

# **OXYGEN DVANTAGE<sup>®</sup>**

BY PATRICK MCKEOWN

## **Topics taught during the training:**

- Introduction to Oxygen Advantage
- Screening for breathing pattern disorders in sports
- The relationship between breathing patterns and functional movement
- Science of respiratory physiology
- Practical application of OA

- Increasing oxygen uptake during rest and physical exercise
- Nose breathing
- Nasal breathing during physical exercise
- Nasal breathing workload during physical exercise
- Exercise-induced asthma
- Addressing Exercise-Induced Bronchoconstriction (EIB)
- Improving sleep quality for focus and performance
- Practical application of OA

- BOLT (comfortable breath-hold time) measurement
- Maximum Breathlessness Test (MBT)
- Intermittent hypoxic hypercapnic training (IHHT)
- IHHT and team sports
- Practical application of OA

- Delay the Onset of Lactic Acid and Fatigue
- Long-term effects of breath-holding
- Increase aerobic capacity
- Practical application of OA

- Pre-competition preparation
- Oxygen Advantage<sup>®</sup> and the Wim Hof Method
- Increased Creativity
- Program based on BOLT score, age and state of health
- Tailoring exercises to individual athletes
- Nasal obstruction resulting in strong air hunger
- Training format week one to week four onward

- Heart rate variability
- Weightlifting
- Intra-abdominal pressure
- Core control
- Improve respiratory muscle strength
- Teaching the Oxygen Advantage

## Get in the Zone with Atomic Focus

### **Breathing Exercises taught:**

1. Get in the zone
2. Clear your head
3. Deep sleep
4. Feel calm but focused
5. Give your brain an oxygen boost — Breathe Light
6. Breathe Light using SportsMask
7. Activate your relaxation response — Breathe Slow
8. Calm your body and mind — Breathe Deep
9. When stress strikes — mind recovery on tap
10. When you're highly stressed — Breathing Recovery, Sitting
11. For repetitive, negative thinking — Breathing Recovery, Walking
12. A quick refresher — get a dose of oxygen when you need it
13. Flow for public speaking/peak performance states
14. Get out of your head
15. Preparing for competition
16. Breathing for running
17. Morning wake-up
18. For irregular everyday breathing