

Oxygen for MMA/Martial Arts Training

Top O2 Uses:

- Before Competition to Increase Energy, Increase Endurance, Maximize Explosiveness, Reduce Lactic Acid Pumps and Improve Mental Focus. Some athletes believe that it speeds up their reaction times as well.
- Before & During Strength Training to Increase Reps and Increase Training Intensity. Using oxygen for strength training should allow you to push yourself much harder, allowing for faster strength and muscle building gains.
- After Training for Recovery. Many MMA fighters train multiple times per day. Oxygen is great for recovery between training sessions and between training days. This recovery benefit will allow you to train hard without the fear of overtraining.
- Before Going to Sleep for Recovery. Many athletes find that they wake up feeling much fresher when using oxygen right before sleep.
- Before Training *IF YOU ARE TIRED* and still need to get in a productive workout.

When NOT to use O2:

- Do not use oxygen before Cardio training UNLESS you are cutting weight. The purpose of cardio training is to increase lung capacity and strengthen the heart. Using oxygen before cardio training may counterproductive to that. If your goal is only to cut weight, then using O2 before aerobic exercise is fine because it will make it easier for you to exercise for extended periods.

Other things to consider:

- Oxygen supplementation is legal according to the World Anti-Doping Agency as of Jan 1, 2010.
- Oxygen is a much better alternative to energy drinks. It contains no stimulants, no sugars, and no calories. It will not keep you up if used at night, it will not give you the jitters, and there is no crashing.
- Short burst oxygen is safe, natural and non-habit forming. In the quantities used, your body will not become used to it over time like it does with other supplements.
- Since oxygen can help you train harder and recover faster, it should help you get more out of your other supplements.
- Oxygen combines well with glucose supplements because it is the combination of O2 and glucose that create the main energy source for your muscles - ATP. Oxygen should also combine well with NO2 products.
- Oxygen is great for hangovers.

General Product Use:

- 1 shot = approx 1 sec of O2
- Inhale a shot > hold briefly (1 sec max) > then release and repeat
- As pressure in can decreases, take longer shots to get the same benefit.
- Warm muscles can pull up to 3X more oxygen out of blood - try to warm up before using oxygen for max benefits.

Best Results Dosing:

- Before workouts or competitions: 10 shots - This should provide 30-60 minutes of increased energy, endurance and focus depending on the intensity level.
- During workouts: 5-7 shots every 30 minutes as needed.
- After workouts for recovery: 10 shots within 10 minutes of completing workout
- Before sleep for recovery: 10 shots

Have Questions? Contact Oxygen4Energy.com at 949-777-6457