



Mountain  
Air Cardio



Mountain  
Air Health

## Altitude Tent System

### Installation & Maintenance Instructions

Congratulations on the purchase or rental of a MountainAir® altitude simulation system! Please read this entire manual before installing or using MountainAir®. No, really, read the whole thing - it's not as intuitive as putting together Ikea shelves! This manual describes how to install, configure and maintain the MountainAir® altitude system. We *highly recommend* that you read and understand this manual before entering the altitude tent.

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*The statements made on our website and in these Operating Instructions are not intended to be a substitute for individualized, professional medical advice.*

*Please see the Health and Safety section of this manual for contraindications.*

*Users should seek their own professional counsel for any medical condition or before starting any weight loss or cardio improvement plan.*

*Mountain Air Health products are not FDA Certified and should be considered a wellness product.*

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ESTIMATED TIME TO SET UP the MountainAir® altitude tent system: It is recommended that two people install the tent. It should take approximately 45 minutes to install the complete system plus another 30 minutes for the system to achieve the desired altitude.

If at any time during the setup procedure you have any questions, please call our support number at:



+1.720.432.6305 during mountain time office hours or

email us at [support@mountainairhealth.com](mailto:support@mountainairhealth.com)

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## IN THE BOX

- a. Tent with Poles. The bag is packed tightly with strap tensioner. When unclipping the strap, use your hand to unfold the tent slowly.



- b. Air Units. There are two styles of air units:  
Figure-A > The one on the left has the AC power cord located in the top compartment for shipping.  
Figure-B > The one on the right has a permanently-fixed power cord on the right side.



Figure-A



Figure-B

c. Air hose to connect the air unit with silencer and tent. One end of the air hose has the silencer that prevents the noise of the air unit from entering the tent.



## SETUP - TENT

You can check out a time lapse of the tent assembly on our Instagram reel [here](#).

1. If you are installing on a queen-sized bed, remove all bedding items and mattress from bed as shown in the photo below. If you are installing on a king-sized bed, you will leave the mattress in place and the tent will go on top of the king mattress. Refer to the photo in step 7 below to see the finished product on top of a king-sized mattress.



2. Carefully unpack tent from its bag. Note that tent poles are under tension so be sure to slowly unfold tent.
3. Disconnect the three buckles at the ends of the three arc pole sleeves as shown in image. These buckles will expand the tent. Stretch out tent on bed frame and insert the 3 poles into the three zippered pole sleeves on the top of the tent.





4. There are ties at each bottom corner of the tent. These are optional but may help to stabilize the tent while inserting the mattress in the next step.
5. Open the zippered access panel at the foot of the bed and insert mattress as shown.



6. Replace bedding and make bed as normal.

7. If you've installed the tent on a king-sized mattress, it is recommended that you place a queen-sized mattress topper inside the tent with you (mattress topper not included). The reason is that it helps keep the fitted sheet in place by giving it 4 corners to hold onto. It also helps give the tent some additional rigidity. Queen-sized sheets and a queen-sized comforter are also recommended. See photo below for finished product on a king-sized bed:



8. If you are operating the system in automatic mode with the ventilation fan, remove outer cover of fan pocket - **Very important!** If you are operating in manual mode, please leave this cover in place.





9. Fully zip all access panels of tent as shown.



***PRO TIP:***



*If the clear vinyl is wrinkled from shipment, you can use a normal hair dryer to remove most of the wrinkles. Be sure to hold the hair dryer at least 6" (2-3 cm) away from the vinyl to avoid over-heating it.*

10. If you want to disassemble the tent in the future, see page 13 for a detailed explanation on how to disassemble and pack tent.

## SETUP – AIR UNIT

1. Give some consideration to where the air unit should be located. Ideally, the air unit should be placed in an adjacent room or hallway outside your bedroom because the air unit runs somewhat loud (approx. 70 dB @ 1m). There is plenty of hose, so use it to keep the air unit far away from your sleeping area.

### **IMPORTANT NOTE:**



DO NOT PLACE AIR UNIT IN A SMALL CLOSET. IT REQUIRES ROOM TO 'BREATHE' AND SHOULD BE PLACED IN A ROOM OR HALLWAY.

Place air unit at least 6" away from the nearest wall.

2. Connect one end of the air hose to the air unit hypoxic connection port. If you have a white and gray-colored air unit, the connection is on the front; the black-colored air unit connection is on the side. Use the enclosed hose clamp to tighten the hose to the connector. Use a flat-head screwdriver or a 1/4" socket (easier) to tighten the clamp. For the black unit, when pushing the hose barb onto the hose, be careful not to push the hose into the side of the air unit. Please watch this short [YouTube Video](#) before doing this step.

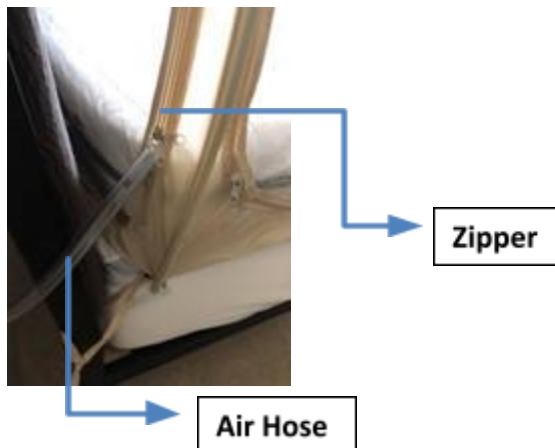


**Remove Hose  
Clamp**



**Insert hose barb  
and tighten  
hose clamps**

3. Place the other end of the air hose (with the silencer) inside the tent via one of the zippers at the foot of the bed. Be sure to tighten the zipper around the house. Be sure that bedding does not block the output of the air hose.



