

OXYGEN4ENERGY FITNESS TEST

If you ordered our oxygen to help improve your athletic performance, try this test below to REALLY see what oxygen can do for you!

Use oxygen before, during and after your TOUGHEST workouts as outlined below:

- Step 1: Warm up (Warm muscles are 3 times more efficient at absorbing oxygen)
- Step 2: Take 10 shots of oxygen before start of workout - this should last 30 min at least.
- Step 3: Take 5 shots of oxygen for every additional 15 minutes of training
- Step 4: Take 10 shots after workout for recovery (if you want to test for recovery)

General Product Usage Instructions

- 1 Shot = 1 sec of O2
- Simply Spray Oxygen in Mouth and Inhale Deep into your lungs
- Hold oxygen in lungs for 1 second. (Do not hold for longer than 1 sec)
- Release and Repeat

What to look for:

- increased reps
- improved strength
- greater endurance
- improved speed
- less muscle burn while working out
- faster warm up
- improved focus
- heart rate and breathing return to normal faster than usual
- less heaviness in muscles after workout
- less exhaustion and brain fog after workout
- less soreness and stiffness the following day

For most noticeable results:

- do this test on an INTENSE workout lasting about 1 hour or less.
- do not do this test with a completely new workout.
- do this test with a workout you've been doing for a while so you have a baseline.
- do this test with a workout that is quantifiable (# of reps, weight, time, etc).

Important notes:

- oxygen does not reduce pain or stiffness due to inflammation.
- always consult your doctor before starting on any supplement program
- recreational oxygen does not prevent, cure or treat any disease.

The above test involves a really good dose of oxygen. After doing this test, you can reduce your dose to an amount that fits your needs. This protocol is merely to show you what oxygen is capable of.

Questions?... Contact Oxygen4energy.com at 949-340-0065