

Oxygen for Strength and Muscle Building

Top O2 Uses:

- Before and During Strength Training to Maximize Explosiveness, Increase Energy, Increase Endurance, and Improve Mental Focus. Using oxygen should help you increase reps, increase weight, reduce recovery time between sets and increase the intensity of your workouts.
- 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 should also combine well with NO₂ products which open up blood vessels, allowing for greater oxygen delivery to the muscles.
- 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:

- Do your normal warm up
- 5 shots before starting weight workout
- 10 shots about 2/3 way through the workout to carry you through your toughest sets
- Alternative method: 5-7 shots every 30 minutes as needed or before your toughest, heaviest sets
- 10 shots after a tough workout for recovery (if recovery is important to you)

What to look for:

- Increased Reps
- Increased Explosiveness
- Increased Work Capacity (More sets)
- Faster Recovery Between Sets & Training Days (Less soreness and fatigue)
- Improved Mental Clarity & Focus

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