

MYCYCLING



The Wellness Company



TECHNOGYM NEUROMUSCULAR TRAINING™

The best performance can only be achieved with the best possible training. The kind of training where every second is designed to make a difference.

For the first time, MYCYCLING™ introduces TNT - Technogym Neuromuscular Training™, the system (Patent pending) conceived by Technogym® that will forever change the way you work out.

DISCOVER THE UNIQUENESS OF MYCYCLING™:



TNT™



ROAD EFFECT SYSTEM



PEDAL PRINTING



TRAINING PROGRAMS

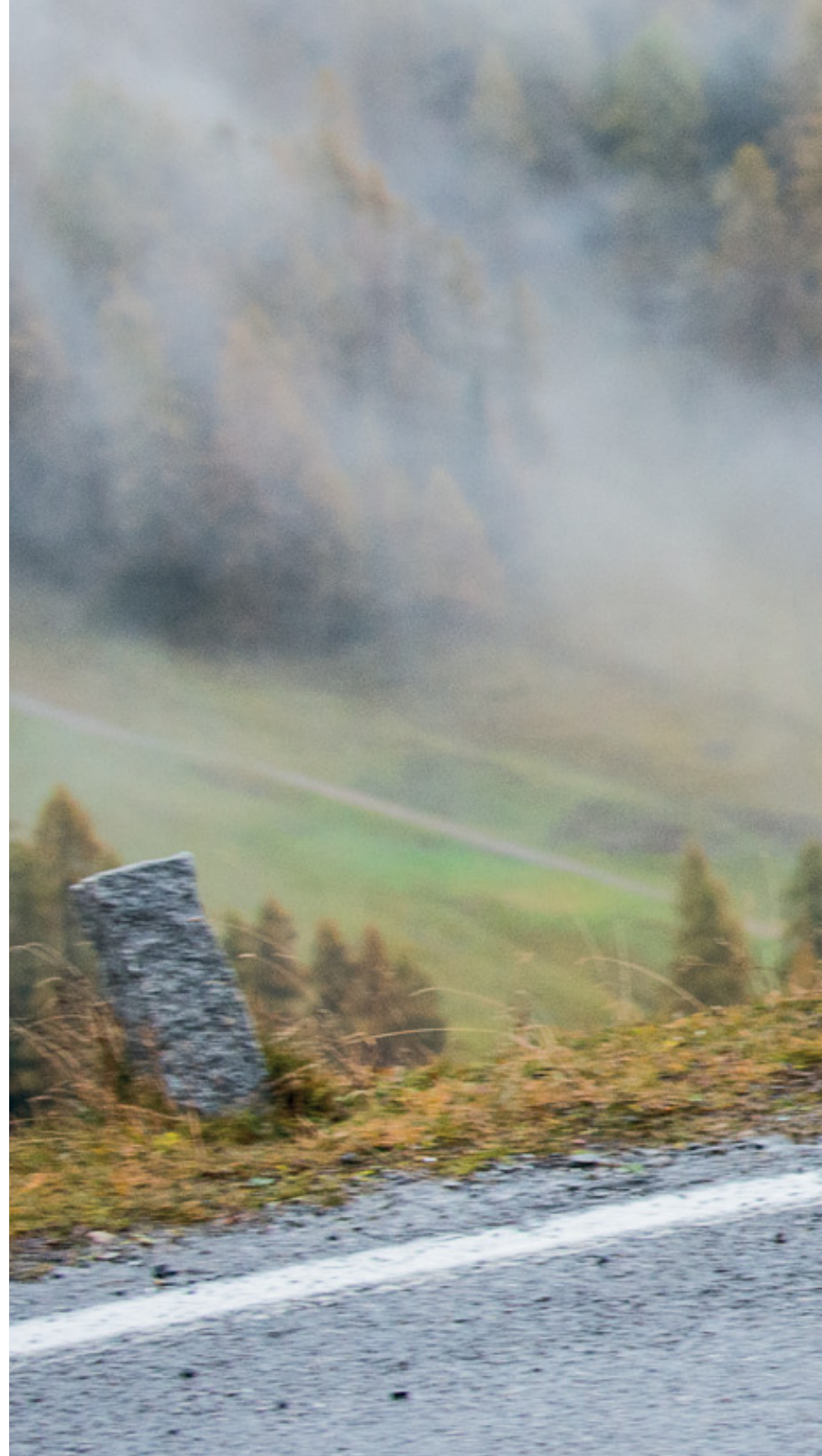


MAXIMAL TEST



COACHING

THE NEW TRAINING SYSTEM





TECHNOGYM NEUROMUSCULAR TRAINING™

TNT™ is the result of studies conducted by the Technogym® Scientific Research Department in collaboration with the best athletes, coaches, physiologists and trainers in the world. Based on your anaerobic threshold, its goal is to improve your metabolic and neuromuscular capabilities and improve your outdoor performance on the bike.







