

SELECTION

THE STRENGTH EVOLUTION CONTINUES





Selection.

SELECTION is truly unique. Designed to accommodate novices and advanced users alike, it promises exceptional comfort in movement path and training position. Contoured seats and backrests and dual grip options make **SELECTION** the perfect fit for every user. And with over 30 types of equipment in the line, each member can train the muscles most suited to meeting their goals.

EASE OF USE



VISUAL SET UP

The levers, buttons and pins are bright yellow and extremely visible, so even the most inexperienced user can easily spot and correctly set up the equipment, without help from a trainer.



ERGOADJUSTMENT

The number of settings required before starting exercise is extremely low and all adjustments can be easily reached from the workout position. Also, wherever possible, the same adjustment controls are located in the same position on each machine. The easy-start device enables a convenient exercise starting position and full control of the movement on select pieces..



SMART PIN

This feature is integrated into the top of the weight stack and allows to the user to select an additional incremental plate that is half the weight of those in the rest of the stack.

This makes it possible for users to more gradually increase their load.



BIOMOTION™

This concept, developed by Technogym's R&D Center, is based on an extensive study of the functional anatomy of single muscles and their behavior in compound movements. The application of these studies to our selectorized equipment has resulted in a design that reproduces the natural movement of the body through a selected range of motion. Resistance remains steady during the entire range of motion, making the movement exceptionally fluid.



PHYSIOCAM

This feature allows variable resistance to be delivered to accommodate the specific strength curve of the muscle group being trained, and users to perceive consistent resistance throughout the entire exercise. The low initial load enabled by the cam design is in alignment with the strength curve, as muscles are weakest at the beginning and end of their range of motion and strongest in the middle. This feature is beneficial to all users, and particularly for those who are de-conditioned or rehab patients.



BIOSEAT

The ergonomic seat and two-piece backrest are anatomically shaped to support the spinal column and to help users assume the correct position during their workout. Different densities of padding have been used to best accommodate the shape of the body, offering soft or firm support where needed. The wide, comfortable shape accommodates larger users, while the reduced height from the ground enables easy access to shorter users.



HYGIENIC COMFORT

The Towel Locking Device offers a simple solution for holding the towel in place on the equipment, preventing direct contact with the upholstery and keeping it clean and dry for the next user.



SELECTION

EQUIPMENT

Shoulder Press	
Delts Machine	
Chest Press	22
Chest Incline	
Pectoral Machine	
Vertical Traction	23
Pulldown	
Pulley	
Arm Curl	24
Arm Extension	
Lat Machine	
Abdominal Crunch	25
Total Abdominal	
Lower Back	
Rotary Torso	28
Upper Back	
Low Row	
Leg Press	29
Leg Extension	
Leg Curl	
Glute	30
Adductor	
Abductor	
Rotary Calf	31
Multi Hip	
Cable Jungle	
Ercolina	34
Ercolina Rehab	
Crossover Cables	
Easy Chin/Dip	35
Multipower	36

BENCHES

Incline Bench	
Vertical Bench	36
Horizontal Bench	
Flat Bench	
Adjustable Bench	37
Scott Bench	
Crunch Bench	
Lower Back Bench	38

RACKS

Disk Rack	
Barbell Rack	
Plate Rack	39

FUNCTIONAL TRAINING

Radiant	40
---------	----



Shoulder Press

M969

- Independent movement arms result in a more balanced training effect.
- The plane of movement is positioned slightly forward in order to minimize joint impingement.
- Dual hand grips encourage exercise variation.
- The counterbalance on each arm reduces the starting resistance.

Length:	mm	980	in	39
Width:	mm	1400	in	55
Height:	mm	1495	in	59

Weight Stack:

Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Deltoids
- Triceps



Delts Machine

M993

- The release handles allow the arms to move out of the way for easy entry and then to move to the desired range of motion once in the exercise position.
- Arms are counterbalanced to minimize initial resistance, making the machine applicable to beginners as well as more advanced users.

Length:	mm	1186	in	47
Width:	mm	1180	in	46
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Deltoids



Chest Press

M970

- The converging arc of movement provides a feeling similar to training with dumbbells.
- Independent movement arms result in a more balanced training effect.
- Easy Start lever makes entry and exit easy and eliminates the need for an adjustment of the starting position.
- Dual hand grips encourage training variety.

Length:	mm	1350	in	53
Width:	mm	1450	in	57
Height:	mm	1650	in	65

Weight Stack:

Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Pectorals
- Deltoids
- Triceps





Chest Incline

M965

- The converging arc of movement provides a feeling similar to training with dumbbells.
- Independent movement arms result in a more balanced training effect.
- Easy Start lever makes entry and exit easy and eliminates the need for an adjustment of the starting position.
- Dual handgrips encourage training variety.

