

MYRUN



The Wellness Company

HOME WELLNESS

Home Wellness is the special dimension conceived for your well-being and personal care.

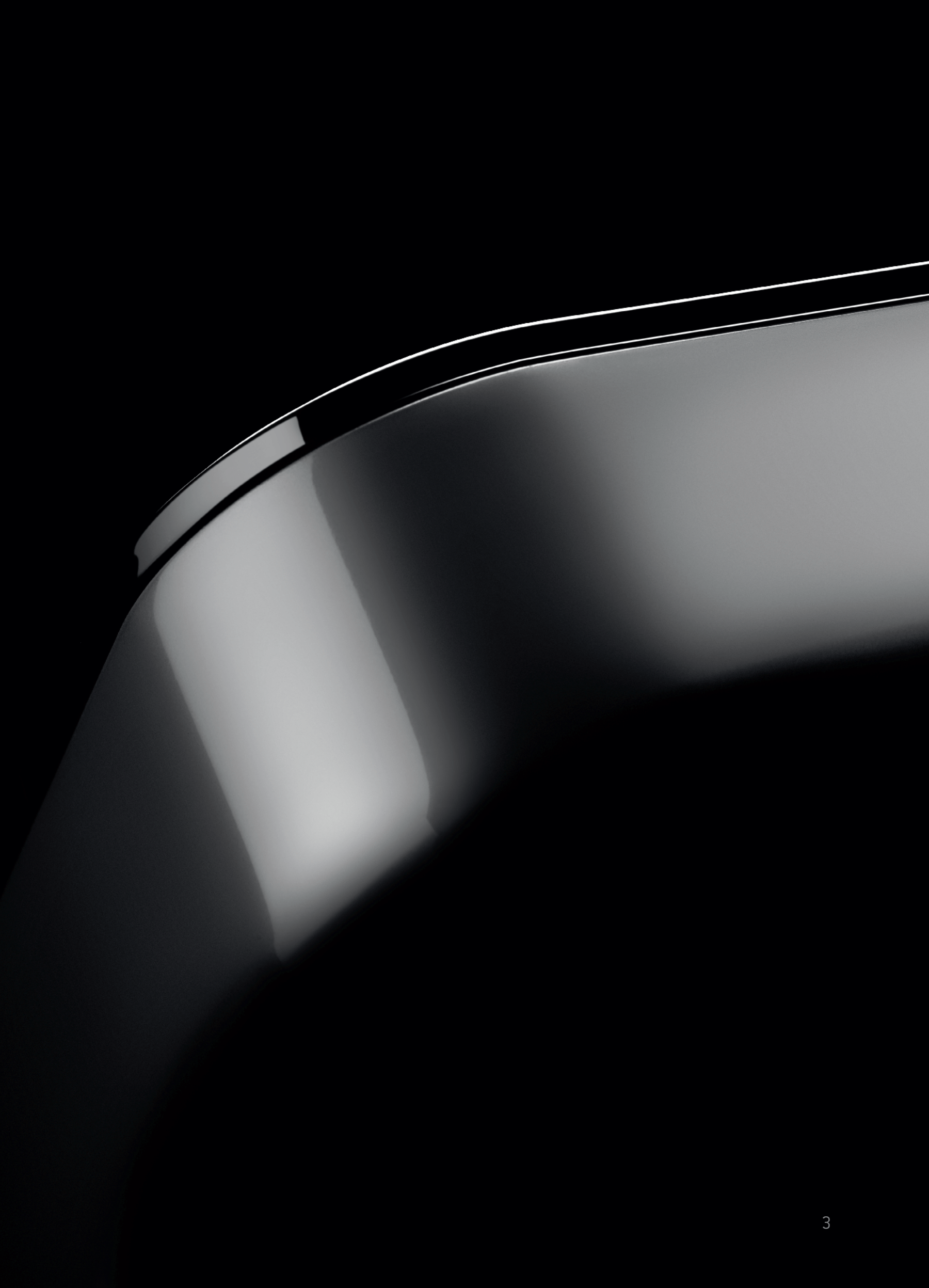
Its design, attention to detail and the elegance of the product all contribute to enhancing your environment. It combines the best training and sports experience with the space that's most dear to us: our home.

