



The Wellness Company

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TECHNOGYM SKILLMILL, has been chosen as the “**2017 Gear of the Year**” by **Runner’s World America**. The most important magazine for running community selects each year a shortlist of products that stand out for their innovation and style able to make running feel easier and cooler than ever.

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.



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About Technogym

Founded in 1983, Technogym is the world's 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 80,000 Wellness centers in the world are equipped with Technogym and 40 million users train every day on Technogym. Technogym was the official supplier for the last six 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.