Length:	mm	1530	in	60
Width:	mm	1430	in	56
Height:	mm	1500	in	59

Weight Stack:

Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Pectorals
- Deltoids
- Triceps



Pectoral Machine

M913

- Decline movement pattern activates the largest percentage of pectoral muscles while minimizing anterior deltoid involvement.
- Elbow pads transfer force directly to the intended muscles.
- External rotation of the arm is minimized in order to reduce shoulder joint stress.
- Easy Start lever makes entry and exit easy and eliminates the need for an adjustment of the starting position.

Length:	mm	1315	in	52
Width:	mm	1380	in	54
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Pectorals



Vertical Traction

M971

- Outward facing seated position with Easy Start lever makes entry and exit easy and the back pad helps encourage correct posture and movement.
- The plane of movement is slightly forward of the shoulders to provide a comfortable path of motion for the user.
- Independent arms ensure a balanced training effect.
- Dual handgrips encourage exercise variety.

Length:	mm	1860	in	73
Width:	mm	1315	in	52
Height:	mm	1660	in	73

Weight Stack:

Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Dorsal
- Biceps





Pulldown

M949

- Traditional inward facing training position is familiar to users.
- The defined arc of movement makes performing the exercise correctly easier for beginners. The arc of movement also provides a greater range of motion for the lat muscles, a feature which will be appreciated by more advanced users.
- Independent arms ensure a balanced training effect.

Length:	mm	950	in	37
Width:	mm	1295	in	51
Height:	mm	1885	in	74

Weight Stack:				
Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Dorsal
- Biceps



Pulley

M914

- Traditional cable row machine offers easy access to the weight stack.
- Support bench is a convenient height off floor for comfortable entry and exit.

Length:	mm	1800	in	71
Width:	mm	1360	in	54
Height:	mm	1800	in	71

Weight Stack:				
Standard:	kg	95	lbs	190
Plus:	kg	125	lbs	250

Muscles:

- Dorsal
- Biceps



Arm Curl

M992

- Handles pivot automatically to accommodate varying forearm lengths.
- Elbow pads provide a reference for maintaining a consistent training position.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms.

Length:	mm	884	in	35
Width:	mm	1300	in	51
Height:	mm	1370	in	54

Weight Stack:				
Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Biceps





Arm Extension

M945

- The unique handle design automatically accommodates varying forearm lengths and makes the machine less sensitive to specific elbow/axis alignment.
- The articulating joint in the movement arm allows users to follow their own natural path of movement.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms.

Length:	mm	1020	in	40
Width:	mm	1440	in	57
Height:	mm	1485	in	58

Weight Stack:				
Standard:	kg	70	lbs	140
Plus:	kg	100	lbs	200

Muscles:

- Triceps



Lat Machine

M912

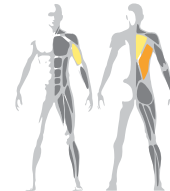
- The custom-designed pulldown bar provides a better grip and aids in consistent and correct positioning of the hands.
- User-friendly roller pads increase stabilization when using higher loads.

Length:	mm	1220	in	48
Width:	mm	845	in	33
Height:	mm	2210	in	87

Weight Stack:				
Standard:	kg	100	lbs	200
Plus:	kg	130	lbs	260

Muscles:

- Latissimus dorsi
- Biceps
- Rhomboids
- Trapezius (Lower)



Abdominal Crunch

M957

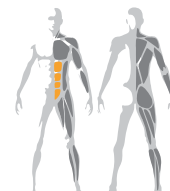
- The innovative back pad eliminates the need to adjust the seat.
- The back pad stabilizes the pelvis for better isolation of the abdominal muscles.
- The dual foot supports accommodate users of every height and prevent the hip flexors from being activated.

Length:	mm	1280	in	50
Width:	mm	1050	in	41
Height:	mm	1485	in	58

Weight Stack:				
Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Rectus Abdominis



Pursue your goals.







Total Abdominal

M983

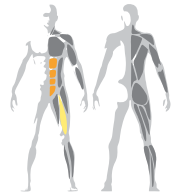
- Innovative input pad eliminates the need to adjust the seat.
- Dual action motion with posterior hip pad helps users perform a correct crunch movement.