Nerio Alessandri

Founder and President of Technogym®

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The pleasure of movement

Even if bound by walls, every room can feel infinite.

MYRUN is the light and compact treadmill that keeps you moving in your own home.

MYRUN

The perfect size for every home environment.
You choose when and how you want to move.



red dot award 2015
winner









When you step on the platform,
MYRUN recognizes you and turns
on automatically.





**SMOOTH AND SILENT,
EVEN AT 12.4 MILES PER HOUR**



**DESIGNED BY RUNNERS
FOR THOSE WHO LOVE TO KEEP FIT**





The running surface adapts to the way
you run and absorbs impacts.



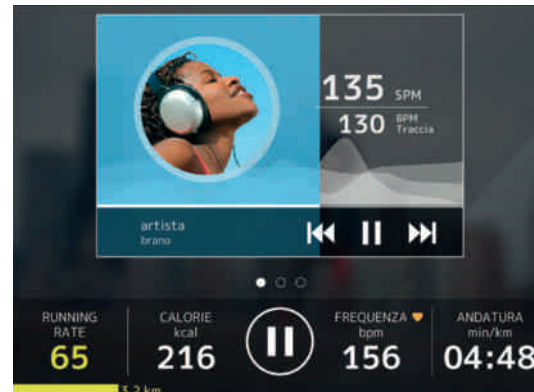


MYRUN App

Download the MYRUN App on your tablet, position it on the console and begin a running experience that will improve your lifestyle.

Running music

It's time for music to follow your rhythm: Running Music chooses from your playlist the songs that are best suited to your run. For outstanding performance, every time.



Open challenge

Train and compete with other runners from around the world with Zwift.



Zwift



Outdoor running, indoors

With MYRUNNING LOGBOOK, take outdoor running indoors. Track your outdoor sessions and relive them at home.

Compatible App:



Strava



Garmin



See improvements in real time

Control cadence, pace and displacement to improve your performance in real time.



Optimize your workout

With Constant Pulse Rate, MYRUN adjusts the speed based on your heart rate to optimize your workout.







Train your cardiovascular system, tone and enhance your lower body, relax your mind and improve your lifestyle, in no time.

Schedule your exercise and routines with a personalized training program.

The innovative running surface adapts to the way you move and guarantees effective training even when time is limited.

RECOMMENDED FOR:

- Training your cardiorespiratory system
- Losing weight, firming up muscles and keeping your body in shape
- Enhancing and toning your lower body
- Beginners and professionals



Technical Specifications

MYRUN



Available colours:

Cosmo Black

Stone Grey

Technical Specifications and Performance	
Size (LxWxH)	1760 x 785 x 1260 mm / 69.3 x 30.9 x 49.6 in
Weight	92 kg / 202.8 lbs
Max user weight	140 kg / 308.6 lbs
Running surface height above ground	170 mm / 6.7 in
Speed	0.8 ÷ 20km/h ± 5% / 0.5 ÷ 12.4 mph ± 5% (0.1 mph increases)
Incline (%)	0 - 12% ± 1%
Running Surface (LxW)	1430 x 500 mm / 56.3 x 19.7 in
Power requirement	230 VAC ± 10% 50/60 Hz
Motor power (peak)	6.5 HP
Motor power continuous duty	220V - 2.5HP / 110 V - 3.0 HP
Standby energy consumption	less than 0.5 W
Suitable for users whose height is	155 - 205 cm / 5- 6.7 in
100% recyclable packaging size (LxWxH)	1840 x 867 x 364 mm / 72.4 x 34.5 x 14.3 in
Fast installation	approx. 5 minutes



Stone grey



Cosmo black

Download the MYRUN App on your tablet:







MYRUN App

For more information: [technogym.com](https://www.technogym.com)

For information and purchases

Technogym products and services are only sold directly.

PHONE NUMBERS

Call us for advice on which products and services best fit your needs:

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WEB SITE

Discover Technogym's complete offer and make your purchases directly from the online Shop:

technogym.com

FOLLOW US ON



BOUTIQUES & SHOWROOMS

Visit us to try our equipment and to create a personalised solution for your Wellness with the help of our experts:

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Claudio Coello, 77 Madrid

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