

# *Electrical & Antenna Requirements*

REV. 4.2





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# 1. GENERAL NOTICES

## 1.1. INTRODUCTION

*The purpose of this document is to define the electrical specifications and minimum antenna signal requirements for designing, sizing and constructing systems suitable for installation of TECHNOGYM® equipment.*

*The manual contains all the information pertaining to the electrical characteristics of the products, subdivided by line and by type of machine. It gives all the parameters needed to evaluate the adequacy of digital and analog antenna signals directed at Wellness TV machines.*

*It also specifies the power cables and series connection cables to be used with the machines as a function of the types of electrical sockets found in the country of installation.*

*The information in this manual can be referenced not just during service and maintenance actions, but also during the equipment sale and system layout stages, to ascertain the suitability of the pre-existing or planned installation.*



*This manual contains notices and symbols which have a specific meanings:*



**WARNING: non observance may result in accident or injury.**



**CAUTION: non observance may cause damage to the machine.**



**Information about the operation in progress.**



**Observation about the operation in progress.**

### NOTE:

The information contained in this document is subject to change without notice.

Technogym does not guarantee this documentation in any way. Technogym shall not be held responsible for any errors contained in this manual and declines all liability for accidents or damages resulting from the supply, characteristics or use of this manual.

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## 2. WTV & VISIO/VISIOWEB: RECOMMENDED ANTENNA SIGNAL REQUIREMENTS

You can find below the data useful for antenna technician, in order to check if the antenna signal is suitable for Excite Wellness TV machines.



The values in the following tables must be measured directly on the antenna inlet connector of the machine.



**CAUTION:** If the machine is not connected to a terrestrial antenna—or if it is but the antenna signal line is interrupted by devices such as TV distribution units, modulators, etc... The machine will not be able to receive a usable antenna signal for radio channel tuning.



**RADIO FM SIGNAL (WTV):** On machines with Digital TV receiver, it is possible only the tuning of the digital band and not the analogue one.



**RADIO FM SIGNAL (VISIO):** On machines with Digital TV receiver, it is possible to tuning of the DIGITAL band and the ANALOGUE one.

*Continues on the next page...*

## 2.1.1. DIGITAL SIGNAL (TV STANDARD)

### 2.1.1.1. EU & SIMILAR

<i>DVB-T</i>	
<b>Level</b>	Higher than <b>-65 dBm</b> (44 dB $\mu$ V) (-16 dBmV) Lower than of <b>-9 dBm</b> (40 dB $\mu$ V) (100 dBmV)
<b>Quality</b>	<u>CH B.E.R.</u> < <b>0,001</b> (Channel Bit Error Rate) Or <u>C/N (Carrier to Noise ratio)</u>  Modulation type 16 QAM: > <b>13 dB</b> Modulation type 64 QAM: > <b>23 dB</b>

<i>DVB-C</i>	
<b>Level</b>	Maggiore di <b>-65dBm</b> (44 dB $\mu$ V) (-16 dBmV)
<b>Quality</b>	<u>CH B.E.R.</u> < 0.001 (Channel Bit Error Rate) Or: <u>C/N (Carrier to Noise ratio)</u> Modulation type 256 QAM: > 23 dB (worst case).
<b>Frequency/Bandwidth</b>	from 50MHz to 890 MHz / Bandwidth = 8 MHz
<b>Modulation</b>	QAM 16, 32, 64, 128, 256
<b>Symbol Rate</b>	6875, 6900, 6956 (Automatic selection of the first available channel)

 Please contact TG After Sales for other symbol rates or other multi-symbol rates.

### 2.1.1.2. USA & SIMILAR

<i>ATSC</i>	
<b>Level</b>	Higher than <b>-65 dBm</b> (44 dB $\mu$ V) (-16 dBmV)
<b>Quality</b>	<u>CH B.E.R.</u> < <b>0,001</b> (Channel Bit Error Rate) or <u>C/N (rapporto Carrier to Noise)</u> > <b>23 dB</b>

<i>QAM - B</i>	
<b>Level</b>	Higher than <b>-65dBm</b> (44 dB $\mu$ V) (-16 dBmV)
<b>Quality</b>	<u>CH B.E.R.</u> < <b>0,001</b> (Channel Bit Error Rate) or <u>C/N (rapporto Carrier to Noise)</u>  Modulation type 256 QAM: > <b>23 dB</b> (worst case).

2.1.1.3. JP

<i>ISDB-T</i>	
<b>Level</b>	<i>Higher than -55 dBm (44 dB<math>\mu</math>V) (-16 dBmV)</i>
<b>Quality</b>	<i><u>CH B.E.R.</u> &lt; 0,001 (Channel Bit Error Rate)</i> or <i><u>C/N (rapporto Carrier to Noise)</u></i>  <i>Modulation type 16 QAM: &gt; 13 dB</i> <i>Modulation type 64 QAM: &gt; 23 dB</i>

 NOTE:

- *For what concerns the quality of signal, it is better the verification of CH.BER rather than the C / N.*
- *On some instruments you can measure both the BER and C / N: prefer the BER because the C / N is not very accurate for digital TV, while the BER has been done on purpose.*
- *The Channel BER is sometimes called "pre-Viterbi BER," or "post-Front End BER", and is different from "post-Viterbi BER" which is almost useless (see instruction manual).*
- *Today in Japan, digital terrestrial is in use only the 64 QAM.*

2.1.2. ANALOGUE SIGNAL

<i>ALL STANDARD</i>	
<b>Level</b>	<i>Higher than -50 dBm (59 dB<math>\mu</math>V) (-1 dBmV)</i>
<b>Quality</b>	<i><u>S/N (Signal to Noise ratio)</u></i>  <i>Higher than +50 dB</i>

