



 **Me-Mover**
Fitness



FULL BODY // LOW IMPACT // ERGONOMIC // ANYTIME, ANYWHERE // BACKED BY PROFESSIONALS



 Me-Mover
Fitness



*"Move the body, still
the mind."*

Full body
outdoor
workout
machine



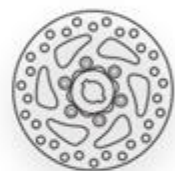
Product specification



0 - 25+ mph
0 - 35+ km/h



100%
Man-Powered



Disc Brakes
Front & Rear



Ø 12,5"
Wheel



54.5lbs
24.7kgs



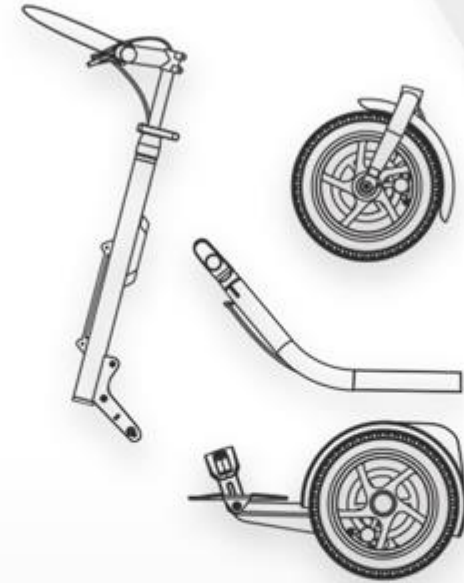
Variable
Transmission



- FOLDS IN SECONDS
- + Simple folding
 - + Easy to store
 - + Roller cart function



- 3 WHEEL DESIGN
- + Compact
 - + Safe and stable
 - + Precise driving



- MODULAR DESIGN
- + Easy to service
 - + Modular upgrades
 - + Cargo bike add-on
 - + Electric add-on



Danish Design

TECHNICAL SPECIFICATIONS



Danish Engineering

- In development since 2010
- Over 100 components in each transmission
- Unique gearing system allowing the user to adjust the driving comfort at any speed
- Fully designed and developed in Denmark
- Easy maintenance
- Upgradable for future editions
- Durable and built to last
- High quality components sourced from all over the world





The Me-Mover FIT



Great for a full body workout, outdoors & indoors

Quick steps, high steps, turns & curves, you get a dynamic ride with the FIT and activate your full body, including your core. The intensity of your ride is determined by your individual fitness level, which will increase as you Me-Move. The FIT can also be used with our hometrainer, to get more training indoors.



Very stable, even at low speed

The FIT has smaller (12-inch) wheels which means it's very stable, no matter how slow you go. Even if you're fragile or don't have a great balance you will feel confident, and your balance will improve fast!



Great for commuting and running errands

The FIT's compact base and smaller wheels make it great for riding in the city where space is limited and you often have to stop & go.

The Me-Mover SPEED



Great for long distance rides

The SPEED has bigger (16-inch) wheels which means it is easier to maintain cruising speed and to go on for long distances. You get a great, airy feeling on your long rides.



