OXYGEN ADVANTAGE®

BY PATRICK MCKEOWN

NOSE UNBLOCKING EXERCISE

- NASAL BREATHING
  - IMPROVE DIAPHRAGM MOVEMENT
  - IMPROVE FUNCTIONAL MOVEMENT
  - REDUCE RISK OF INJURY
- IMPROVE BREATHING EFFICIENCY
- REDUCE BREATHLESSNESS
- OPEN AIRWAYS
- BENEFITS OF NITRIC OXIDE
- IMPROVE O_2 UPTAKE
- SIGNIFICANTLY REDUCE EXERCISE ASTHMA

BREATHE LIGHT TO BREATHE RIGHT

- INCREASE CO_2
- 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