

Oxygen for Motocross / ATV Racers

Top O2 Uses:

- Before and During Competitions to Increase Energy, Increase Endurance, Reduce Lactic Acid Burns and Improve Mental Focus.
- After Training for Recovery. This is the most universal benefit of oxygen to all athletes. Oxygen is needed to break down lactic acid faster and to restore ATP stores in the muscles. This recovery benefit may 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.

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 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.

Usage for short races (30 min or less)

- 10-15 shots before and after every race
- 10 shots after intense training sessions for recovery

Usage for long races (over 1 hour)

- 30 shots before race
- Take as much as possible during pit stops
- Supplemental oxygen may not be beneficial for long races because the body uses it up quickly and there is no way to take more while riding unless you take breaks or have pit stops.

What to look for:

- More Endurance while racing
- Less Muscle Burn (Arm pumps) while racing
- Lower Heart Rates with higher intensity
- Faster Recovery Times between races and training days
- Greater Mental Clarity and Focus
- Less Fatigue throughout a long day of racing

Have Questions?

Contact Oxygen4Energy.com at 949-777-6457

We'd be happy to come up with a specific usage protocol for you depending on your training needs.