Stable at fast speed

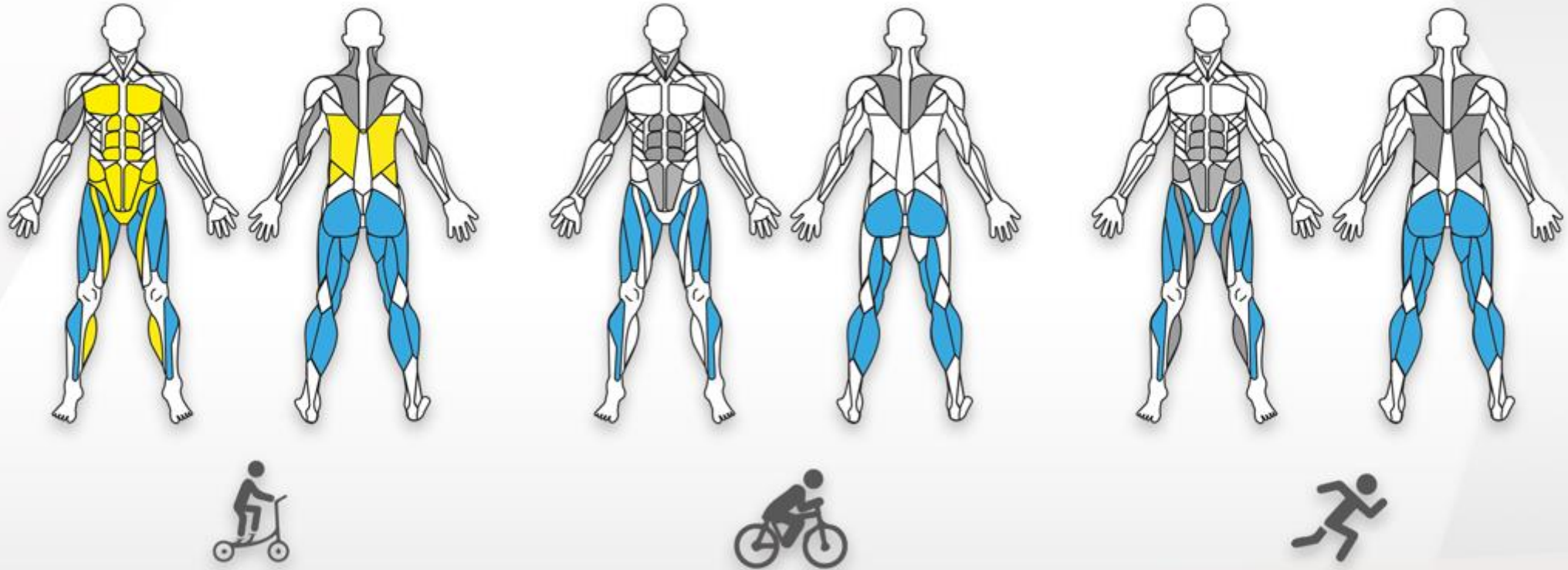
The wheelbase of the SPEED is longer, providing you with great stability at fast speed, as well as in curves and turns. You can push your limits on long rides! The SPEED is quite lively, even at slow pace and has a lighter touch encouraging you to play with your moves on your ride



Enjoy exhilarating moves

With a longer and taller body, the SPEED has a sublime carving motion very close to skiing, and with the sporty bull-horn handlebars, you can really go full on. Carving is not only fun, it also provides you with excellent training of your core, without even realizing.

Product Benefits



A MORE COMPREHENSIVE WORKOUT



**LOW
IMPACT**



G-Force on joints





Making exercise fun again





Indoor home trainer 2.0

Exercising at home/office/gym or outside. The choice is yours.



One concept, one price but many benefits combined in one



\$



\$



\$

Target groups & benefits

Core segments

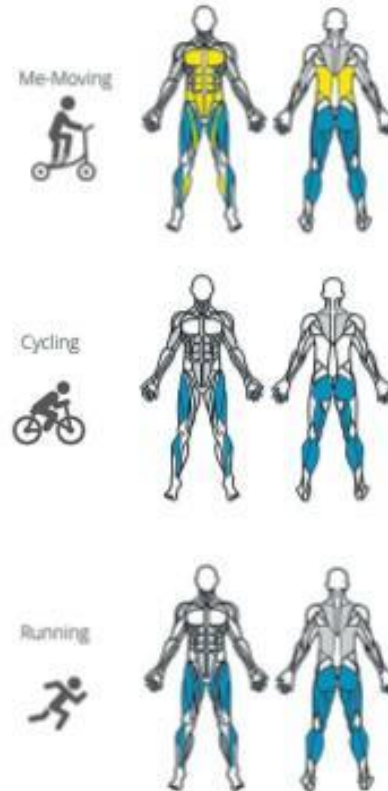
Fitness/Athletes

Physiotherapists
& Co

Commuters

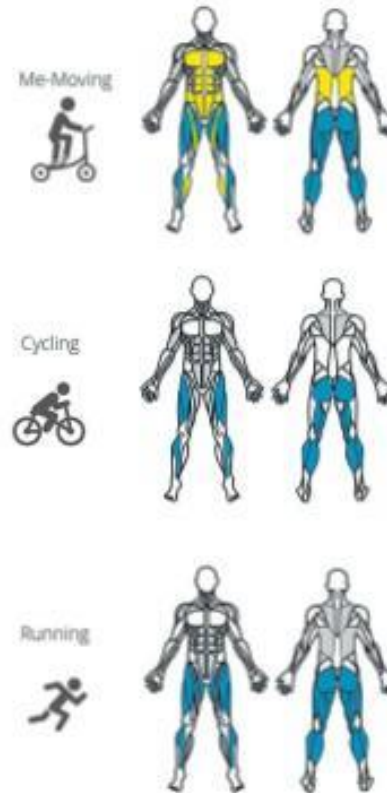
All the benefits of the Me-Mover for fitness training