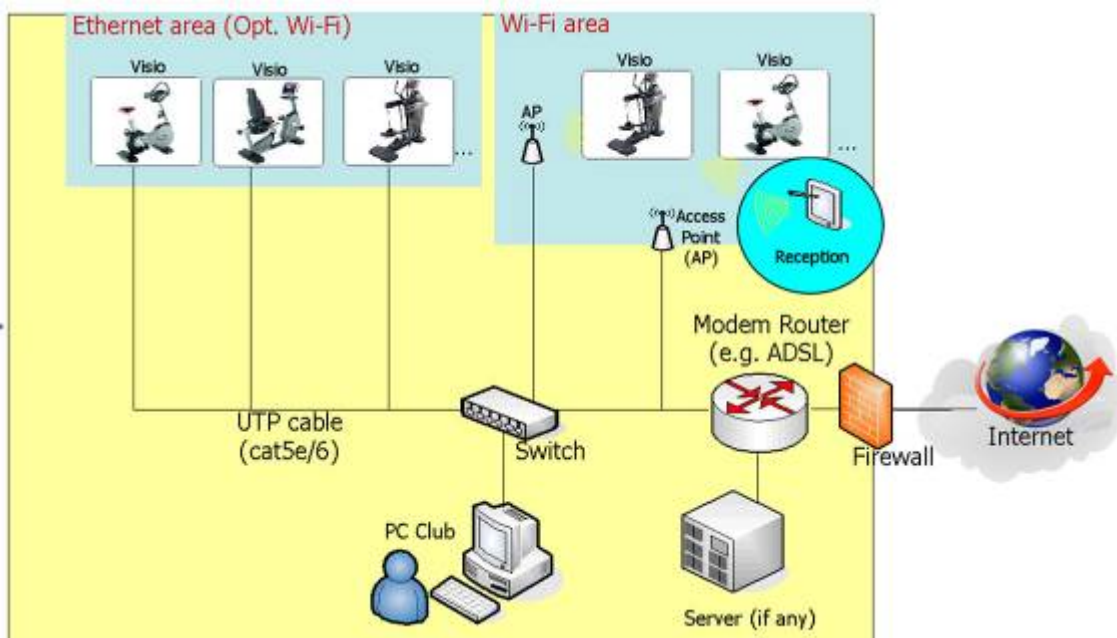
# 3. VISIOWEB

## 3.1. NETWORK REQUIREMENTS

Excite VISIOWEB line cardio machine must be connected to a network with internet to access to the applications and services of Mywellness Cloud and to the Web, as indicated in the technical requirements that follow.

Excite VISIOWEB Line cardio Machine can be connected to the network, either via an Ethernet cable, or using Wireless technology.

In the below drawing illustrates an example of networking Excite VISIOWEB equipment with both technologies.



Each time it is possible, Technogym strongly recommend a connection via Ethernet cable.



The requirements for correct installation are:

### 1. A WiFi or Ethernet LAN network.

The network (WiFi or Ethernet) must be installed and configured by the client before Technogym delivers the product, in accordance with the technical specifications set out below:



#### Ethernet LAN

- Connection with cable patch RJ45 cat.5e/6-UTP
- Switch with a number of ports > connected VISIOWEB

#### Wireless

- Access Point or Router or ADSL Gateway
- Standard: IEEE 802. 11b/g
- Frequency band: 2.4GHz
- Security protocol: WPA/WPA2

#### **Indicative Guidelines for Wireless network:**

**NOTE:** The following specifications are provided as a general guidance and may vary depending on the characteristics of the installation location.

- Maximum reception distance from access point: 25-30 meters LOS (line of sight) without architectural obstructions (walls, columns, etc).
- Configure the access points on channels not close one to the other (ie. 1-6-11), in order to avoid any kind of overlapping problems.
- It's strongly suggested to not use a number of access points lower than 40 pcs in order to be correctly managed by the VISIOWEB device.
- Maximum number of VISIOWEBs per Access point:
  - 6 VISIO/VISIOWEBs using low-cost commercial Access points. (approximate cost < €100). e.g. "Lynksys WAP54G"
  - 20 VISIO/VISIOWEBs using professional Access points. (approximate cost between €100 and €500). Typically, these access point models specify the max. number of devices which can be connected and their technical characteristics. e.g. "Cisco Aironet series eg1100, 1231, 1242"



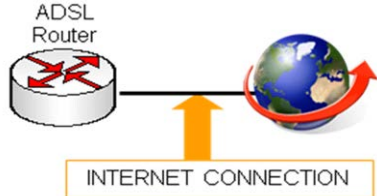
**■ It is in any case advisable not to connect more than 6 VISIO/VISIOWEBs to each access point, unless specified otherwise in the technical data sheet.**

## 2. Machines equipped with VISIOWEB.

It is possible to order machines already equipped with the VISIOWEB display as standard, or to order VISIOWEB separately using the appropriate upgrade code for the machine.



## 3. An Internet connection for VISIOWEB

<p>ADSL Home at least of 7 Mbps or better ADSL business with higher bandwidth.</p>	
--	--

**NOTE:** consider a VISIOWEB display exactly as a standard PC or notebook.

		max #equipment units					
		5	10	20	40	60	100
<b>MINIMUM requirements</b> <sup>[2]</sup> (eg. webpages, Facebook, etc)	local network	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired
	internet connection	>1 Mbps	>1 Mbps	>2 Mbps	>2 Mbps	>4 Mbps	>5 Mbps
	local server	not necessary	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>
<b>TARGET requirements</b> <sup>[4]</sup>	local network	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired	WiFi <sup>[1]</sup> or Wired
	internet connection	>2 Mbps	>2 Mbps	>4 Mbps	>4 Mbps	>5 Mbps	>7 Mbps
	local server	not necessary	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>	professional router <sup>[3]</sup>

The above table illustrates the infrastructure requirements (minimum and target) based on the number of installed equipment.

**Notes:**

- <sup>[1]</sup> One standard/ commercial WiFi access point for no more than 6 equipment. One professional WiFi access point for no more than 20 equipment or more (see datasheet of professional access point).
- <sup>[2]</sup> Minimum configuration can generate slow Internet browsing when operated on all VisioWeb simultaneously
- <sup>[3]</sup> professional router must be sized properly to serve the number of connections
- <sup>[4]</sup> including streaming video, YouTube SD, etc

**■** The Internet connection must be installed and configured by customer.

#### 4. Proxy Server (NOT mandatory)

A proxy server is a computer that acts as a connection between your PC/VISIOWEB and Internet. This server can be used to store information about the users, Internet traffic and to block access to a specific Websites or pages for several reasons

**■** Proxy must have port 80 and 443 open in order to use the HTTP CONNECT method (\* it's different from the normal web browsing grant).

