

Sports Performance



Oxygen is the limiting factor in sports performance. When insufficient oxygen is delivered to the muscles fatigue sets in.

Hypoxic Training improves oxygen delivery and utilisation at all levels. In a double-blind placebo controlled study presented at the European College of Sports Science in 2004, German researchers presented some remarkable findings. Highly trained athletes demonstrate astounding 40% anaerobic performance boost (forearm exercise until exhaustion), and 20% aerobic performance increase (cycling until exhaustion).

- Increased V02 max (max rate of oxygen usage)
- Enhanced power output and speed
- Improved strength and endurance
- Increased exercise-till-exhaustion (ETE) time
- Reduced recovery time after exertion
- Decreased resting heart-rate and blood pressure
- Maintenance of cardiovascular fitness when injured
- Diminished overall fatigue



PHYSIOLOGICAL EFFECTS:

- New red blood cell production
- New blood capillary growth
- Improved efficiency of micro-organisms
- Improved heart function