- ✓ A unique **2-in-1 outdoor/indoor** workout machine
- ✓ Biomechanical cross trainer, designed to **work with the body, not against it**
- ✓ Activates 6 major muscle groups for a **full-body workout**
- ✓ **Doesn't stress the joints**, get active safely
- ✓ **Multidimensional way of moving**, with the carving effect, is so much different compared to other trainers
- ✓ A **fun ride**, with a unique carving effect close to skiing, that **engages the core**
- ✓ Can also be used indoors with the **hometrainer**



All the benefits of the Me-Mover to recover & regain

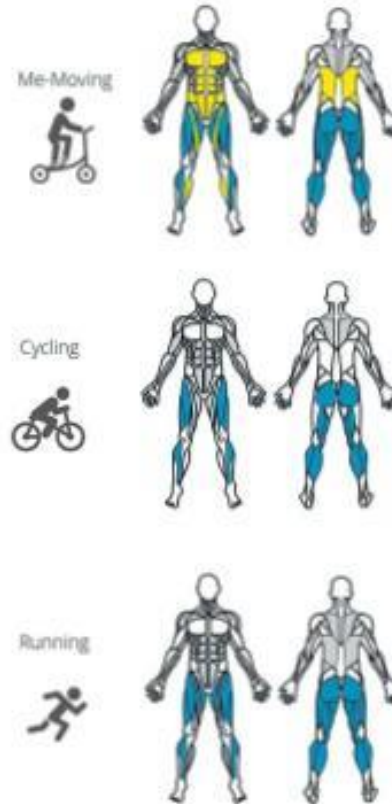
- ✓ A unique 2-in-1 outdoor/indoor workout machine
- ✓ Biomechanical cross trainer, designed to **work with the body, not against it**
- ✓ Me-Moving activates **6 major muscle groups**, strong **core engagement**
- ✓ Corrects the **posture** (with the upright position) and improves **balance**
- ✓ **Doesn't stress the joints**, get active safely
- ✓ Low impact and stable machine, almost **everyone can use it** (whatever their condition, age or fitness level)
- ✓ Opens a world of possibilities for all: **regain** mobility, **recover** from injuries, **build** strength and energy...



Continue training/being active and avoid repetitive injuries/fallbacks

All the benefits of the Me-Mover for runners

- ✓ A **unique** outdoor workout machine
- ✓ Biomechanical cross trainer, designed to **work with the body, not against it**
- ✓ Activates **6 major muscle groups** (including the core) for a full-body workout
- ✓ **Doesn't stress the joints**, even during very intense rides
- ✓ Enables runners to continue training while recovering from an injury, and to train more **without risking repetitive strain injuries**
- ✓ A fun ride, with a unique carving effect close to skiing, that gives the **feeling of freedom** runners love.





"As an elite triathlete, the Me-Mover provides me with effective training with high cross-over effect both for biking and running, while improving stability and core strength"

- Natalie Thomas, *Elite Triathlete*

"The closest thing to running but running itself, which makes it ideal for endurance training without the impact on the joints and tendons. It actively supports correct posture and stability for improved performance."

- Henrik Them, *Elite Marathon Runner*



"I had only two weeks on the Me-Mover before a big race, but could already notice a big improvement running downhill in the Alps. My legs feel a lot stronger and can handle a lot more difficult terrain like a breeze. Me-Mover boosted my running like nothing else."

- Zoltan Kuthy, *Ultra Marathon Runner*

"The low impact and training efficiency of the Me-Mover makes it a great tool for staying in shape at all times"

- Wilson Kipketer, *Former World Record Holder*



"With the Me-Mover you are forced into a more natural and upright position. Your postural muscles, and core muscles like trans-versus abdominis are ignited, lifting your head and building strength in your back. This helps alleviate any negative stresses on the spine and to eradicate pain in the process"

- Robert Tynan, *Founder of Ultimate BodyTec and Fitness Adventure Travel*





 Me-Mover
Fitness



COME JOIN THE ME-MOVER COMMUNITY!