# OXYGEN ADVANTAGE®

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## NOSE UNBLOCKING EXERCISE

- NASAL BREATHING
  - IMPROVE DIAPHRAGM MOVEMENT
  - IMPROVE FUNCTIONAL MOVEMENT
  - REDUCE RISK OF INJURY

## BREATHE LIGHT TO BREATHE RIGHT

- IMPROVE BREATHING EFFICIENCY
- REDUCE BREATHLESSNESS
- OPEN AIRWAYS
- BENEFITS OF NITRIC OXIDE
- IMPROVE $O_2$ UPTAKE
- INCREASE $CO_2$
- SIGNIFICANTLY REDUCE EXERCISE ASTHMA
- BOHR EFFECT
- IMPROVE CIRCULATION

## BREATHING RECOVERY

- BETTER RECOVERY
- REDUCE OXIDATIVE STRESS
- IMPROVE SLEEP
- INCREASE FOCUS & CONCENTRATION

## SIMULATE HIGH ALTITUDE TRAINING

### ADVANCED SIMULATION HIGH ALTITUDE TRAINING

- LOWER BLOOD OXYGEN SATURATION
- IMPROVE RESPIRATORY MUSCLE STRENGHT
- IMPROVE BREATHING EFFICIENCY
- INCREASE $CO_2$
- STIMULATE ANAEROBIC GLYCOLYSIS
- IMPROVE ANAEROBIC THRESHOLD
- DELAY LACTIC ACID AND FATIGUE
- IMPROVE OXYGEN CARRYING CAPACITY

IMPROVE OXYGEN DELIVERY TO MUSCLES AND ORGANS

IMPROVE BREATHING EFFICIENCY

PUSH YOURSELF HARDER AND FASTER

## SPORTS BREATHING FOR IMPROVED PERFORMANCE