

Forma Line



Download
Forma Training App
from the App Store



/ 068 Spazio Forma™



/ 071 Run Forma



/ 072 Jog Forma

The Forma line of equipment is a direct descendant of professional Technogym cardio training machines, redesigned and adapted with specific ergonomic and safety features appropriate for a home environment. The Forma line products integrate a clear display which is easy to use. Download the Forma Training App to access your favourite content, your training programmes and your results, which are transmitted directly from the equipment to your iPad via Bluetooth with the Forma Training Link*.

Thanks to the Bluetooth Forma Training

Link, you can connect your tablet to the training equipment, monitor your results from various devices and save them in your account. This will allow you to keep a constantly updated training diary and manage your wellbeing wherever you are.

You will also be able to take part in virtual races and share your results with the mywellness.com community.



To learn more about FORMA display, see p. 076

*Can also be purchased separately.
Compatible with Forma line products equipped with Entertainment Support.



CPR System (patented)

The system automatically adjusts speed/incline to

maintain the heart rate constantly in line with the pre-set level

and to achieve your exercise goals safely and efficiently.



/ 073 **Synchro Forma**



/ 074 **Bike Forma**



/ 075 **Recline Forma**



SPAZIO FORMA™



Spazio Forma™

Spazio Forma™ is the professional treadmill which folds away into less than 1 square metre when not in use. Performance and functionality for a simple walk or a more intense run, all ideal exercises to improve the cardio-respiratory system, keep body weight under control and tone legs.

PRODUCT PLUSES

Intelligent safety

The safety features prevent Spazio Forma™ from accidentally opening and closing. The braking system brings the treadmill to a soft and sure halt when you finish your workout.

Easy to manoeuvre

At less than 80cm wide, Spazio Forma™ can fit easily through most doorways without needing to remove the handles. The wheels make it easy to move from one room to another so you can work out wherever you choose.



Run Forma

Run Forma incorporates the technology and biomechanics of the professional product range to provide you with better stability, increased safety and maximum accessibility. The shock absorption system and powerful high-performance motor deliver silent running.

PRODUCT PLUSES

Ergonomics and safety

Thanks to Technogym's extensive research in the field of biomechanics, aimed at improving both ergonomics and safety, the wrap-around design of the handles ensures you train comfortably and confidently at any age and ability.

Ease of access

The exceptionally low-level running surface increases the treadmill's stability and stepping onto the deck is extremely easy, even for users with limited mobility.



Jog Forma

Jog Forma has sport running through its veins. Its size, the sturdiness of the frame and the power of the motor enable superior performance which allows you to enjoy safe and efficient sports training at a more demanding level.

PRODUCT PLUSES



Maximum comfort

The ergonomically positioned display is clear and easy to see while training. The spacious front control panel conveniently accommodates a water bottle and small, personal items.

Room to perform

The ergonomically designed handles allow room for freedom of movement. Runner Detection System automatically stops the treadmill when user presence is not detected.



Synchro Forma

Ideal for all users, thanks to the fluid movement which significantly reduces stress to muscles and joints, Synchro Forma turns total body workouts into pure pleasure also because of its silent operation.

PRODUCT PLUSES

Total body training

The short, fixed hand grips allow for a specific lower body workout. The long handles involve arms, torso and legs in a full body movement.

Fluid movement

The wide ergonomically positioned pedals on Synchro Forma ensure correct posture is maintained at all times. Due to this being zero-impact training, Synchro Forma is suitable for users of any age.

Forma



Bike Forma

Bike Forma with its adjustable ergonomic saddle and handlebars with three different grip positions, allows you to find the ideal set-up. Silent and stable, it helps tone legs and gluteal muscles and is perfectly suited to high-performance sports training.

PRODUCT PLUSES

Performance and comfort

The built-in elbow rests are made from a high density material to improve riding comfort while in a racing position.

Natural pedalling movement

The pedal cranks are positioned close together, so that the user's feet adopt the most natural pedalling position.



Recline Forma

Incorporating the best in terms of biomechanics and reliability from the professional cardio line, Recline Forma provides pure comfort while cycling. An ideal solution for users who prefer moderate cardio exercise. The lightweight and innovative design ensures safety and excellent accessibility to all users and prevents back strain while toning legs.

PRODUCT PLUSES

Easy access

The minimal step-over height and the wide walk through between the seat and the pedals makes getting on and off easy.

Adjustable backrest

The yellow levers can be used to adjust the incline and distance between seat and pedals in order to obtain a personalised set-up.



FORMA Display

All Forma products share the same display, making them easy and intuitive to use. Extra-large keys are easier to read.

Popular functions are grouped together in the lower part of the screen to enable real time viewing of training data.



2

1

4

5

7

3

6

1. Programmes

Time Start an exercise with a fixed duration or select a duration as a goal. **Calories** Start an exercise with a preset calorie consumption or select calories

consumption as a goal. **Distance** Start an exercise with a fixed distance or select the distance as a goal. **Test** Start a fitness test. **Profiles** Start

one of 6 training routines predefined by Technogym or programme 3 customised routines. **CPR** Start an exercise with a constant pulse rate.

2. The dial and readout relating to the goal

The LED dial lights up from left to right in keeping with the workout duration until the goal is reached. A numeric value relating to the selected goal

increases accordingly and alternates with all other messages. After selecting a goal, the keys can be used to increase or decrease its value.

3. The numerical keyboard

The numerical keyboard allows you to enter numerical data required during training set-up procedures. **Cancel** Pressed once,

this cancels the data entered. Pressed twice, it goes back to the previous message. **Confirm** Confirms the data entered.

4. Numerical displays

The numerical displays show current training data: incline, as a percentage; pulse rate, as beats per minute; speed, as kilometres per hour.

5–6. Incline +/- Speed +/-

Incline Increases or reduces by 0.5% each time the key is pushed, and adjusts faster if the key is held down. **Speed** Increases or reduces by 0.1 km/h each time the key is pushed, and adjusts faster if the key is held down.

7. Pause / Start / Stop

Pause Interrupts training for a short pause. **Start** Starts the exercise or re-starts training after a short pause. **Stop** Stops all exercises and the cool down phase; cancels exercise programming.

Entertainment Support enables you to secure your device to the display with the ergonomically correct inclination and enjoy your own entertainment options.

