

# GYMNASIUM

2024 It is produced by KME Co., Ltd

## CATALOGUE

GYMNASIUM ———

The Fitness Center that  
takes care of the crew's health.



# Company introduction

## · History

- 2024 12 **Kaune** sole agency in South Korea.
- 07 **Astro** sole agency in Marine Segment.
- 07 **B-15 fire back box** achieves BV Certification for fire protection.
- 2023 12 Registered vendor to **KANGNAM** Shipbuilding.
- 09 Registered vendor to **MODEC**.
- 08 Registered vendor to **SEATRIUM**.
- 03 Establishment of **Unit Toilet Factory**.
- 2022 05 Registered vendor to **HSG Sungdong** Shipbuilding.
- 04 Acquired ISO 45001:2018 certification.
- Registered vendor to **DAE SUN** Shipbuilding & Engineering Co., Ltd.
- 02 Registered vendor to **Hyundai** Heavy Industries.
- 2021 09 Registered vendor to **Zvezda** Shipbuilding in Russia.
- 06 Development of **GRP Ex Junction Box** certification completed.
- 2020 06 Registered vendor to **Hanjin** Heavy Industries.
- 2019 10 Registered vendor to **Hyundai Mipo** Dockyard (HMD) Co., Ltd.
- 2014 06 Registered vendor to **DAEWOO** Shipbuilding & Marine Engineering Co., Ltd.
- Low Location Light for H.3401
- 2013 10 Registered vendor to **SAMSUNG** Heavy Industries Co., Ltd.
- 2009 02 **Established KME Co., Ltd.**



※ For more information visit [h-kme.com](http://h-kme.com)

## · Location



### Busan (Head Office)

29, Nakdong-daero1302 beon-gil,  
Sasang-gu, Busan, South Korea



### Gimhae (Office/factory)

25, Seobu-ro 1331beon-gil, Juchon-myeon,  
Gimhae-si, Gyeongsangnam-do, South Korea



# Health Management Facilities for Crew Members

KME is a company that provides state-of-the-art fitness facilities and a variety of equipment to help crew members spend their leisure time in a healthy way during long voyages.



## Fitness Center Overview

We provide the best exercise experience even on the open sea. A comfortable environment for exercise is provided, with various facilities ensuring that crew members can maintain their regular workouts even during voyages.

# Available Equipment and Facilities

## · List



### **Running Machine**

A device that allows walking or running indoors, enhancing cardiovascular function and providing aerobic exercise benefits. It features adjustable speed and incline settings for varying workout intensities.



### **Cycle Machine**

An aerobic exercise machine that strengthens lower body muscles and improves cardiovascular health. It simulates cycling indoors, allowing for a range of workout levels from low to high intensity.



### **Multi Station Exercise Machine (Single)**

A versatile exercise equipment that allows for various workouts with a single machine, primarily used for strength training and targeting different muscle groups.



### **Multi Station Exercise Machine (Triple)**

A multifunctional device designed for multiple users to perform a variety of exercises simultaneously, facilitating diverse strength training routines at once.



# Available Equipment and Facilities

## · List



### Rowing Machine

A machine that mimics the rowing motion, engaging the entire body. It provides both aerobic and strength training benefits, activating muscles in the back, shoulders, legs, and core.



### Step Climber

A machine that simulates stair climbing, beneficial for strengthening lower body muscles and improving cardiovascular function. It can provide a high calorie-burning effect with low impact.



### Elliptical

An aerobic exercise machine that utilizes the whole body while minimizing joint stress. It combines walking and running movements, effectively working both the upper and lower body.



### Smith Machine

A piece of equipment featuring a barbell fixed on guide rails, aiding in performing free-weight exercises more safely. It is used for a variety of lower and upper body workouts.



# Available Equipment and Facilities

## · List



### Weight Lifting Bench

A bench used for strengthening the chest, shoulders, and arms with dumbbells or barbells. An adjustable angle allows for a broader range of motion and versatility.



### Dumbbell Rack

A piece of equipment designed to safely and neatly store dumbbells in gyms or fitness centers. It typically consists of multiple tiers to accommodate several dumbbells, with each tier designed to fit various weights.



### Boxing Gloves and Punching Bag

Boxing equipment excellent for upper body workouts and stress relief, suitable for personal training and recreational use.



### Ping Pong Table

A sports equipment that allows two or more players to enjoy table tennis using paddles and a ball, enhancing agility and reaction speed.



# Available Equipment and Facilities

## · List



### **WEIGHT SCALE**

A scale designed to monitor body weight, helping users track their fitness progress.