SMART TRAINER

With MYCYCLING™, everything is designed to offer you maximum stability while training, especially during the outdoor sprint simulation. The beating heart of the product is the electromechanical brake that controls every second that you are in the saddle with extreme precision, making it incredibly efficient.



MYCYCLING™ APP

Tests, personalized programs, paths and biofeedback: all in a single mobile app. Just place your smartphone on the handlebar support to take control of MYCYCLING™ and begin to train like never before.

Download the MYCYCLING™ APP



Compatible apps



Strava



Garmin



Zwift



Polar

TRAINING PROGRAMS

With MYCYCLING™, you train based on your level of fitness and goals. The workloads are defined based on the Threshold Test available in the MYCYCLING™ APP, which generates a training plan that is divided into three stages: construction, development and refining.



THE BEST COACHES

If your goal is to improve for triathlons, hill-climbing or in the next criterium, MYCYCLING™ is the ideal system for you, thanks to the support provided by our team of coaches. We provide them with the most efficient and intuitive training programming and analysis tool in order to define your sessions in detail and monitor your results. With MYCYCLING™ you train like a real professional.





SIMPLY EXTRAORDINARY.

DESIGNED FOR YOUR PERFORMANCE

MYCYCLING™ ensures a unique experience during training, thanks in part to its design (Patent pending design). Every section, every curve, every detail on the frame has been engineered to guarantee pedaling resistance, stability and maximum quality.

THE POWER OF PRECISION

MYCYCLING™ has a torque sensor that reads your power directly with $\pm 1\%$ precision. The optical readers analyze the pushing power constantly, visualizing the circularity of the pedal stroke and the symmetry between the right and left leg (Patent pending).





DESIGNED FOR THE ROAD.

THE ROAD BENEATH YOUR PEDALS

Thanks to the innovative design of the flywheel and the Road Effect System, MYCYCLING™ makes pedaling feel natural, giving you the same feeling of inertia that you get when you are on the road.

ONLY THE SOUND OF THE CHAIN

MYCYCLING™ is designed as a benchmark in terms of silent operation. This is why you will hear only the sound of your own breathing and the chain turning as you pedal.



SMART SENSORS



QUICK LOCK






EASY HANDLE

DESIGNED
FOR SPEED.

FASTER, IN THE SADDLE AND BEYOND

With MYCYCLING™, you're ready to train in less than 2 minutes thanks to the built-in Smart Sensors, the compass opening Quick Lock system (Patent pending), the Easy Handle and the low weight of just 18 kg / 39.7 lbs. Because every second counts, even when you are preparing for your training session.



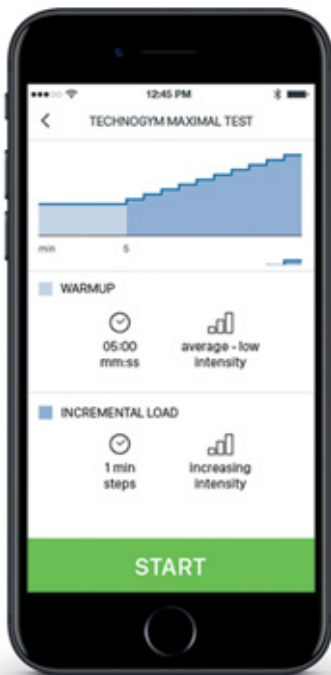


REVOLUTIONIZE YOUR PERFORMANCE. TECHNOGYM NEUROMUSCULAR TRAINING™.

Discover TNT™, the revolutionary training system (Patent pending) conceived by the Technogym® Scientific Research Department to maximize your performance.

With MYCYCLING™, you will be able to train all year long, not just during the winter. Because any time is the right time for quality training.





THRESHOLD TEST

To accurately define the TNT™ workloads and to monitor your progress over time, you must first identify your anaerobic threshold value. You can calculate it by taking either the indoor Technogym® Maximal Test on your own with a heart rate monitor or the FTP (Functional Threshold Power) Test.

If you already know your threshold value, simply enter it manually using the MYCYCLING™ APP.

PERSONALIZED TRAINING

The 18 weeks of training are subdivided into three 6-week blocks: construction, development and refining. Three weekly training sessions are scheduled. Each lasts between 40 and 70 minutes and features constant pace and power variations.

Training both slow and fast muscle fibers is essential for optimizing active muscle mass and improving intramuscular and intermuscular coordination, with one goal in mind: going faster.