4. Plug the air unit into an AC wall outlet, Flip rocker switch on air unit to the on position. There will be a “whooshing” noise every few seconds as the air unit cycles. This is normal. If you have the black air unit, there will be a beeping noise for the first few seconds of operation. This will cease after 5 seconds. After that, an amber light appears on the top of the air unit when it is first turned on. This will turn from amber to green after about 90 seconds.

For operating instructions, please see separate operating manual at the link below. Alternatively, it can be downloaded by scanning below QR code with a cell phone.

<https://mountainaircardio.com/wp-content/uploads/Automated-Control-System-Operating-Instructions.pdf>



## DISMANTLING- TENT

1. Remove the 3 poles that run along the roof of the tent (these are the poles that run the length of the bed).
2. Collapse tent and clip the 3 poles together as shown in the photo below (these are the poles that run across the width of the bed). Note that it's easier to collapse tent if at least one of the zippered doors is unzipped.



3. Tighten the built-in strap to its maximum tightness as shown in these two pictures:



NOTE: Some rental tents may have a separate black strap rather than a built-in beige strap. If that's the case, please line up the black strap to the Velcro on the sides of the tent and cinch down tightly.

4. The final step is to fold the tent in half and then secure it with the additional strap (the loose strap opposed to the built-in strap) as shown below. This step is not very intuitive so please watch this 5-minute [YouTube Video](#) before attempting.



## PACKING AIR UNIT FOR SHIPMENT

Please watch this short [YouTube Video](#) before packing the black air unit for shipment.

1. Disconnect air hose from air unit.
2. If there is a black air unit, re-install hose clamp to exhaust port on the side of the air unit. This is to prevent the exhaust port from being pushed into the air unit cabinet during shipping.
3. Coil power cable and place in compartment on the top of the air unit (for the gray air unit) or attach to side of air unit using Velcro strap (for the black air unit).
4. Lift air unit into its original box; surround with original packing material and tape shut.
5. Print shipping label and tape over old shipping label using clear packing tape.



## PACKING TENT / AIR HOSE / CONTROLLER BOX FOR SHIPMENT

Please watch this short [YouTube Video](#) on how to pack the Tent, Air Hose and Controller Box (controller box is only applicable for automatically controlled version) for shipment.

## MAINTENANCE

There is very little maintenance required to keep the air unit running reliably. However, there are inlet filters that should be cleaned every 100 hours of operation and interior filters that should be replaced after 3,000 hours. A full service by our factory technicians will be needed after 10,000 hours of operation. If there is a need to run the air unit for approximately 8 hours per day, the table below will give an estimate of how long it will take to get to each service interval:

| Maintenance Item         | Operating Hours | Approximate Frequency |
|--------------------------|-----------------|-----------------------|
| Clean inlet filters      | 100             | once every two weeks  |
| Replace interior filters | 3,000           | once per year         |
| Full service             | 10,000          | once every 3-4 years  |

You will receive an automated email reminder from us with instructions whenever the units are approaching any of these maintenance milestones.

Depending on which model you have, the inlet filters are located on both sides of the air unit or on the back. For the black air unit, remove the filter cover on the rear of the air unit and you'll see the square, black mesh filter just on the inside of the filter cover.





Remove the filter and rinse under warm water. Be sure to fully dry and replace filter before restarting the air unit.

If you need an interior filter changed, or a full service, please contact our factory at:



+1.720.432.6305 during mountain time office hours or



email us at [support@mountainairhealth.com](mailto:support@mountainairhealth.com)

## 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. Millions of people healthily reside at altitudes over 10,000 feet (3,000 m), and millions more safely ski and hike in Colorado and other mountain areas at altitudes between 9,000 – 12,000 feet (2,740 – 3,650 m). Thousands of altitude tent users have safely slept at simulated altitudes between 8,000- 12,000 feet (2,440 – 3,650 m).

*Users should seek their own professional counsel for any medical condition or before starting any altitude simulation plan.*

### Air Quality

MountainAir® keeps the air fresh. Older altitude simulation systems operate by completely sealing the tent and delivering a preset amount of hypoxic air. This would often result in the tent becoming hot, humid, and stuffy with excessive CO<sub>2</sub> buildup. MountainAir® 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 CO<sub>2</sub> buildup.

### Recommended Dose

- Regular nightly use
- Minimum of 7 hours per night
- 8,000 - 10,000 feet of altitude (2,400 - 3,040 m)

### Contraindications

- Hard-to-control hypertension
- Heart failure
- Obesity hyperventilation syndrome
- Symptomatic coronary disease
- Severe obstructive sleep apnea (OSA)
- Chronic obstructive pulmonary disease (“COPD”)
- Cardiac arrhythmia
- Lung disease
- Sickle cell disease
- Anemia
- Polycythemia
- Patients who require oxygen therapy
- Women who are or who may be pregnant

## **Common Comorbidities of Obesity that are not Contraindicated**

- Diabetes
- Non-symptomatic heart disease

## **Side Effects**

- Periodic breathing is common over 8,000 – 9,000 feet (2,440 – 2,740 m) but is not harmful
- Altitude acclimatization (headaches, nausea or vomiting, dizziness or lightheadedness, weakness or fatigue, difficulty sleeping)
- Decrease in appetite
- Increased red blood cells
- Increase in mitochondrial density
- Increased in frequency in urination
- Increased basal metabolic rate - The increase in basal metabolic rate can cause an increase in caloric burn of approximately 500 calories per day. If you don't want to lose weight, be sure to increase consumption by a similar amount and monitor weight closely. If you do want to lose weight, this increased rate of burn results in approximately 1 lb./week of fat loss.