#### 5. Firewall Router Rules for Mywellness Cloud

Port 80 and 443 must be opened on Firewall\Router and must be granted the access to the following DNS name domain:

mywellness.com  
technogym.com  
facebook.com  
facebook.net  
fbcdn.net  
google.com  
googleapis.com  
google-analytics.com  
movergy.com  
worldweatheronline.com

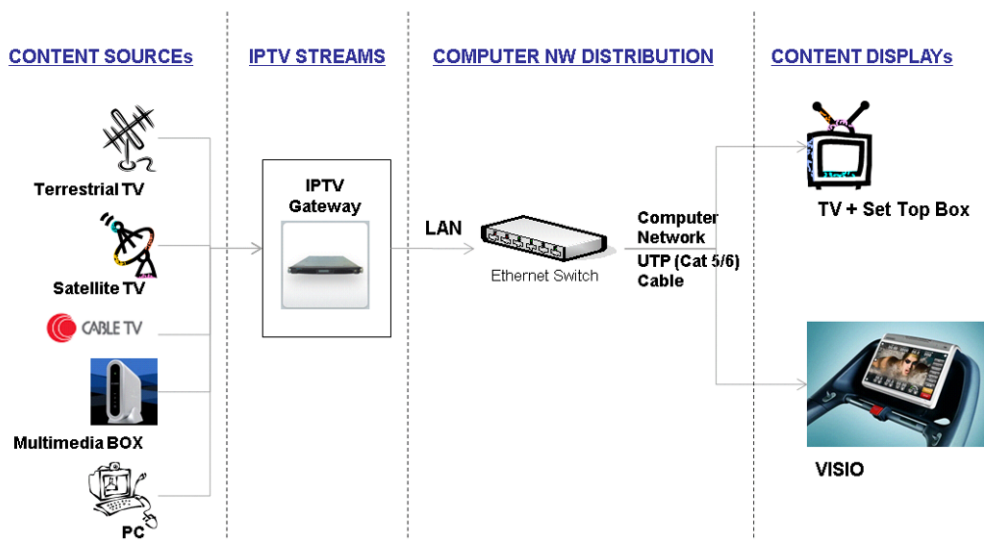
**■** TECHNOGYM warns that the efficiency and reliability of the Technogym Ecosystem solution depends on the technical specifications of the hardware on which it is installed.

### 3.2. IP-TV

VISIO/VISIOWEB is a device that supports use of the IP-TV (**I**nternet **P**rotocol **T**ele**V**ision) function, which allows television and radio content to be broadcast over a network infrastructure. Using this function does not require an internet connection; the IP in the name refers only to the data transmission method, which uses the same transfer protocol used for exchanging data on the internet.

#### 1.1.1 IP-TV ARCHITECTURE

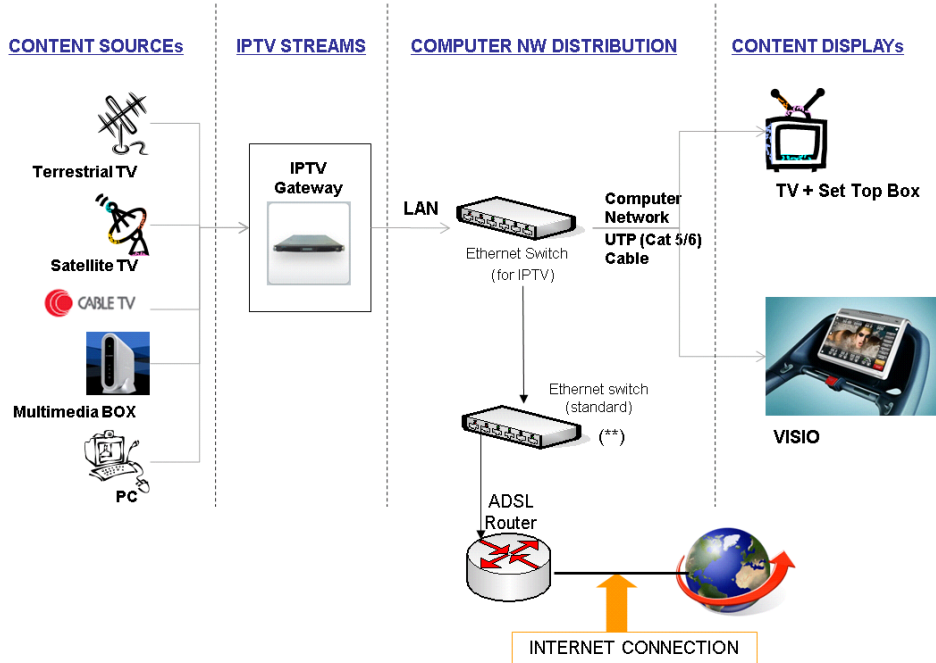
The architecture required within the club for using the IP-TV system is illustrated in the diagram below:



- All different sources of contents (free to air or encrypted) are turned in IPTV streams by the IPTV gateway.
- IPTV is distributed via a LAN computer network.
- All VISIO/VISIOWEB versions have a LAN connection and a built-in support for IPTV.

