

Oxygen for: **MUSCLE/STRENGTH BUILDING**



BEST TIMES TO USE OXYGEN:

- Before and During Weight Training.
- Before Cardio when trying to cut weight or burn fat.
- After Intense Training for Recovery.
- Before Going to Sleep for Recovery.

WHAT TO LOOK FOR:

- Increased Endurance (More reps and sets before hitting "The Wall.")
- Increased Strength
- Less Lactic Acid Muscle Burn
- Increased Overall Training Capacity
- Faster Recovery Times between sets
- Faster Recovery Times between training days (less soreness and stiffness)

RECOMMENDED USAGE FOR BEST RESULTS:

- 10 shots before starting workout (preferably after a warm-up)
- 5-10 additional shots every 45 minutes as needed
- 10 shots after exertion for recovery (if recovery is important to you)

UNDERSTANDING HYPEROXIC TRAINING

HYPERoxic training is training under ELEVATED oxygen levels - the opposite of altitude training. The theory is that when you train with additional oxygen, you can train harder for longer periods of time as well as recover faster, causing faster physiological adaptations by the body. If it makes sense to you that having the ability to train harder and recover faster will give you faster results from training, then you need to give supplemental oxygen a try!

OTHER IMPORTANT INFORMATION:

- 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 NO products which open up blood vessels, allowing for greater oxygen delivery to the muscles.
- More oxygen always works better, but is not always economically feasible. For most people, 10 shots prior to a workout gives very noticeable performance gains. We recommend that you experiment with your dosing until you find out what works best for you.
- Oxygen is great for hangovers.