

Hypoxico offers the highest quality products geared toward the three most effective methods of altitude training.

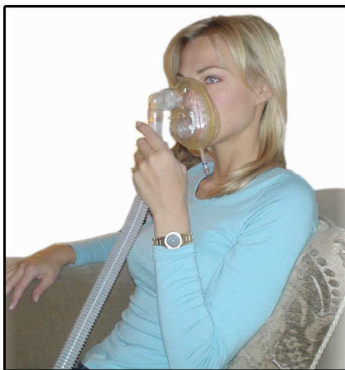


1. Sleeping at Altitude – Sleeping at Altitude, or “Live High-Train Low,” is the most common training technique used in altitude training. This method involves prolonged exposure to hypoxia at night with physical training sessions at sea-level during the day. Users can expect significant gains in red blood cell count (RBC), hemoglobin levels and enhanced oxygen carrying capacity.

2. Altitude Workouts - A moderate intensity effort in our normobaric hypoxic environment will take the Arterial Oxygen Saturation (SaO_2 = measure of percentage of oxygen in the blood) down from its normal 98% to about 83-85%. This acute condition is strongly tied to both mitochondrial adaptations and a shift to anaerobic energy production. As a result, lactate threshold and oxygen delivery is improved, leading to greater endurance and faster recovery. Workouts are generally performed 3-4 times per week for 30-45 minutes.



Irish National Rugby Team



3. Intermittent Hypoxic Training - IHT involves short intermittent inhalations (3-5 minutes) of hypoxic air (9-10% O_2 , 21,000 ft/6400 m) interspersed with inhalation of ambient air (2-5 min). These sessions promote the development of capillary networks to enhance oxygen uptake into the body and muscles. IHT also aids in recovery by providing protection from free radicals and oxidative stress, boosting immune function.

Products

Everest Summit II

Our most widely used generator, the Everest Summit II, is the latest in altitude training technology offering full digital controls. This unit offers maximum portability for personal-use with integrated wheels and handle.

- Compatible with Sleeping, Exercise & IHT programs
- 120 Liters/min airflow
- 12,500 ft/3800 m (20,000 ft/6100 m with Adapter)
- Includes 20 ft of hosing and a Hepa filter
- Weight: 57 lb/26 kg
- Size: 26"x14.7"x19.1" / 58.4cm x 39.4cm x 47 cm
- Warranty: 3 year / 8,000 hours



Altitude Chambers:
Customizeable to
any size and shape



Deluxe Bed Tent

- King version – 83" x 79" x 63" (212 cm x 200cm x 160cm)
- Weight: 19 lbs (8.6 kg)
- Queen version – 82" x 62" x 63" (208 cm x 158 cm x 160 cm)
- Weight: 17 lbs (7.7 kg)



Exercise Mask Kit

Utilize the Exercise Mask Kit for active training or Intermittent Hypoxic Training (IHT). The kit comes with tubing, breathing bags and an all-purpose mask with adjustable neoprene head-strap.



Optional Accessories

- High Altitude Adapter
- Handi Oxygen Analyzer
- Fingertip Pulse Oximeter