Length:	mm	1237	in	49
Width:	mm	998	in	40
Height:	mm	1491	in	59

Weight Stack:				
Standard:	kg	95	lbs	190
Plus:	kg	125	lbs	250

Muscles:

- Rectus abdominis
- Obliques
- Rectus femoris
- Iliopsoas



Lower Back

M958

- The design of the back pad encourages extension of the low back muscles while minimizing hip extension.
- ROM adjustment is easily selected with the thumb release and accommodates individual preferences or physical limitations.
- Dual foot supports provide stabilization during exercise without the need to adjust the seat.

Length:	mm	1210	in	48
Width:	mm	1030	in	41
Height:	mm	1485	in	58

Weight Stack:				
Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Quadratus Lumborum
- Sacrospinal



Rotary Torso

M950

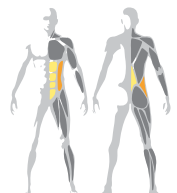
- The innovative input pad eliminates the need for an adjustable seat height.
- Start position adjustment and weight stack are accessible from the seated position.
- The start angles are labelled for side-to-side consistency and session-to-session reproducibility.
- Back pad and knee pads work together to provide pelvic stabilization.

Length:	mm	1185	in	47
Width:	mm	1123	in	44
Height:	mm	1485	in	58

Weight Stack:				
Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Internal and external oblique
- Quadratus lumborum
- Sacrospinal





Upper Back

M946

- Movement pattern is designed to focus on rear deltoids and rhomboids which can help to improve postural position.
- Independent movement arms result in more balanced strength improvement.
- Chest pad adjusts to accommodate arm length variations.

Length:	mm	1190	in	47
Width:	mm	1145	in	45
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	65	lbs	130
Plus:	kg	95	lbs	190

Muscles:

- Rhomboid
- Deltoid
- Biceps
- Latissimus dorsi
- Trapezius



Low Row

M980

- Independent movement arms result in more balanced strength improvement.
- Center grip allows user to self-support themselves when training one arm at a time.
- The path of motion and long handles enable the user to easily find the optimal position for the exercise.
- Foot supports help users to minimize pressure on chest pads.

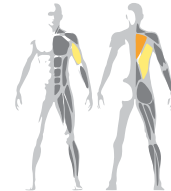
Length:	mm	1135	in	45
Width:	mm	1205	in	47
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	95	lbs	190
Plus:	kg	130	lbs	260

Muscles:

- Latissimus dorsi
- Biceps
- Rhomboid



Leg Press

M951

- The large foot support increases exercise variety.
- Resistance profile is optimized via a cam mounted inside the foot support structure.
- Shock absorbers smoothly decelerate the leg platform at the end of the possible range of motion.

Length:	mm	2070	in	81
Width:	mm	1200	in	47
Height:	mm	1800	in	71

Weight Stack:

Standard:	kg	190	lbs	380
Plus:	kg	250	lbs	500

Muscles:

- Quadriceps
- Gluteus
- Hamstrings
- Gastrocnemius
- Soleus





Leg Extension

M991

- The anatomical shape of the thigh support cushion minimizes pressure on the knee.
- The exercise position can be adjusted while seated. The ROM lever activation button adjusts the starting angle from the seated position.
- Adjustable tibia roller pad accommodates users of every height.

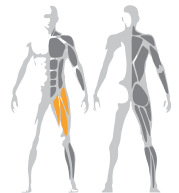
Length:	mm	1300	in	51
Width:	mm	1050	in	41
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	95	lbs	190
Plus:	kg	125	lbs	250

Muscles:

- Quadriceps



Leg Curl

M990

- Seat and back pad adjust together to ensure consistent comfort and support while minimizing hamstring constriction.
- The tibia roller pad can be adjusted to change the starting angle and to make it easier to enter and exit the machine.
- Dual roller input eliminates one adjustment from traditional seated leg curls and minimizes potential for hyperextension of the knee.
- The adjustable tibia roller pad accommodates users of every height.

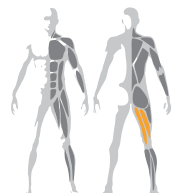
Length:	mm	1300	in	51
Width:	mm	1050	in	41
Height:	mm	1485	in	58

Weight Stack:

Standard:	kg	95	lbs	190
Plus:	kg	125	lbs	250

Muscles:

- Hamstrings



Glute

M979

- Two foot supports at different heights facilitate axis of rotation alignment.
- The ROM lever activation button provides for entry and exit and adjusts the starting position to the desired range of motion.
- Pelvis pad and handles help maintain consistent positioning during use.

