (Business to Business (B2B))

The wireless network should 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.

### 5.4.2 Home (Business to Consumer (B2C))

- Make sure the wi-fi signal is reachable by the equipment.
- If you use an Access Point / Wi-Fi router with a fixed channel: avoid overlapping problems if, in the same area, there are Access Points / Wi-Fi routers that use the same channel.

## 5.5 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 AP technical datasheet).



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

## 5.6 INTERNET SPEED REQUIREMENTS FOR STREAMING

The use and quality of the service depends on the speed of the internet connection. Make sure to have, for each equipment, the following internet connection, for the best audio and video experience:

#### **5 Mbps or more: HD quality (up to 1080p)**

In case of lower speed, the product adapts automatically to the speed connection available, reducing the quality of the service and the video resolution. In detail:

3 Mbps: for viewing medium quality;

1.5 Mbps: for viewing low quality video (minimum) (not recommended).

In general:

Internet Speed requirements for streaming	
N°1 Equipment	
5 Mbps or more	for the best audio and video experience: HD quality (up to 1080p)
3 Mbps	for viewing medium quality (standard definition video, DVD quality)
1.5 Mbps	for viewing low quality video (minimum) (not recommended)
N°2 Equipment	
(5 Mbps or more) *2	for the best audio and video experience: HD quality (up to 1080p)
3 Mbps *2	for viewing medium quality (standard definition video, DVD quality)
1.5 Mbps *2	for viewing low quality video (minimum) (not recommended)
N°n Equipment	
(5 Mbps or more) *n	for the best audio and video experience: HD quality (up to 1080p)
3 Mbps *n	for viewing medium quality (standard definition video, DVD quality)
1.5 Mbps *n	for viewing low quality video (minimum) (not recommended)

**Tab. 2**

## 5.7 FIREWALL / ROUTER RULES FOR ACCESS TO MYWELLNESS CLOUD

The Firewall\Router installed locally must be configured with **ports 80 and 443 open**. Open these ports also on the devices of the related ISP (Internet Service Provider).

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

DNS Names
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. 3 - DNS Names**

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



*Domains for external resource of Cloud (e.g. facebook, google, akamai, worldweatheronline, etc.): definition not required.*

## 5.8 PROXY

This parameter **MUST ALWAYS BE DISABLED**.



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## **6. ACCOUNT REQUIREMENTS**

### **6.1 TECHNOGYM ACCOUNT (BUSINESS TO CONSUMER (B2C))**

- The customer must create the Technogym Account on the Technogym site, at the time of sale of equipment. This Account is fundamental to unlock the equipment, during the first Login;
- The Technogym Customer Service Department must create the Salesforce ID Account of the customer, at the time of sale of equipment. This step is fundamental to unlock the equipment, during the first Login.

### **6.2 SALESFORCE ACCOUNT ID (BUSINESS TO BUSINESS (B2B))**

- The Technogym Customer Service Department must create the Salesforce ID Account of the customer, at the time of sale of equipment. This step is fundamental to unlock the equipment, during the first Login.
- The Technogym After Sales Department must create the Facility on the site admin.mywellness.com, at the time of sale of equipment. This step is fundamental to unlock the equipment, during the first Login.



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Rev. 1.0

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## 7. ACKNOWLEDGEMENT AND ACCEPTANCE

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

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



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Rev. 1.0

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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.



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Rev. 1.0

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