

FORMA

SIMPLY EFFECTIVE



The Wellness Company

SIMPLE AND EFFECTIVE CARDIO WORKOUTS

Forma Line offers new content, smart features and an enhanced design for both professional and home users.



LASTING PERFORMANCE

OPTIMAL VIEW

The ergonomic display is easy to see from all training positions. Its numerical keypad makes setting up the equipment fast and simple.

RELIABLE DESIGN

You will enjoy years of stress-free running thanks to the sturdiness and durability of its long life deck.

ON-THE-FLY HEART RATE MONITORING

The new hand sensors constantly read your heart rate eliminating the need for a chest strap.

COMFORTABLE AND SAFE

Enjoy the freedom of movement offered by the widest running surface in the line. The Runner Detection System ensures safety by automatically stopping the treadmill when no user is detected.



TOTAL BODY WORKOUT

NO-IMPACT MOVEMENT

The rear drive creates a fluid trajectory and smooth movement, reducing stress on muscles and joints.

ON-THE-FLY HEART RATE MONITORING

The central hand grips are fitted with new hand sensors that constantly monitor your heart rate eliminating the need for a chest strap.

TRAINING VARIETY

The central hand grips allow you to focus on your lower body, while the handlebars involve the arms, torso and legs for a total body workout.



NATURAL PEDALING MOVEMENT

ON-THE-FLY HEART RATE MONITORING

The interactive heart rate function can be activated by simply placing the palms on the hand sensors in the city bike position.

IDEAL SET-UP

Bike Forma offers three training positions to suit everyone's needs: standard, city bike and race. The built-in elbow rests improve your riding comfort in the racing position.

PERFECT STANCE

The pedal cranks are positioned close together to offer a more realistic cycling experience.



PURE COMFORT

EASY ACCESS

Enter and exit with ease thanks to the low step-over height and wide walk-through between the seat and pedals.

ERGONOMIC BACKREST

With its 110 degree incline, the ergonomic seat ensures correct positioning on the equipment eliminating the need for adjustments.

ON-THE-FLY HEART RATE MONITORING

The interactive heart rate function can be activated by simply placing the palms on the hand sensors located on each side of the seat.



THE FOLDING TREADMILL

FOLDS IN LESS THAN 1 SQ MT

The folding system, with double safety features that prevent accidental opening and closing, enables users to store the treadmill in the smallest of spaces.



EASY TO MOVE

The handy wheels and reduced width make it easy to move from one room to another without having to remove the handles when passing through doorways.

RUN SAFELY

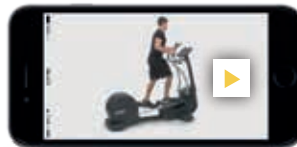
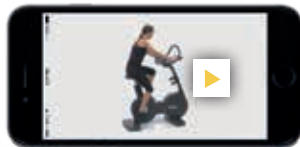
When you finish your workout, the braking system brings the treadmill to a soft and complete stop.



EASY TO LEARN

NEW WORKOUT GUIDANCE FROM YOUR SMARTPHONE

Staying fit with Forma is easy. Simply scan the QR code to view an exercise video tutorial directly on your personal device or choose one of the preset workouts.



Exercise with a fixed duration or select one.



Exercise at a Constant Pulse Rate.



Exercise with a fixed distance or select one.



Perform a fitness test.



Exercise with a preset calorie target or select one.



Select from 6 predefined or 3 customizable routines.



SMART MONITORING

NEW HAND SENSORS

The hand sensors read your heart rate without needing to wear a heart rate chest strap. Just place your hands on the sensors and your heart rate will automatically appear on the display.



ON-THE-FLY HEART RATE MONITORING

The hand sensors track your heart rate so you can safely train within your target zone.



The Constant Pulse Rate system follows your heart rate, automatically adjusting speed, incline and resistance to provide you with a safe and effective workout.



SIMPLE CONNECTIONS

FORMA TRAINING LINK

Thanks to the optional Bluetooth® Forma Training Link you can connect your personal iPad to any Forma equipment. By downloading the Forma Training App, you can track your training data and access your favorite content.



ENTERTAINMENT SUPPORT

Allows you to position and secure your iPad to the console safely.

The Forma Training Link is sold separately. iPad not included.



HELPFUL TRACKING



PERSONALIZED CONTENT

Create a training program based on your objectives. Easily access your favorite videos, playlists and websites during your workout.



DATA TRACKING

Keep track of your results to monitor your progress, your activity level and the effectiveness of your workout wherever and whenever you want.



MY TRAINER

The multi-platform service allows you to access bespoke programs designed by Technogym's Scientific Research Department so you can train more effectively.

FORMA



JOG FORMA



SPAZIO FORMA



SYNCHRO FORMA

Dimensions (L x W x H) (in / cm)	83 x 34 x 59 / 210 x 86 x 150	33 x 31 x 65 / 84 x 79 x 165 (closed) 81 x 31 x 54 / 206 x 79 x 138 (open)	80 x 31 x 65 / 204 x 78 x 164
Equipment weight (lbs / kg)	361 / 164	352 / 160	326 / 148
Max user weight (lbs / kg)	396 / 180	285 / 130	352 / 160
Running surface height above ground (in / cm)	8 / 21	8 / 20	-
Speed (mph - km/h)	0.25 - 11.2 / 0.4 - 18	0.5 - 9.9 / 0.8 - 16	-
Incline (%)	0 - 15	0 - 12	-
Running surface (L x W) (in / cm)	56 x 19 / 151 x 52	56 x 19 / 141 x 48	-
Max. power consumption (VA)	2200	1500	100
Power requirement	100 - 240V ± 10% 50/60Hz	230 Vac ± 10% 50/60Hz	100 - 240V ± 10% 50/60Hz
Heart rate monitoring	Hand sensors, Telemetry*	Telemetry**	Hand sensors, Telemetry*
mywellness® platform connectivity	YES through QR code	NO	YES through QR code
Runner Detection System	YES	NO	-
Difficulty levels	-	-	1 - 12
Resistance at 120 SPM (watts)	-	-	30 - 400



BIKE FORMA



RECLINE FORMA

Dimensions (L x W x H) (in / cm)	47 x 24 x 55 / 119 x 60 x 139	63 x 24 x 51 / 160 x 60 x 129
Equipment weight (lbs / kg)	135 / 61	178 / 81
Max user weight (lbs / kg)	352 / 160	352 / 160
Difficulty levels	1 - 12	1 - 12
Resistance at 70 SPM (watts)	30 - 350	30 - 350
Power supply (VAC)	90 - 264	90 - 264
Max. power consumption (VA)	50	50
Power requirement	100 - 240V ± 10% 50/60Hz	100 - 240V ± 10% 50/60Hz
Heart rate monitoring	Hand sensors, Telemetry*	Hand sensors, Telemetry*
mywellness® platform connectivity	YES through QR code	YES through QR code

NEW INTUITIVE DISPLAY

The new matte display with QR code makes your experience simple and intuitive. Choose your workout and use the numerical keypad to set it up. The LED dial helps you check your performance progress during the workout.



* Analog heart rate chest strap with 5kHz transmission. Band and transmitter not included.

** Analog heart rate chest strap with 5kHz transmission. Band and transmitter included.

DISCOVER OUR FULL RANGE OF PRODUCTS AND OFFERS

SHOWROOM LONDON: c/o Harrods, Fifth Floor, 87-135 Brompton Road
CALL FREEPHONE: 0800 3162496
VISIT: technogym.com



The Wellness Company