Length:	mm	1105	in	44
Width:	mm	1310	in	52
Height:	mm	1800	in	72

Weight Stack:

Standard:	kg	70	lbs	140
Plus:				N0

Muscles:

- Gluteus





Adductor

M917

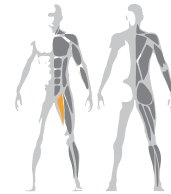
- Front mounted weight stack ensures easy use and privacy during the workout.
- Adjustable start position accommodates individual capabilities and preference.
- The low height of the machine provides easy access.

Length:	mm	1415	in	56
Width:	mm	850	in	33
Height:	mm	1195	in	47

Weight Stack:				
Standard:	kg	70	lbs	140
Plus:	kg	100	lbs	200

Muscles:

- Adductor



Abductor

M918

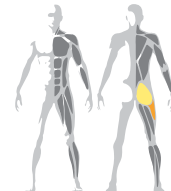
- Front mounted weight stack ensures easy use and privacy during the workout.
- Knee pads and dual foot positions support legs and reduce torque around knee.
- The low height of the machine provides easy access.

Length:	mm	1400	in	55
Width:	mm	850	in	33
Height:	mm	1195	in	47

Weight Stack:				
Standard:	kg	70	lbs	140
Plus:	kg	100	lbs	200

Muscles:

- Tensor of fascia lata
- Gluteus



Rotary Calf

M915

- Footplate rotates through a natural arc of movement for the ankle for effective training of the calf muscles. The extended leg position activates both Gastrocnemius and Soleus muscles.
- The seated position with back support eliminates spinal compression and provides a good position if uni-lateral training is desired.

Length:	mm	1380	in	54
Width:	mm	980	in	39
Height:	mm	1485	in	58

Weight Stack:				
Standard:	kg	65	lbs	130
Plus:				NO

Muscles:

- Gastrocnemius
- Soleus





Feel the energy.





Multi Hip

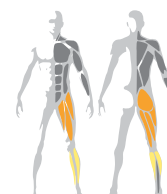
M967

- Multi-functional machine provides movements to train hip flexion and extension and hip adduction and abduction.
- The axis of rotation adjusts up and down via a counterbalanced mechanism to provide accurate axis of rotation alignment and a consistent relationship for the user to the floor.

Length:	mm	1220	in	48
Width:	mm	1110	in	44
Height:	mm	1530	in	60

Weight Stack:				
Standard:	kg	95	lbs	190
Plus:	kg	125	lbs	250

Muscles:
 - Gluteus
 - Biceps
 - Quadriceps
 - Adductors
 - Abductors



Cable Jungle

M982

Length:	mm	1920	in	76
Width:	mm	1680	in	66
Height:	mm	2290	in	90

Weight Stack:				
Standard:	kg	50/70	lbs	100/140
Plus:	kg	50/27,5	lbs	100/55



Ercolina

M928

Length:	mm	625	in	25
Width:	mm	685	in	27
Height:	mm	2420	in	95

Weight Stack:				
Standard:	kg	55	lbs	110
Plus:	kg	100	lbs	200
Oversize:	kg	130	lbs	260



Ercolina Rehab

M959

Length:	mm	780	in	31
Width:	mm	685	in	27
Height:	mm	2420	in	95

Weight Stack:

Standard:	kg	55	lbs	110
Plus:	kg	100	lbs	200
Oversize:	kg	130	lbs	260



Crossover Cables

M924

Length:	mm	685	in	27
Width:	mm	3220	in	127
Height:	mm	2420	in	95

Weight Stack:

Standard:	kg	55x2	lbs	110x2
Plus:	kg	100x2	lbs	200x2

Optional:

Add. Weight (2,5 kg -5 lbs):	kg	130x2	lbs	260x2
------------------------------	----	--------------	-----	--------------



Easy Chin/Dip

M987

- Allows all users to perform chin and dip exercises with good form, even those who can not do so with their full body weight.
- The chin bars rotate out of the way when doing dips for unrestricted movement.

Length:	mm	1680	in	66
Width:	mm	1426	in	56
Height:	mm	2682	in	105

Weight Stack:

Standard:	kg	110	lbs	220
-----------	----	------------	-----	------------

Muscles:

