A grayscale photograph of a person using a My Mountain exercise machine. The person is leaning forward, looking down at a water bottle on the machine. The machine has a handle and a water bottle holder. The background is dark and out of focus.

Focused on Walking

My Mountain[®]

The My Mountain[®] utilizes the principles of incline training to improve aerobic performance and maximize calorie burn.



Focused on Walking **My Mountain®**

The My Mountain® utilizes the principles of incline training to improve aerobic performance and maximize calorie burn.

Combining the towering inclines of up 50%, declines to minus 5% and the preprogrammed hikes, you will have unlimited access to workouts that automatically controls speed and incline.



The real trekking...

Handrail
Ergonomic design

Safety Key
Pulled out in emergency

Display Readouts
Distance, Speed, Incline,
Calories, 10x21
Dot Matrix, 20 pre-
programmed workouts.

Accessory Holder
Safely holds personal
belongings such as
water bottle,
cell phone, keys, etc.



Physiological Effects with My Mountain®

climbing 3-4 times a week has been reported to increase cardiac output by 12 %. Additionally, it is very efficient way to improve the musculoskeletal system , cardiopulmonary activity and to reduce body fat.

The physiological effect of Climbing on My Mountain®

Cardiopulmonary activity
Increasing tidal volume and cardiac output

Effective way to reduce body fat
Incline walking is the most effective exercises to decrease the body fat.

Decline walking
Decline walking > Backward walking

Increasing bone density
Very effective to treat the postmenopausal osteoporosis.

Strengthening the musculoskeletal system
High incline walking strengthens the femoral muscle, abdominal and waist muscle.

Fitness Center

The My Mountain® guarantees saving the space and electric power and to improve aerobic performance and maximize calorie burn.

Superiority of My Mountain® in Fitness Center



First, the small and compact size of My Mountain® helps saving the space and improving the turnover ratio at peak time.

Second, power consumption is almost zero at 25% or higher incline. My Mountain® is more cost effective than conventional treadmills.

Third, the highest level of stability and durability.



The revolution of space - Compact and Quiet

Includes all the function of a conventional walking treadmill but the size is much smaller and the advanced electronics make it whisper quiet.

Low impact walking - Comfortable

The dynamic spring minimizes impact, creating a smooth and natural low impact walking.

Unsurpassed workout efficiency

High degrees of inclining allows users to effectively increase their heart rate while still being at a low impact walking.

The joy of walking

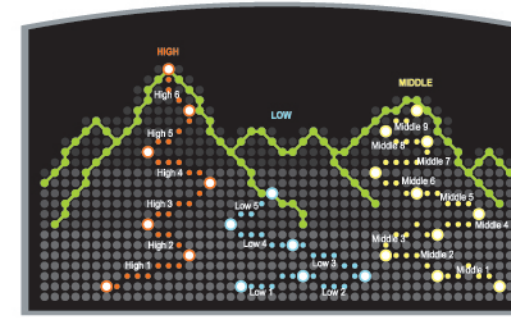
The inclining can be controlled automatically allowing the pre-programmed mountain-climbing courses to train you for the trekking in real world. This versatility always keeps you entertained.



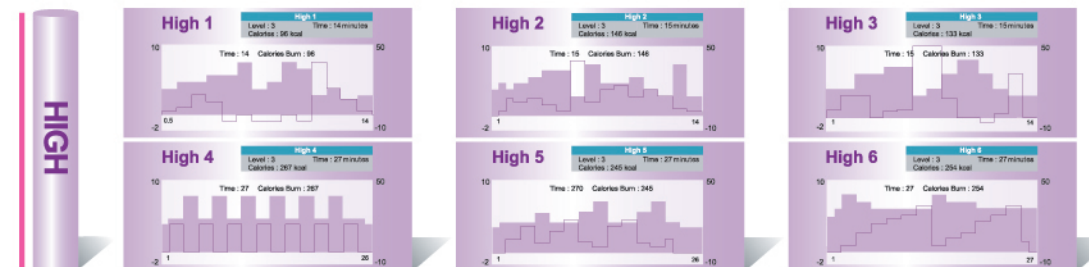
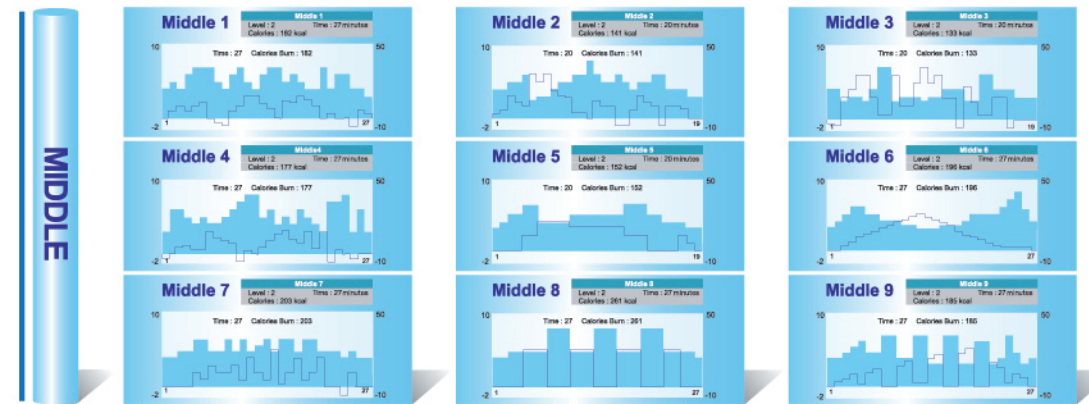
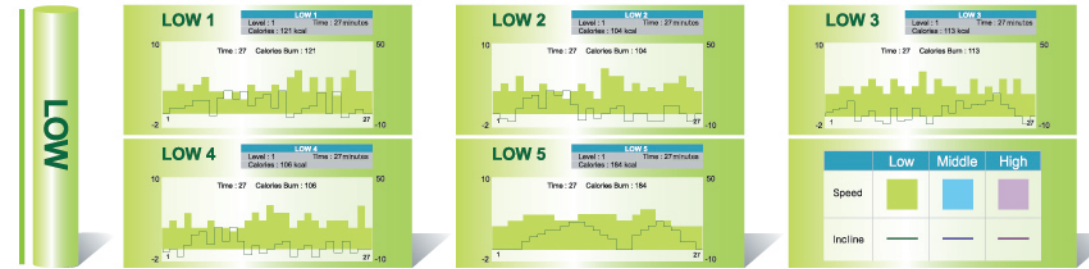
Specification

SPEC	CARDIO
	INCLINE TRAINING EQUIPMENT
	My Mountain®
	MM5050SE
Speed	0.3~8.0 km/h
Incline	-5 ~ 50%
Drive Motor [HP]	AC 2 HP [4HP treadmill duty]
Driving Control	Magnetic Flux Vector Control Inverter : Mistubishi-1.5K
Running Surface [WxL]	510 x 1070 mm
Machine Size [WxLxH]	1023 x 1260 x 1625 mm
Treadmill Weight	135 kg
Roller Size	ø75 mm
Display Type	10x21 Dot Matrix LED, 5 FND, Course LED
Display Readouts	Speed, Incline, Time, Calories, Distance, Program Profile, METS, Calories Burned
Workout Program	20 Courses
Max. Users Weight	130 kg
Electric Power	220V, 6A, 50/60hz
Warranty	2 years

My Mountain® 5050SE



Workout Programs





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