



MountainAir™ is next-generation technology in altitude simulation

About Us

From our headquarters in Boulder, Colorado, we are a team of engineers and outdoor enthusiasts who are passionate about harnessing technology and natural physiology to improve health and wellness. Together with our scientific advisory board, we have developed MountainAir for the cardio and weight loss markets. Please feel free to contact us at Mountain Air Cardio; we love talking about MountainAir!

Features of MountainAir™

Easier to Set

Set your altitude quickly and accurately from your phone or tablet to within 100' (30m) from the MountainAir™ app within seconds. Set it and forget it.

Lower Noise

MountainAir™ introduces a silencing technology that lowers noise levels in the tent to that of a small office desk fan.

More Comfortable

Our design offers breathable tent panels, a ventilation fan, and more fresh air. The air in the tent is cooler, less humid and less stuffy.

Upgrade an Existing Tent

If you already own an altitude tent of any brand or age, you can upgrade your system for a quiet, cool, accurately controlled night's sleep.



Health and Safety

Safety

This level of hypoxia has been studied extensively and is safe for healthy people. The short overnight doses and graduated acclimatization periods employed in the MountainAir™ system successfully prevent symptoms of mountain sickness.

Air Quality

MountainAir™ keeps the air fresh. It operates by delivering an excess of hypoxic air which is then automatically diluted by the fresh air ventilation fan to achieve the desired altitude setpoint. This results in a cooler, less humid environment inside the tent and with less CO2 buildup.



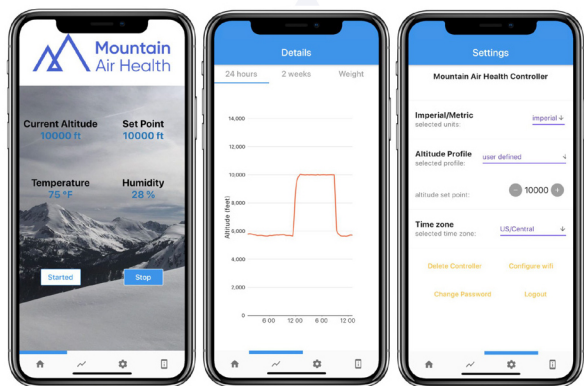
Our technology is used by thousands of elite athletes and 23 research institutes in North America

Higher altitude = increase in hemoglobin levels = improved cardio

Improve Cardio While You Sleep ~ Live High Train Low (LHTL)

“Four weeks of acclimatization to moderate altitude, accompanied by high-intensity training at low altitude, improves sea level endurance performance. The mechanism involves expansion of the red cell mass and an increase in circulating hemoglobin levels, accompanied by maintenance of oxygen flux to working muscle.”

–Stray-Gundersen, Chapmin, Levine



How does this work?

Our system, MountainAir®, simulates 10,000 feet of elevation in your bedroom (which is roughly the same as much of Summit County, Colorado). We provide a tent that goes around your bed, then pump air through our air separation unit and into the tent. The oxygen content is adjusted gradually over a period of one to two weeks so that your body naturally acclimates to the higher altitude comfortably and effortlessly. This safe and effective system of simulating high altitude is the same system used by thousands of elite athletes to increase their cardio performance.



Will the tent fit my bed?

The tent is designed to go around your mattress like you see above and is available for queen & full-sized beds with access panels on both sides of the bed. The tent, air unit, and accessories are shipped to you for DIY assembly, which takes less than one hour. Full telephone support is available during normal office hours at +1.720.432.6305 (Mountain Time).



Our companion app is available on the Apple App Store and Google Play Store. Amazon Alexa integration is icing on the cake.