- Biceps
- Triceps
- Rhomboid
- Latissimus dorsi
- Trapezius





Multipower

M953

Length:	mm	1381	in	54
Width:	mm	2094	in	82
Height:	mm	2498	in	98



Incline Bench

P919

Length:	mm	1935	in	76
Width:	mm	1316	in	52
Height:	mm	1510	in	59



Vertical Bench

P922

Length:	mm	1180	in	46
Width:	mm	1642	in	65
Height:	mm	1851	in	73



Horizontal Bench P924

Length:	mm	1250	in	49
Width:	mm	1320	in	52
Height:	mm	1627	in	64

Available with integrated Plate Rack



Flat Bench P914

Length:	mm	1188	in	46
Width:	mm	700	in	28
Height:	mm	560	in	22



Adjustable Bench P920

Length:	mm	1187	in	46
Width:	mm	688	in	27
Height:	mm	1300	in	51



Scott Bench P917

Length:	mm	1060	in	42
Width:	mm	780	in	31
Height:	mm	1001	in	39



Crunch Bench P915

Length:	mm	1440	in	57
Width:	mm	657	in	26
Height:	mm	852	in	34



Lower Back Bench P925

Length:	mm	1215	in	48
Width:	mm	661	in	26
Height:	mm	722	in	28



Disk Rack

A0000078

Length:	mm	755	in	30
Width:	mm	755	in	30
Height:	mm	860	in	34



Barbell Rack

A0000071

Length:	mm	920	in	36
Width:	mm	630	in	25
Height:	mm	1285	in	51

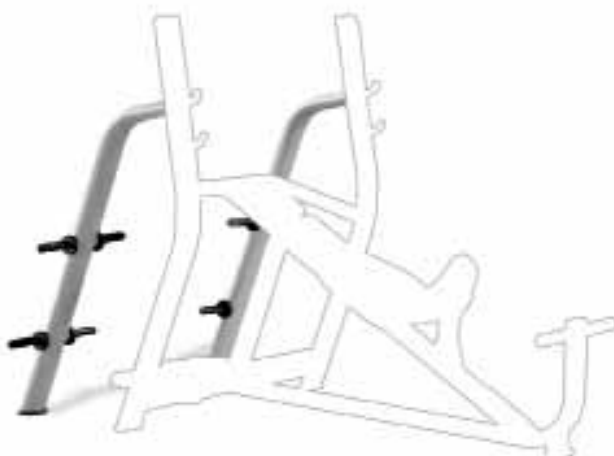


Plate Rack

A0000070

Length:	mm	330	in	13
Width:	mm	580	in	23

Available on Horizontal Bench Press and Incline Bench Press.



Technical Specification

Length:	mm	2486	in	98
Width:	mm	860	in	34
Height:	mm	2420	in	95
Weight Stack:	kg	100	lbs	200



Radiant.

RADIANT is the ideal solution for working out in the Personal Training area of your facility.



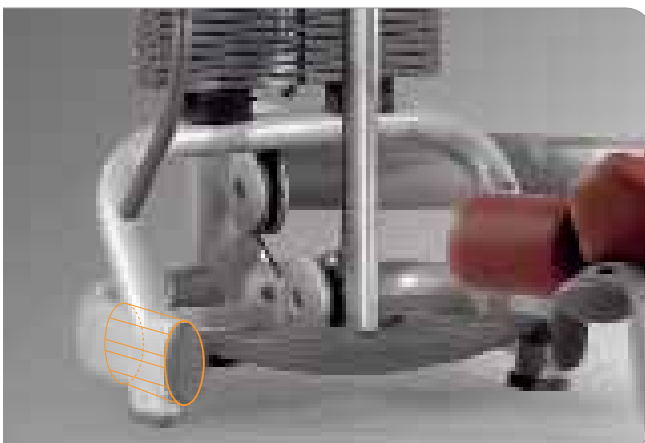
VERSATILITY

RADIANT is a functional training tool that accommodates a wide variety of exercises and movement progressions. Optional accessories further expand the range of exercises that can be performed on RADIANT.



INTEGRATED BENCH

RADIANT has a folding bench that tilts forward at a gradient of 15° to help less experienced users assume the correct training posture.



CONTINUITY OF DESIGN

RADIANT has the same family feeling as SELECTION and EXCITE™, giving a strong sense of continuity in the facility interior design.

Color Version

Our finishes have a high resistance to abrasions, aging, stains, oil, disinfectant, bacteria and mildew.

The frames are subjected to a painting process with high resistance powders and are then furnace baked. They have a high quality durable finish that is tough and highly scratch resistant.



AL. Silver Frame



AN. Anthracite Frame



BN. White Frame

		FRAME		
		AL. SILVER (metalised)	BN. WHITE	AN. ANTHRACITE
UPHOLSTERY	V. BLACK	✓	✓	✓
	M. BORDEAUX	✓	✓	*
	Z. LIGHT BROWN	*		✓
	Y. BRILLIANT BLUE	✓		
	K. AVIATION BLUE	✓	✓	*
	W. BRILLIANT GREEN	✓	*	
	J. RED		*	

✓ recommended

* possible