### 1.1.2 IP-TV& INTERNET INFRASTRUCTURE (OPTION 1)

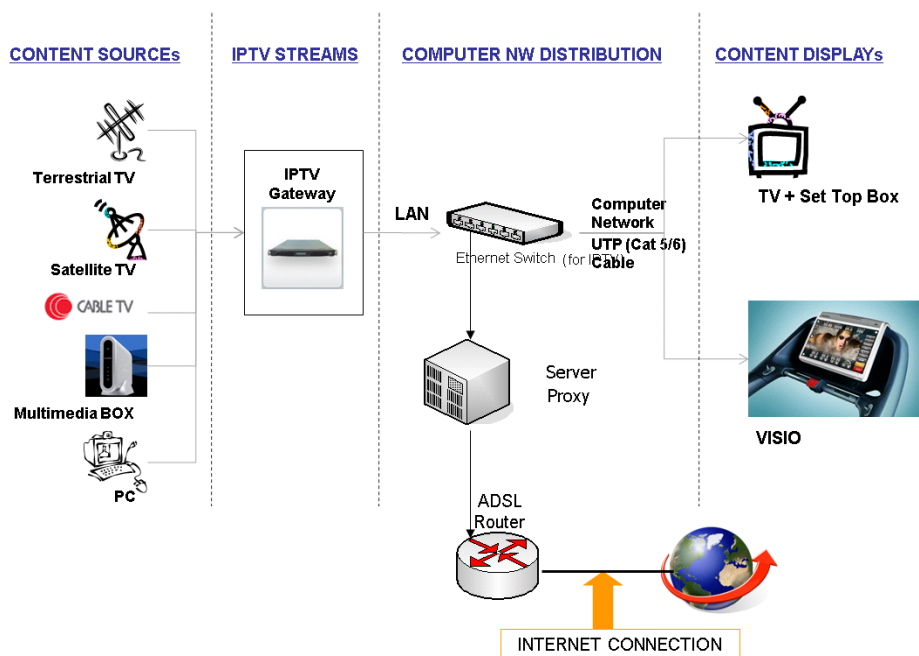
The architecture required within the club for using the IP-TV system is illustrated in the diagram below:



- (\*\*) : Not required if IPTV switch is well configured
- Communicator server (if any) has to be connected to the IPTV switch.

### 1.1.3 IP-TV& INTERNET INFRASTRUCTURE (OPTION 2)

The architecture required within the club for using the IP-TV system is illustrated in the diagram below:



- The proxy address MUST be configured in each VISIOWEB
- Communicator server (if any) has to be connected to the IPTV switch

## 1.1.4 ARCHITECTURE REQUIREMENTS

Using IP-TV within a club requires:

### 1. An IPTV system in video streaming

The system must be provided and configured directly by the customer.

The view of IPTV server is extremely complex and varied, so it is impossible to ensure in advance the compatibility of Visio Web with all the types available.

If the customer **does not have an IPTV system**, you can strongly suggest him to choose from one of the list below, which TG already tested and validated.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Anevia (<a href="http://www.anevia.com">www.anevia.com</a>)</li> <li>• Teracue(<a href="http://www.teracue.com">www.teracue.com</a>)</li> <li>• Streamtel (<a href="http://www.streamtel.com">www.streamtel.com</a>)</li> <li>• Deuromedia (<a href="http://www.deuromedia.com">www.deuromedia.com</a>)</li> <li>• Exterity (<a href="http://www.exterity.com">www.exterity.com</a>)</li> <li>• Bizstream (<a href="http://www.bizstream.com.uk">www.bizstream.com.uk</a>)</li> </ul> | <ul style="list-style-type: none"> <li>• TryplePlay (<a href="http://www.tripleplay-services.com">www.tripleplay-services.com</a>)</li> <li>• Lufthansa System (<a href="http://www.lhsystems.com">www.lhsystems.com</a>)</li> <li>• VDA <a href="http://www.vdavda.com">www.vdavda.com</a></li> <li>• One LAN Omni-Server Encode (<a href="http://www.onelan.com">www.onelan.com</a>)</li> <li>• Eurosatellites (<a href="http://www.eurosatellites.com">www.eurosatellites.com</a>)</li> </ul> |
|--|--|



**If the customer already has an IPTV server, you must perform all the technical verifications prior to "sell" the compatibility of Visio Web. If compatibility is not insurable, please require the customer to replace the IPTV server with one of the list above.**

### 2. A wired LAN network and a proper IPTV signal

The network, which must be **WIRED**, has to be installed and configured by the customer according to the minimum specifications given at paragraph 1.1.5 “Ethernet LAN and IPTV signal specifications”. The same for IPTV channels signal.

### 3. Equipment with VISIO/VISIOWEB

VISIO/VISIOWEB is provided installed and configured by Technogym.



## 1.1.5 ETHERNET LAN AND IPTV SIGNAL SPECIFICATIONS

A. The **network** must be installed and configured by the customer before Technogym delivers the product, according to the technical specifications set out below:

- Connection using cable with RJ45 cat. 5e/6-UTP connector (max 100 m between server and switch or between switch and machines).
- Switch with a number of ports greater than the number of VISIO/VISIOWEBs to be installed.

B. The **switch** must have the following characteristics:

- **IGMP snooping.**
- IGMP query must be supported.
- Gigabit Ethernet connection: 1000 Base-T Twisted-pair cabling (CAT-5, CAT-5e, CAT-6, or CAT-7) max 100 meters: 1000BASE-T (also know as IEEE 802. 3ab) is a standard for gigabit Ethernet networks.

C. The IPTV channels signal must suit the following specifications:

- **MPEG2** or **MPEG4 TS** (Transport Stream) **SD** (Standard Definition).
- Supported protocols: **UDP, RTP multi cast & unicast.**

### 1.1.6 SUPPORTED IPTV VIDEO FORMATS

**Supported:**

- **MPEG-2**
- **MPEG-4 TS SD** (Standard Definition). Also called **MPEG-4 part 1** or **ISO/IEC 14496-1**
- **UDP, RTP, Multicast & Unicast** protocols
- **H264 SD** <sup>(1)</sup> format (also called **MPEG-4 AVC** or **MPEG-4 part 10** or **ISO/IEC 14496-10**), standard definition (**3x3 digit** video resolution).