IMPROVE YOUR PEDALING. PEDAL PRINTING™

The real time feedback on pedaling circularity and symmetry will let you improve the efficiency of your movements during every training session. Don't just work on your goals, strive for perfection.



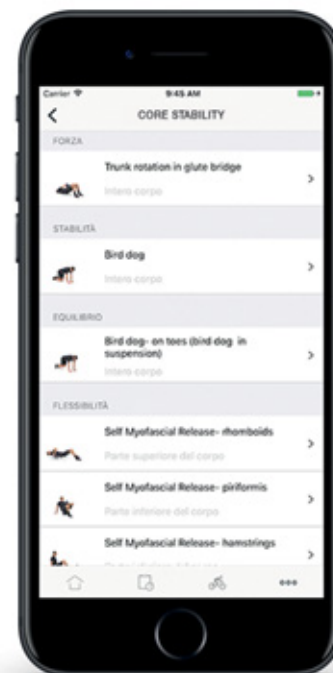


A STROKE OF PERFECT PEDALING

To improve your efficiency in the saddle, the MYCYCLING™ APP provides continuous feedback on the circularity and symmetry of your pedaling. The torque flange analyzes each 360° pedal revolution in real time and the optical sensor checks the pushing symmetry between the right and left leg (Patent pending). This means that you will be able to transform all of your metabolic and muscular power into road performance.

MORE STABLE IN THE SADDLE

In order to reach maximum pedaling efficiency, it is important that the upper part of the body is stable and solid. For this reason, the Core Stability section of the MYCYCLING™ APP offers a series of bodyweight exercises developed with top physiologists who are experts in cycling training. The movements will strengthen your torso muscles and improve your performance in the saddle.







TRAIN LIKE A PRO.

TECHNOGYM COACH

MYCYCLING™ will provide you with access to a network of Technogym®-certified coaches who you can interact with directly. Your selected coach will contact you initially to help define your objectives and will re-adapt the TNT™ based on your individual characteristics. Then you will have periodic online check-ins and receive monthly training plan updates from your coach, to help you quickly progress towards your goal.

ON DEMAND PROGRAMS

MYCYCLING™ also provides training programs based on specific goals that are designed by a select team of worldwide cycling professionals. These programs last anywhere from 2 to 6 weeks and utilize different training modalities: some integrate the TNT™, while others are customized by the individual coaches to address specific needs.





BIG HILLS.

FOLLOWING CHAMPIONS

MYCYCLING™ lets you vary your training, pitting you against some of the greatest climbs in cycling history: Stelvio Pass, Ghisallo Hills, Col de l'Alpe d'Huez, Col du Galibier and Col de l'Izoard. With MYCYCLING™, the excitement of the outdoors is brought indoors.





FREE TRAINING.

THE PLEASURE OF CHOICE

MYCYCLING™ also has two different types of free training sessions: power, with constant watts, and uphill, with intensity calculated based on the gradient and the number of pedal strokes. The choice is yours.

GREAT IDEAS ARE NOT BORN BY CHANCE.

MYCYCLING™ grew from the desire to carry on the legacy of SPINTRAINER™ – Technogym®'s cycling trainer that revolutionized indoor training in the 1990s.

SPINTRAINER™ was a cutting-edge product that the world's greatest cycling champions trained on, taking advantage of innovations that were unique for their time: Threshold Test, Road Effect System, CPR - Constant Pulse Rate, Body Thermoregulation and Anti-Shock Device.

The passion for cycling is so deeply rooted in Technogym's DNA. Combined with more than 30 years of experience in athletic training alongside champions, it has resulted today in a new era of indoor training.





TNT™



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TECHNICAL SPECIFICATIONS



Dimensions (closed):..... (LxWxH) 570 x 280 x 500 mm/ 22.4 x 11 x 19.7 in
Dimensions (open):..... (LxWxH) 570 x 830 x 500 mm/ 22.4 x 32.7 x 19.7 in
Weight:..... 18 kg / 39.7 lbs
Maximum user weight:..... 130 kg / 286.6 lbs
Material:..... Cast aluminum
Maximum power:..... 2100 watts
Power measurement:..... Direct
Watt reading accuracy:±1%

Resistance: Magnetic
Drive:..... Toothed belt
Data transmission:..... Bluetooth® Smart / ANT+
Measurements: Speed, distance, power, pace, gradient
Flywheel:..... 5 kg
Rear triangle compatibility: 130-135 mm / 5.1-5.3 in (quick release) /
142 mm / 5.6 in (pass-through pin)
Sprocket set housing (included): 11v 12-23T



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