

# Take the Oxygen4Energy

## FITNESS CHALLENGE

If you REALLY want to see what Oxygen4Energy can do for you, take our Fitness Challenge!

### **Use Oxygen4Energy with your TOUGHEST workouts lasting 60 minutes or less as outlined below:**

- Step 1: Warm up. Warm muscles are 3 times more efficient at absorbing oxygen.
- Step 2: Take 10 Shots of Oxygen4Energy prior to starting workout.
- Step 3: Take 10 more Shots 40 minutes into your workout (if needed).
- Step 4: Take 10 Shots immediately after the workout if recovery is important to you.

### **For Most Noticeable Results:**

- Do this test on an INTENSE workout lasting 30-45 minutes.
- Do this test with a workout that is quantifiable (# of reps, weight, time, etc).
- Do this test with a workout you've been doing for a while so you have a baseline. Without a baseline, you have nothing to compare your results to.

**Important Note: Oxygen4Energy is not like other energy products. There is no "buzz." You will just notice that you don't get tired as quickly and that you feel strong when you workout. When used correctly, oxygen should work well EVERY time you use it! Make sure to read the list of potential benefits below before you do this test so you know what to look for!**



## WHAT TO LOOK FOR WHEN SUPPLEMENTING WITH OXYGEN:

- Increased Power and Explosiveness
- Increased Endurance
- Reduced Muscle Burn
- Reduced Recovery Times
- Reduced Cardiovascular and Respiratory Stress
- Increased Training Capacity
- Improved Mental Focus