<sup>(1)</sup> **ATTENTION: the H264 SD is only compatible with VisioWeb display produced from 2012.**

**NOT Yet Supported:**

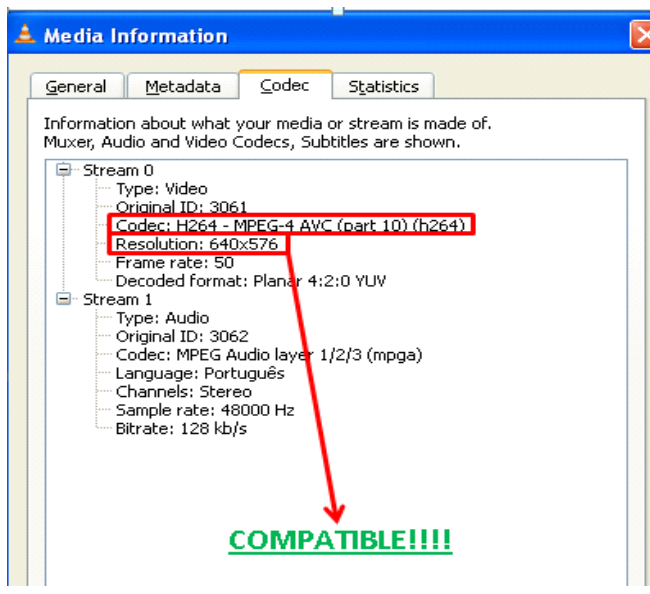
- **HD** (High Definition) channels
- **H264 HD** format (also called **MPEG-4 AVC** or **MPEG-4 part 10** or **ISO/IEC 14496-10**), high definition (**4x4 digit** video resolution).
- **VoD** (Video On Demand) via RTSP
- **Encrypted** channels.



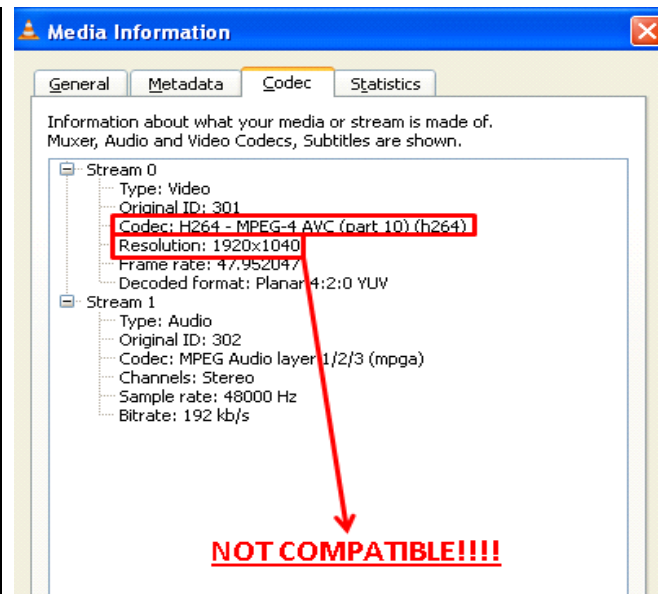
**Video Resolution of Standard Definition (SD) signal is 3 digits x 3 digits (ie. 800 x 600), and not 4 digits x 4 digits, proper to an High Definition (HD) signal (ie. 1920 x 1080).**

- Audio type should be **mpga** and bitrate must be below **10000 kb/s (10Mbps)**.
- Video type should be **mpgv, mp4v** or **H264** (if Visio produced in 2012 year).

**Examples:**



The screenshot shows the 'Media Information' window with the 'Codec' tab selected. Under 'Stream 0', the video codec is 'H264 - MPEG-4 AVC (part 10) (h264)' with a resolution of '640x576'. A red arrow points from this resolution to the text 'COMPATIBLE!!!!' at the bottom of the window.



The screenshot shows the 'Media Information' window with the 'Codec' tab selected. Under 'Stream 0', the video codec is 'H264 - MPEG-4 AVC (part 10) (h264)' with a resolution of '1920x1040'. A red arrow points from this resolution to the text 'NOT COMPATIBLE!!!!' at the bottom of the window.



**It is essential for the customer to have correctly prepared, installed and configured all the above before attempting to install the Communicator SW, the machines equipped with VISIO/VISIOWEB and the correct use of IP-TV.**



**The customer is required to complete and return the appropriate forms enclosed, depending on the type of architecture, before carrying out the installation.**



**THE WIFI NETWORK CAN NOT BE USED FOR IP-TV. The Ethernet LAN network properly configured for the IP-TV, can be used also by the Communicator avoiding to use the Wi-Fi network. Then it's strongly recommended not to use the Wi-Fi network if LAN network it's available.**



## 4. EXCITE/EXCITE+ LINE

### 4.1. BIKE-NEW BIKE-RECLINE-NEW RECLINE-WAVE-SYNCHRO-VARIO-CROSSOVER-TOP-STEP


<i>SPECIFICATION</i>	<i>700 VISIO</i>	<i>700 WTV</i>	<i>700</i>	<i>700SP</i>	<i>500</i>	<i>500SP</i>
<b>Power requirement:</b>	<i>90-265Vac</i>			<i>Cordless</i>	<i>90-265Vac</i>	<i>Cordless</i>
<b>Frequency</b>	<i><u>50-60H</u></i>					
<b>Power Consumption</b>	<i>max 75W</i>	<i>max 55W</i>	<i>max 35W</i>	<i>NO</i>	<i>max 35W</i>	<i>NO</i>
<b>Stand-by power consumption:</b>	<i>47W</i>	<i>27W</i>	<i>9W</i>	<i>NO</i>	<i>9W</i>	<i>NO</i>

**■** Using a Standard 110 VAC receptacle, it is possible to daisy-chain up to 5 pieces of cardiovascular equipment. Using 220 VAC receptacle is possible to daisy-chain up to 8 pieces. Given the equipment's selection, make sure that enough receptacle are available. However, multiple outlets are strongly suggested to minimize cord channel protector on the exercise floor.

