iGreenMill

CATALOG 2023

www.igreenmill.com



1. **iGreenMill** has no restrictions on speed and settings. You can easily go from a slow walk to a full sprint.

2. You can set your own pace depending on your level of fitness and planned training goals.

3. The **iGreenMill** treadmill looks great and has high artistic value – the device looks modern and can even be seen as authentic contemporary art – designers have called it a work of art.

4. **iGreenMill** is made entirely of stainless steel and is therefore resistant to all weather conditions. Enjoy a full-fledged outdoor training in the comfort of your garden or terrace.

5. The **iGreenMill** treadmill is completely maintenance-free. There is practically no need for maintenanace.

iGreenMill - Outdoor Treadmill

iGreenMill is the world's first and only outdoor curved treadmill. **iGreenMill** has a revolutionary roller system that provides an amazing running experience for people of all ages - from children to adults and seniors.

The principle of the treadmill is simple:
You want to go faster - go faster. You want to slow down - slow down. You want to stop - stop.

Just like in life - you are the powerhouse of the **iGreenMill** treadmill. You can freely control your pace thanks to the unique 32 rollers made of Italian stainless steel that work together with you to provide a professional sports experience. The perfectly curved running surface is designed so that the user can walk, run or perform more than 30 other exercises.

Introduce running training into your life on the **iGreenMill** external treadmill. Training on **iGreenMill** guarantees an unforgettable training experience, and in addition, according to research, training on curved treadmills burns 40% more calories than training on standard straight treadmills powered by an

The iGreenMill treadmill offers many training options, including:

1. fat burning
2. buttock training
3. abdominal muscle training
4. HIIT system
5. interval
6. sprint training
7. walking
8. rehabilitation

iGreenMill App

What is the **iGreenMill** App?

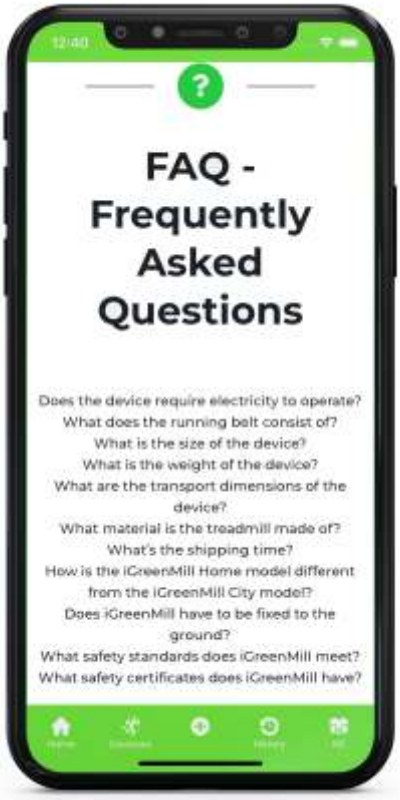
The **iGreenMill** application, available to all, includes training plans for various groups of users. The application can save your workouts in the training diary and monitor training on **iGreenMill**, keeping constant track of the training progress.The application will also provide information about group trainings organized on **iGreenMill** and global **iGreenMill** user events.

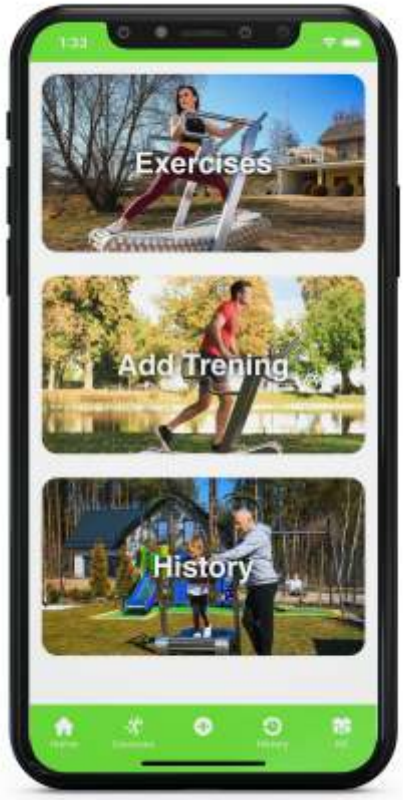
1. Training plans for various target groups: children, teens, adults, seniors, women, men.
2. Each training plan prepared in 3 difficulty segments: beginner, intermediate, advanced.
3. Various lengths of training plans available: 14 days, 30 days, 60 days, 90 days.
4. Training plans dedicated to various training goals: improving fitness, burning fat, firming the buttocks, etc.
5. Constantly updated and added training coaching videos.
6. Training log that automatically analyzes your training progress.
7. Virtual trainer - analysis of training goals and training tips.




iGreenMill


Running


FAQ -
Frequently
Asked
Questions
Does the device require electricity to operate?
What does the running belt consist of?
What is the size of the device?
What is the weight of the device?
What are the transport dimensions of the device?
What material is the treadmill made of?
What's the shipping time?
How is the iGreenMill Home model different from the iGreenMill City model?
Does iGreenMill have to be fixed to the ground?
What safety standards does iGreenMill meet?
What safety certificates does iGreenMill have?


Exercises
Add Trening
History

iGreenMill Home













iGreenMill City






iGreenMill







HOTEL / SINGAPORE



HOTEL / RHODES / GREECE



VELUX COMPANY / DENMARK











WWW.IVEOUTDOOR.COM

WWW.IGREENMILL.COM

USA:
Ive Outdoor LLC
3000 El Camino Real
Palo Alto, CA 94306
United States

WORLD:
Ive Outdoor
Lubiejewska 81
07-300 Ostrow Mazowiecka
Poland

info@iveoutdoor.com +1.424.253.0999