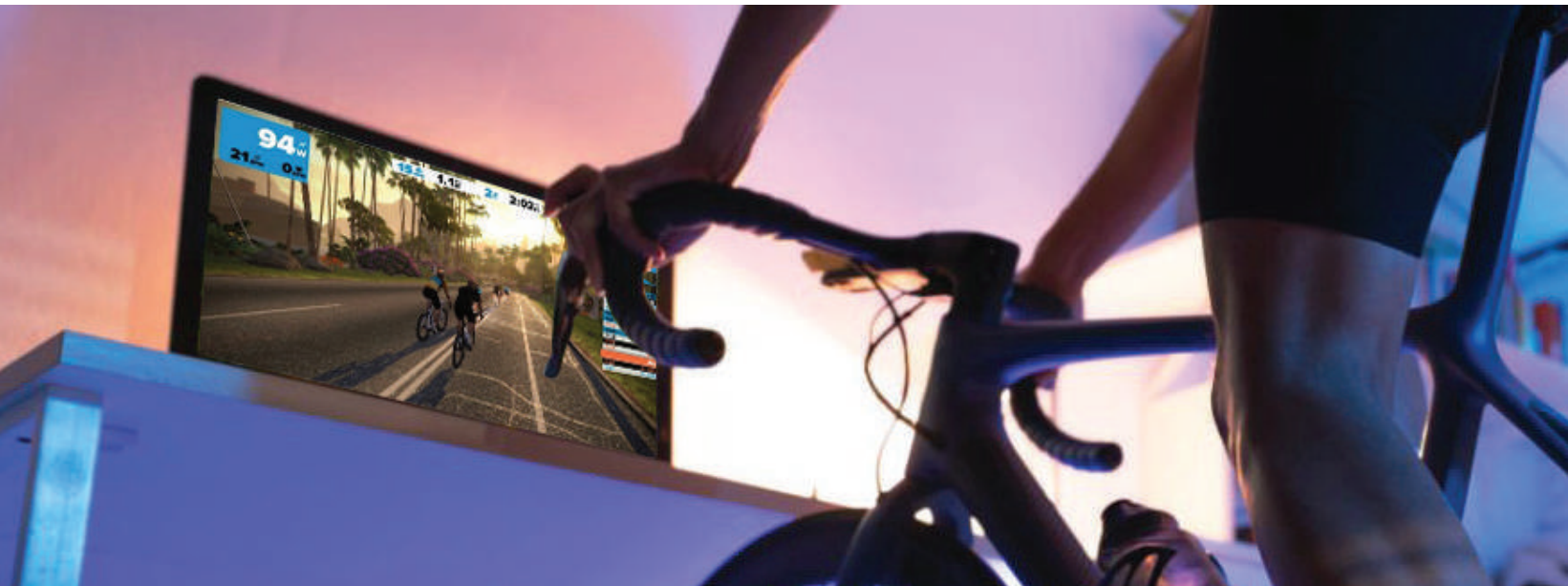


### **Wall Bar**

A wooden or metal bar installed vertically on a wall, used for various stretching and strength training exercises.



# Available Equipment and Facilities



## Metaverse Riding

Even during heavy rains and heatwaves, the bike connected to a metaverse app offers a realistic indoor riding experience.

### Weather-Independent Exercise

Allows consistent workouts regardless of rain, heat, cold, or other weather conditions.

### Customized Workouts

Adjusts virtual courses and difficulty levels based on individual fitness and goals.

### Data-Driven Feedback

Tracks workout performance and provides analysis using built-in sensors.

### Immersive Experience

Provides a virtual environment that mimics the feel of real-life cycling

### Social Connectivity

Enables users to ride or compete with cyclists from around the world through the metaverse platform.

### Enhanced Safety

Ensures a safe environment by eliminating risks associated with outdoor activities.





# Key Features of the Fitness Center



## Latest Equipment

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All exercise equipment is upgraded to the latest models, providing a comfortable and safe workout experience.



## Cleanliness

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A hygienic workout space is maintained and cleaned daily aboard the ship.



## Privacy

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Adequate spacing between each piece of equipment ensures privacy and a comfortable environment, even when multiple users are exercising simultaneously.



# Usage Rules and Safety Guidelines

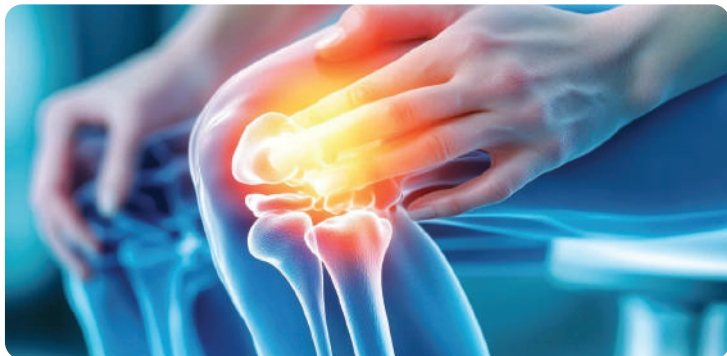


## Safe Usage

All equipment should be used safely after familiarizing yourself with the proper usage instructions. It is important to perform a proper warm-up before using the equipment.

## Responsible Usage

To avoid injury, maintain an exercise intensity that is suitable for your fitness level and refrain from overexerting yourself.



## Medical Assistance

If you experience any discomfort during exercise, it is recommended to immediately inform the gym staff or medical team.



# Future-Oriented Vision

KME Co., Ltd. is committed to continuous research and development to improve safety and efficiency in the maritime industry.



## Continuous Innovation

We will lead the advancement of the maritime industry by continuously developing new technologies and solutions.



## Global Partnerships

Strengthening our global network to create value in various markets by collaborating with customers worldwide.

Beyond simple exercise, it is a special space where you can enjoy a relaxing and healthy journey on the open sea. It helps maintain the health of the crew members during the voyage.





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