



SPORTS
BREATHING™

OXYGEN ADVANTAGE® MASTERCLASS FOR IMPROVED FITNESS AND PERFORMANCE

- Introducing the Oxygen Advantage®
- The science of breathlessness
- Improving breathing efficiency
- Maximising muscle oxygenation
- Simulating high altitude training
- Improving VO2 max and AT
- Oxygen Advantage® breathing workout
- Delaying the onset of lactic acid and fatigue
- Enter the Zone
- Pre-training & competition preparation
- Tailoring exercises to individual athletes



THE SCIENCE



THE TRAINING



CONTACT