

# It's all about the Angle - Benefits of Trekking on the uTrek



**Strengthens the back**  
Strengthens the back muscles which are used to keep the body upright.

**Lowers disease risk**  
Reduces risk of Type 2 diabetes, heart diseases and stroke. It also improves the management of joint and muscular pain, and stiffness.

**Tones your tummy, butt and legs**  
Strengthens thighs, shapes calves, and lifts your glutes (butt muscles). It also tones your abs and helps to reduce the waistline for a svelte silhouette.

**Low-impact exercise**  
Decreases the likelihood of injury or strains to knees, hips and back. It also helps to minimize heel-strike impact.

**Improves your mood and re-energizes the body**  
Releases feel-good endorphins into the bloodstream, reducing stress and anxiety. It also boosts circulation and increases oxygen supply, helping you to feel more alert and energized.

**Improves cardiovascular fitness**  
A great cardiovascular workout that helps to strengthen the heart without requiring speed.

**Burns more calories**  
The incline angle significantly increases the number of calories burned during a workout. Regular trekking also increases basal metabolism that helps to burn fat even while at rest.

**Improves bone density**  
A weight-bearing exercise, it helps to stimulate muscles and strengthen bones, forestalling osteoporosis and reducing the likelihood of slips and falls.



## It's all about the Angle

The incline angle in the OSIM uTrek helps to maximize every workout session by providing an effective but low-impact cardio workout without increasing the speed, which may be inappropriate for those with joint problems or injuries. It also increases the heart rate which helps to burn more calories and fat because the body uses a greater percentage of fat for fuel when trekking on an incline compared to walking on flat surfaces. Due to the incline, the abdominal muscles tighten to help stabilize your body as you propel yourself forward. As you trek, it will also activate major muscle groups in the lower body, building strength in the legs, toning and shaping the calves, quads, hamstring and glutes (butt muscles), for a perkier silhouette.

**Fit for All**  
With 3 automated programs (Trek, Climb and Scale) and a manual selection of 6 trekking speeds offering varying levels of intensities, the OSIM uTrek is suitable for every fitness level and objective, making it the one-stop workout machine for the entire family.

**Clear and User-Friendly Display**  
The uTrek's ergonomically located control panel makes for easy selection of your desired workout program with just the touch of a button. The large, sharp display presents a graphical representation of the program selected, allowing you to track and monitor your progress as you workout.



**Seamless Transition**  
The uTrek's smart interface allows for seamless transition within the 3 preset automated programs, allowing you to navigate between the intensities without disrupting your workout.

**Built-in Timer**  
The uTrek's built-in auto-timer sets an optimal duration of 15 minutes for each workout session, ensuring you receive the most from your workout while concurrently preventing strain or fatigue from excessive use.

**Compact and Safe**  
The trekking deck of the uTrek is foldable, allowing you to conveniently store it under the bed or sofa when not in use. The built-in locking mechanism ensures additional safety when the uTrek is folded for storage.



Fold and store the uTrek under the bed or sofa when not in use.

### Specifications

Model	OSIM uTrek
Model number	OS-933
Power supply	220-240V - 50/60Hz 110-120V - 60Hz
Power consumption	100W
Maximum user weight	100kg
Suggested usage time	15 minutes
Dimensions	113.8 (L) x 58 (W) x 14.2 (H) cm (fold) 82.5 (L) x 58 (W) x 113.5 (H) cm (unfolded)
Net weight	Approximately 17.1kg
Gross weight	Approximately 20.5kg

Purchase the uTrek at [www.OSIM.com](http://www.OSIM.com)  
Contact our customer hotline for more information at +65 6741 1538

**Complies with Safety and Quality Standards of International Certification Boards:**

- Safety Test Low Voltage Directive 2006/95/EC under EN Standards.
- Electromagnetic Compatibility EMC Directive 2004/108/EC under EN Standards.
- Safety Test for Household & Similar Electrical Appliances under GB Standards.

uTrek

OSIM Asia No.1

## The mini trek-mill to better fitness and well-being



Model OS-933 Designed and Developed in Singapore by OSIM International Ltd © 2014. All rights reserved. R-01

# Better Than Walking - Trek your way to better fitness and well-being, one step at a time

Put your best foot forward and begin your journey to improved fitness levels, firmer muscle tone and enhanced overall well-being with the OSIM uTrek. Redefining the 'walking' experience, the uTrek provides a workout superior to regular walking, allowing you to save time and achieve greater gains.

