



Train like an athlete with Technogym's Skillmill

Bringing Athletic Performance Training to the gym floor

Looking for a new challenge? Are you ready to train with no limits? Do you want to look and feel like an athlete? **Technogym's new SKILLMILL is the perfect solution to enable you to train, feel and perform like an athlete. SKILLMILL defines a completely new product category: the only non-motorized product that combines power, speed, stamina and agility training.**

SKILLMILL is the ideal training solution for sports professionals and for those every day athletes who are dedicated to their fitness and improving their sporting performance; it allows users to experience the full speed-resistance spectrum by offering the possibility to switch from resistance-free running to an all-out sled push.

As **Official Supplier to 6 Olympic Games**, including **Rio 2016**, and partner to some of the world's best performing teams and athletes, Technogym has first-hand experience in the training methods and requirements of thousands of worldwide sports champions in over 100 disciplines. This experience is fundamental to **Athletic Performance Training**, Technogym's complete training methodology which was created with the Wellness brand's Olympic heritage at its heart.

This completely new and highly effective training discipline, epitomised by SKILLMILL, has been designed to improve the performance of everyday athletes and gym-goers by allowing them to:

Expand Work Capacity – to achieve the most effective results and benefits for the main physical skills of Power, Speed, Stamina and Agility, this principle focuses on using SKILLMILL for High Intensity Interval Training (HIIT).

- **Enhance Abilities** – this new training discipline also improves the body's ability to carry out complex and difficult movements that require neuromuscular coordination, from basic gradual progression, to advanced fundamental movements.
- **Ensure Full Safety** – preventing injury and avoiding health risks through poor posture, incorrect form and wrong movements is a critical aspect of the Athletic Performance Training methodology and is embraced by SKILLMILL's ergonomic design. The on-board console also displays vital health statistics.

SKILLMILL is capable of training all the body's energy systems in a single solution, from sprinting to power development, for efficient metabolic conditioning and it is **fully integrated within mywellness, the Technogym cloud based training platform**. The solution includes a variety of training programs and tools to offer users training guidance, to monitor and track their results. **Users can access training programs by scanning Skillmill QR code or by downloading the mywellness app**, can monitor training parameters in real time from the on-board console. Alongside the possibility to follow the programs specifically designed, SKILLMILL is ideal for athletic training inspired classes or small group sessions.



The Wellness Company

About Technogym

Founded in 1983, Technogym is a world leading international supplier of technology and design driven products and services in the Wellness and Fitness industry. Technogym provides a complete range of cardio, strength and functional equipment alongside a digital cloud based platform allowing consumers to connect with their personal wellness experience anywhere, both on the equipment and via mobile when outdoors. With over 2,000 employees and 14 branches globally, Technogym is present in over 100 countries. More than 65,000 Wellness centers and 200,000 private homes in the world are equipped with Technogym. Technogym was the official supplier for the last five editions of the Olympic Games: Sydney 2000, Athens 2004, Turin 2006, Beijing 2008, London 2012 and has been appointed as Official Supplier also for Rio 2016.