## 4.2. RUN / RUN NOW

<b>THECNICAL SPECIFICATION</b>	<b>500 LED</b>	<b>700 LED</b>	<b>700 VISIO</b>	<b>900 LED</b>	<b>900 VISIO</b>
<b>Power engine:</b>	4400W – 6HP (AC)				
<b>Energy consumption:</b>	1800W	2200W		2500W	
<b>Stand-By consumption: LED + (ALE MET CE 200-240V)</b>	34,6Watt			34,6Watt	
<b>Stand-By consumption: LED + (ALE MET CE 100-120V):</b>	40,9Watt			40,9Watt	
<b>Stand-By consumption: VISIO + (ALE MET CE 200-240V):</b>			81,4Watt		81,4Watt
<b>Stand-By consumption: VISIO + (ALE MET CE 100-120V):</b>	87,7Watt			87,7Watt	

<b>Stand-By consumption: LED + AT-UL</b>	(not available)	-	(not available)	-
<b>Stand-By consumption VISIO+ AT-UL</b>	-	116VA ÷ 200VA	-	143,5VA

 If more machines are connected, make sure to use the proper gauge of electrical wiring according to the total current usage and the cable length.

<b>POWER REQUIREMENT</b>	
<b>E = CE</b>	<p><b>200-240V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)  <b>UK Version:</b>                      (Recommended 3x treadmills per ring main with 32amp Type C MCB)</p>
<b>1 = MET CE</b>	<p><b>100-120V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>
<b>2 = MET CE</b>	<p><b>200-240V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>
<b>U = AT-UL</b>	<p><b>90-265V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>

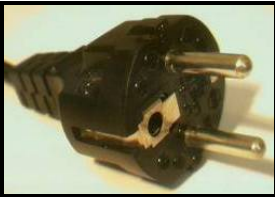

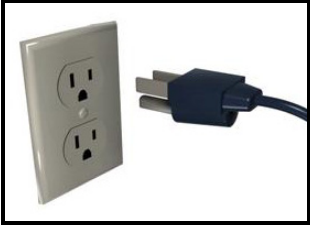
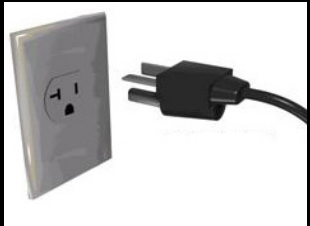





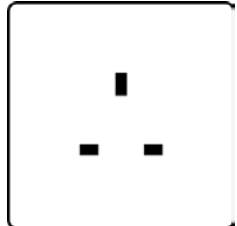
### 4.3. JOG / JOG NOW

<b>THECNICAL SPECIFICATION</b>	<b>700</b>	<b>700 VISIO</b>	<b>500</b>
<b>Power engine:</b>	2,5 HP (AC) - 1,8KW		
<b>Energy consumption:</b>	2200W		
<b>Stand-By consumption:</b> <b>LED +</b> <i>(ALE MET CE 200-240V)</i>	31Watt		31Watt
<b>Stand-By consumption:</b> <b>LED +</b> <i>(ALE MET CE 100-120V):</i>	36,9Watt		36,9Watt
<b>Stand-By consumption:</b> <b>VISIO +</b> <i>(ALE MET CE 200-240V):</i>		72,7Watt	
<b>Stand-By consumption:</b> <b>VISIO +</b> <i>(ALE MET CE 100-120V):</i>		78,5Watt	
<b>Stand-By consumption:</b> <b>LED + AT-UL</b>	40VA ÷123VA	-	40VA ÷123VA
<b>Stand-By consumption:</b> <b>VISIO +AT-UL</b>	-	<i>(not available)</i>	-

**⚠** If more machines are connected, make sure to use the proper gauge of electrical wiring according to the total current usage and the cable length.

<b>POWER REQUIREMENT</b>	
<b>E = CE</b>	<b>200-240V (50-60Hz)</b> <i>(It is advisable 16A dedicated socket each machine)</i> <b>Versione UK:</b> <i>(Recommended 3x treadmills per ring main with 32ampType C MCB)</i>
<b>1 = MET CE</b>	<b>100-120V (50-60Hz)</b> <i>(It is advisable 16A dedicated socket each machine)</i>
<b>2 = MET CE</b>	<b>200-240V (50-60Hz)</b> <i>(It is advisable 16A dedicated socket each machine)</i>
<b>U = AT-UL</b>	<b>90-265V (50-60Hz)</b> <i>(It is advisable 16A dedicated socket each machine)</i>


#### 4.4. POWER SUPPLY CABLES – EXCITE/EXCITE+

EUROPA (CEE 7/4)	USA (NEMA 5-15/5-20/6-20/)	P.R. CHINA (AS 3112)	UK (BS 1363)
 	 <p>Nema 5-15</p>  <p>Nema 5-20</p>  <p>Nema 6-20</p>  <p>Nema 6-20 (90°)</p>	 	 

## 5. HOME LINE

### 5.1. RUN PERSONAL

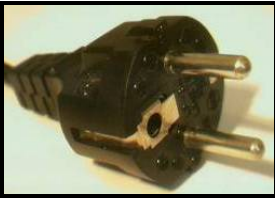

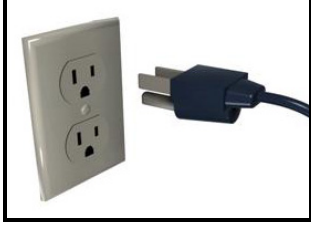
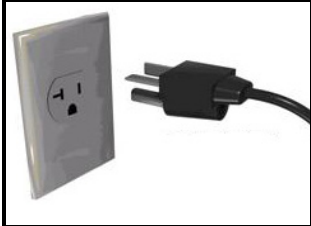





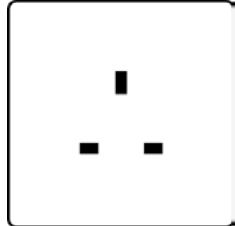
<b>THECNICAL SPECIFICATION</b>	<b>VISIO</b>
<b>Power engine:</b>	2,5 HP (AC) – 1800 Watt
<b>Energy consumption:</b>	2200W
<b>Stand-By consumption: VISIO + (ALE MET CE 200-240V):</b>	86,7Watt (136,7 VA)
<b>Stand-By consumption: VISIO + (ALE MET CE 100-120V)</b>	92,3Watt (120,9 VA)

 If more machines are connected, make sure to use the proper gauge of electrical wiring according to the total current usage and the cable length.