Designed as an all-encompassing fitness machine, the uTrek comes preloaded with tiered programs simulating different terrains and intensity levels, offering a workout customizable to your own pace.

Better than walking; the uTrek is your ultimate convenient, efficient, and effective workout choice - all without leaving the comfort of your own home.

### uTrek - Your perfect indoor exercise companion

- ✓ Trek in the privacy and comfort of your home
- ✓ Trek anytime, anywhere
- ✓ Cost and time-saving
- ✓ Avoid disruptions to workout routine due to weather conditions
- ✓ Multi-task while trekking

## Track that trek - Workout the efficient way

Studies have shown that trekking allows you to maximize each workout session and lets you workout more effectively and efficiently in less time compared to walking on a flat surface. It also effectively improves the body's ability to burn fat, shape muscles, lose weight and build strength and endurance.

The chart below shows the equivalent energy burned trekking on the uTrek in 15 mins across the 6 different speeds in comparison to common selected sports and daily activities



### Equivalent energy burned on the OSIM uTrek in comparison to common selected Sports and Daily Activities

Trekking on uTrek	Sports / Exercise	Daily Activities
<b>Level 1</b> 15mins	<b>Walking</b> (On flat ground) 15 mins 	<b>Yoga</b> (Beginner level) 21 mins 
<b>Level 2</b> 15mins	<b>Tai Chi</b> 15 mins 	<b>Light Housework</b> (Washing dishes, ironing) 15 mins 
<b>Level 3</b> 15mins	<b>Sit Ups</b> 20 mins 	<b>Gardening</b> 21 mins 
<b>Level 4</b> 15mins	<b>Golf</b> 15 mins 	<b>Table Tennis</b> 20 mins 
<b>Level 5</b> 15mins	<b>Cycling</b> 20 mins 	<b>Laundry</b> (Washing by hand) 15 mins 
<b>Level 6</b> 15mins	<b>Swimming</b> 20 mins 	<b>Mopping the Floor</b> 15 mins 
		<b>Wash and Wax Car</b> 15 mins 
		<b>Moving Furniture and Boxes</b> 16 mins 

Improve fitness

Lose weight and keep in shape

Endurance training and building muscle strength

## Different lifestyles, varying needs – One versatile trekking machine.

### 1 Quick & Easy

The uTrek is a simple, accessible and hassle-free answer to maintaining a well-rounded fitness regime in the convenience of your home.

#### Perfect for:

- ✓ Individuals who have little or no time to workout
- ✓ Those that who prefer an easy exercise
- ✓ Those that who want a simple and effective workout solution



### 2 Tone & Shape

The uTrek is your express pathway to that trim and svelte figure you always dreamed of.

#### Perfect for:

- ✓ Those that who want to lose weight
- ✓ Ladies that who yearn for a firmer butt, leaner thighs and slender calves
- ✓ Individuals that who desire to look and feel good



### 3 Low Impact Fitness

The uTrek is a low-impact and beginner-friendly choice for a healthier body.

#### Perfect for:

- ✓ Strengthening lower body muscles, reducing the likelihood of slips & falls
- ✓ Reducing the risk of heart disease and stroke
- ✓ Improving muscle flexibility and mobility



### 4 Enhance Overall Well-Being

The uTrek is your secret weapon in your quest for peak performance, a better physique and overall well-being.

#### Perfect for:

- ✓ Improving cardiovascular fitness
- ✓ Building muscle strength and endurance
- ✓ Enhancing overall physical well-being



### Quick tips for better trekking on the uTrek

- **Get the right gear**  
Wear comfortable shoes with proper arch support and a firm heel.
- **Warm-up**  
Spend a couple of minutes warming up your muscles with stretching exercises.
- **Start slow**  
Begin with the lowest uTrek intensity and increase gradually.
- **Use the proper technique**  
Keep a proper posture with your back straight, head high and feet rolling from heel to toe.
- **Cool down**  
Cool down with light stretching to reduce stress on your heart and muscles.