

# EXCITE™ TOP



**TECHNOGYM**

The Wellness Company™



# Champions train with Technogym®

EXCITE™ TOP provides the best upper body training and is fundamental to a well-balanced workout. It combines aerobic activity and high calorie expenditure with shoulder, torso and core stabiliser muscle toning and strengthening.

## Warm up with Excite™ Top

The specific WARM UP function on the EXCITE™ TOP ensures the upper body joints are lubricated and muscles activated prior to a workout making it perfect to use in preparation for upper body weight training and for sports performance. By selecting the WARM UP button on the display, users will access a specific warm up routine suitable for all levels of conditioning.

*Alinghi, Defender of the 32<sup>nd</sup> America's Cup*



# Upper body training for top performances



## EASE OF USE

Technical features include **High Visibility Display** without adjustments, **Telescopic Arms**, **Rotating Handles** and **Adjustable Hand Crank Height** for user comfort and precise fit. A **forward-backward movement** allows users to achieve a more balanced workout.

## ACCESSIBLE DESIGN

The **Rapid Seat Release** and the **Integrated Platform** allow the easy removal of the seat for training whilst standing up or wheelchair access. Controls are easy to access enabling optimal use from every position [140 - 205 cm user height].

## ERGONOMIC SEAT DESIGN

The innovative seat design, with an open angle sitting position, ensures correct posture is maintained and makes the most of upper body training by further engaging the core and torso stabiliser muscles.



## PREPARE FOR TRAINING WITH THE INNOVATIVE WARM UP FEATURE

The **WARM UP** routine (patent pending) allows users to prepare for training by first lubricating the joints and then progressively engaging and warming up all upper body muscles. In just 4 minutes users will be guided through an exercise

routine that prepares all upper body muscles and joints for a safe strength training session by using the forward and backward rotation of the arms combined with a progressive increase in resistance.



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# Upper body training for all users

EXCITE™ TOP 's innovative & simple design satisfies many different needs by providing:

- an excellent warm up for all users
- specific training for upper body strength and endurance
- users with a temporary or permanent leg injury or users suffering from leg fatigue to perform a regular cardio workout
- an opportunity to strengthen the muscles after minor shoulder injuries or surgery
- a great upper body toning & conditioning workout!

## EXCITE™ TOP

	700iE	700i	700iSP
<i>Power Supply:</i>	Powered: 100-230 Vac 50/60 Hz		Cordless
<i>Dimensions WxLxH*:</i>	650 x 1550 x 1540 mm (26" x 61" x 61")		
<i>Weight:</i>	130 kg (280 lbs)		
<i>Difficulty Levels:</i>	1-30		
<i>Resistance (watt):</i>	25-1000		
<i>Goal Training™:</i>	Time, Distance, Calories		
<i>Total no. of programmes:</i>	18 - Quick Start, Goals (Time-Distance-Calories), CPR, Profiles (6), Training Zone, Warm Up, Constant Power, Constant Speed, Tests (3)		
<i>Sub Maximal Tests:</i>	Fitness Test		
<i>Maximal Tests:</i>	Maximal Test, Wingate Test		
<i>HR Monitoring**:</i>	Telemetry		
<i>Servicing:</i>	Service not required Software Serial Upload		
<i>Seat colour:</i>	Bordeaux, Grey		
<i>Language Options:</i>	English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian		
<i>User defined language selection:</i>	Yes		
<i>Wellness System:</i>	Optional		
<i>Wellness TV™:</i>	Yes	No	
<i>Energy Consumption:</i>	100 VA		No

\* Dimensions WxLxH = Width x Length x Height while working on the equipment

\*\* Chest band and transmitter not included



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