<b>POWER REQUIREMENT</b>	
<b>E = CE</b>	<p style="text-align: center;"><b>200-240V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)  <b>Versione UK:</b>                      (Recommended 3x treadmills per ring main with 32ampType C MCB)</p>
<b>1 = MET CE</b>	<p style="text-align: center;"><b>100-120V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>
<b>2 = MET CE</b>	<p style="text-align: center;"><b>200-240V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>
<b>U = AT-UL</b>	<p style="text-align: center;"><b>90-265V (50-60Hz)</b>                      (It is advisable 16A dedicated socket each machine)</p>

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## 5.2. POWER SUPPLY CABLES – RUN PERSONAL

EUROPA (CEE 7/4)	USA (NEMA 5-15/5-20/6-20/)	P.R. CHINA (AS 3112)	UK (BS 1363)
 	 <p>Nema 5-15</p>  <p>Nema 5-20</p>  <p>Nema 6-20</p>  <p>Nema 6-20 (90°)</p>	 	 

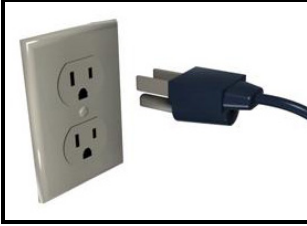
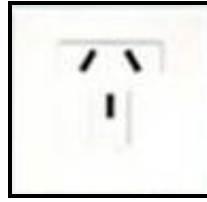
### 5.3. BIKE FORMA – RECLINE FORMA – CROSS FORMA

SPECIFICATION	700E	700	500	700SP 500SP
Power requirement	90-265Vac			Cordless
Frequency	50-60Hz			
Power Consumption	100VA			
Stand-by power consumption:	11.3 VA (110Vac) 21.6 VA (220Vac)			

### 5.4. RUN FORMA LT – SPAZIO FORMA LT

SPECIFICATION “E”version	
Power requirement	180-265Vac
Frequency	50-60Hz
Power engine (peak)	2.75 HP (AC) – 2000W
Power Consumption	10A dedicated socket each machine

### 5.5. POWER SUPPLY CABLES – FORMA LINE

FORMA LINE		BIKE FORMA RECLINE FORMA CROSS FORMA	RUN FORMA SPAZIO FORMA
EUROPA	Pwr. Supply cable	0WC005	0WC005
	Plug adaptor	0WC101	0WC101
UK	Pwr. Supply cable	0WC162	0WC162
USA	Pwr. Supply cable	0WC00282 (Nema 5-15)	-
EUROPE (CEE 7/4)	USA (NEMA 5-15)	P.R. CHINA (AS 3112)	UK (BS 1363)
	 (Nema 5-15)		
			

## 6. XT/XTPRO LINE


### 6.1. BIKE – RECLINE – TOP – STEP – ROTEX - GLUDEX

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	150VA

### 6.2. RUN



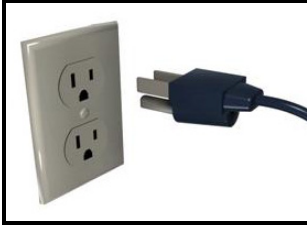

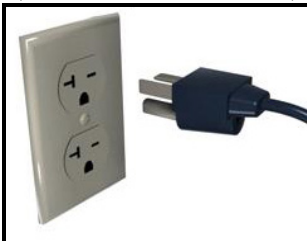



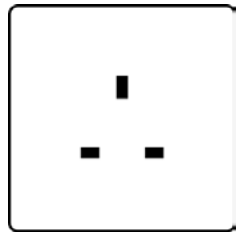
SPECIFICATION “E”version	
Power requirement	180-265Vac
Frequency	50-60Hz
Power engine (peak)	2.01 HP (AC) – 1500W
Absorbed Current	16A dedicated socket each machine

SPECIFICATION “USA”version	
Power requirement	90-265Vac
Frequency	50-60Hz
Power engine (peak)	2.01 HP (AC) – 1500W
Absorbed Current	20A dedicated socket each machine

 If more machines are connected, make sure to use the proper gauge of electrical wiring according to the total current usage and the cable length.



### 6.3. POWER SUPPLY CABLES - XT/XTPRO LINE

XT-XTPRO LINE		BIKE RECLINE TOP	STEP ROTEX GLUDEX	RUN
EUROPE	Pwr. Supply cable	0WC005		0WC103
	Plug adaptor	0WC101		0WC102
USA	Pwr. Supply cable	0WC00282 (Nema 5-15)		0WC089U (220Vac) (Nema 6-20) 0WC130 (110Vac) (Nema 5-20)
UK	Pwr. Supply cable	0WC162		NA
P.R.CHINA	Pwr. Supply cable	0WCC0021AA		NA
EUROPE (CEE 7/4)	USA (NEMA 5-15/5-20/6-20/)	P.R. CHINA (AS 3112)	UK (BS 1363)	
 	 (Nema 5-15)  (Nema 5-20 / 110Vdc)  (Nema 6-20 / 220Vdc)	 	 	

## 7. RACE LINE

### 7.1. BIKERACE - STEPRACE

<b>SPECIFICATION</b>	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	0,5A



The mains voltage is set by means of a special jumper on the power supply circuit board. An incorrect voltage setting can cause irreversible damage to the power supply unit.



Before changing the mains voltage setting, the machine must be turned off and the mains lead unplugged from the wall output.




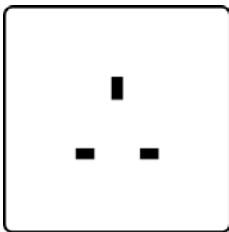
### 7.2. RUNRACE

<b>SPECIFICATION</b> “E”version	
Power requirement	180-265Vac
Frequency	50-60Hz
Power engine	3.35 HP (AC) – 2500W
Absorbed Current	16A dedicated socket each machine



If more machines are connected, make sure to use the proper gauge of electrical wiring according to the total current usage and the cable length.

### 7.3. POWER SUPPLY CABLES – RACE LINE

<b>RACE LINE</b>		<b>BIKERACE STEPRACE</b>	<b>RUNRACE</b>
<b>EUROPE</b>	Pwr. Supply cable	0WC005	0WC089
	Plug adaptor	0WC101	0WC102
<b>UK</b>	Pwr. Supply cable	0WC162	0WC163
<b>EUROPE (CEE 7/4)</b>		<b>UK (BS 1363)</b>	
			
			

## 8. TGS COMPONENTS

### 8.1. POWER CONTROL

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	50VA

### 8.2. ISOCONTROL

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	100VA

### 8.3. WELLNESS EXPERT

SPECIFICATION	
Power requirement	180-265Vac ( <i>"E" version</i> ) 90-265Vac ( <i>"USA" version</i> ) 8A dedicated socket each machine
Frequency	50-60Hz

### 8.4. NEW WELLNESS EXPERT

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	100VA

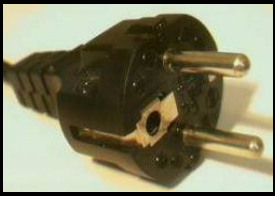

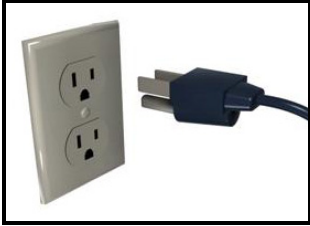



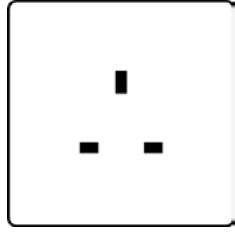
### 8.5. WELLNESS MATE

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz

### 8.6. NEW FEEDBACK POINT

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	50VA

### 8.7. POWER SUPPLY CABLES – TGS COMPONENTS

TGS COMPONENTS		POWER CONTROL NEW WELLNESS EXPERT WELLNESS MATE NEW FEEDBACK POINT	WELLNESS EXPERT	ISOCONTROL
EUROPA	Pwr. Supply cable	0WC005	0WK311	(direct conn.) R0004815AA (in line conn.) 0WR00506AA
	Plug adaptor	0WC101	0WC101	0WC101
USA	Pwr. Supply cable	0WC00282 (Nema 5-15)	0WK311U + 0WA021 (110V)	(direct conn.) R0004815AA (in line conn.) 0WR00506AA
UK	Pwr. Supply cable	0WC162	NA	(direct conn.) R0004815AA (in line conn.) 0WR00506AA
P.R. CHINA	Pwr. Supply cable	0WCC0021AA	NA	NA
EUROPE (CEE 7/4)		USA (NEMA 5-15)	P.R. CHINA (AS 3112)	UK (BS 1363)
 		 (Nema 5-15)	 	 

## 9. BIOSTRENGTH LINE

### 9.1. ABDOMINAL CRUNCH – LOWER BACK

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	100VA


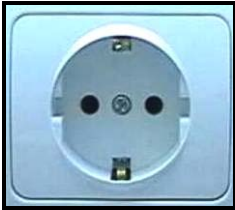
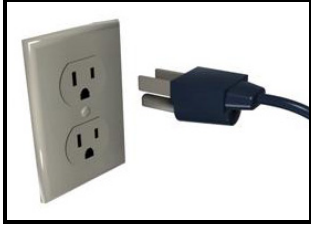



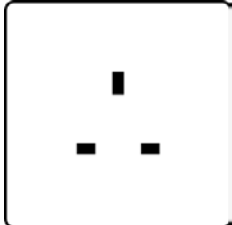
### 9.2. LEG EXTENSION – LEG CURL – VERTICAL TRACTION – SHOULDER PRESS – CHEST PRESS – ROWING TORSO

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	200VA

### 9.3. LEG PRESS

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	400VA

### 9.4. POWER SUPPLY CABLES - BIOSTRENGTH LINE

<b>BIOSTRENGTH LINE</b>		<b>ABDOMINAL CRUNCH</b> <b>LOWER BACK</b> <b>LEG EXTENSION</b> <b>LEG CURL</b> <b>VERTICAL TRACTION</b> <b>SHOULDER PRESS</b> <b>CHEST PRESS</b> <b>ROWING TORSO</b> <b>LEG PRESS</b>	
<b>EUROPE</b>	Pwr. Supply cable	0WC005	
	Plug adaptor	0WC101	
<b>USA</b>	Pwr. Supply cable	0WC00282 (Nema 5-15)	
<b>UK</b>	Pwr. Supply cable	0WC162	
<b>P.R. CHINA</b>	Pwr. Supply cable	0WCC0021AA	
<b>EUROPE (CEE 7/4)</b>	<b>USA (NEMA 5-15)</b>	<b>P.R. CHINA (AS 3112)</b>	<b>UK (BS 1363)</b>
 	 (Nema 5-15)	 	 

# 10. KINESIS LINE



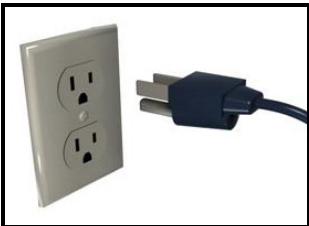



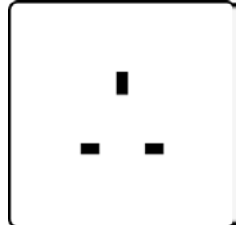
## 10.1. KINESIS PERSONAL

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	100VA

## 10.2. PC KINESIS PROFESSIONAL

SPECIFICATION	
Power requirement	90-265Vac
Frequency	50-60Hz
Power Consumption	100VA

## 10.3. POWER SUPPLY CABLES – KINESIS LINE

KINESIS LINE			
EUROPE	Pwr. Supply cable	0WC005	
	Plug adaptor	0WC101	
USA	Pwr. Supply cable	0WC00282 (Nema 5-15)	
UK	Pwr. Supply cable	0WC162	
P.R. CHINA	Pwr. Supply cable	0WCC0021AA	
EUROPE (CEE 7/4)	USA (NEMA 5-15)	P.R. CHINA (AS 3112)	UK (BS 1363)
  	 (Nema 5-15)	  	  







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