



## Feeling Good Has Never Been Easier

My name is Naomi Land and thank you for choosing to read my free e-book that explains how anyone can easily become healthier than they ever imagined possible. This short e-book will describe how professional athletes, weekend warriors and everyone at all fitness levels can achieve their peak physical fitness without any extra exercise. I hope you enjoy this short, but very informative e-book.

If there's one truth to be found in this information it's this:

*"I care about your health and I'm willing to help you reach extraordinary personal goals, that up until now you probably thought were impossible, only a dream. Working together, you and I can make your dream real. Have you ever watched the Olympics? What is it really, but a talented group of athletes from all over the world who had one thing in common, they made their dream real."*

### No Matter What Your Age, Ability, Disability or Fitness Level, Hypoxicico Can Be Your Alternative Path To Good Health

Really, the question to be asked is...what can't it do? By using the Hypoxicico Training System you can lose weight, feel healthier, more vibrant and youthful, while improving your performance and agility.

- Weight loss without the use of drugs
- Healthier more vibrant and youthful feeling
- Rehabilitation in less time and with superior results
- Performance that can be felt and measured

Anyone who exercises would love to burn off an extra 29% more calories without any extra effort. Who wouldn't! Hypoxicico maximizes your efforts.

Hypoxicico reduces your chance of injury by up to 31% through strength, speed, power and agility. Altitude training has been scientifically proven to reduce the load on your joints.

### FASTER REHABILITATION PUTS YOU BACK IN THE GAME!

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## DOCUMENTED STUDIES OF HEALTH BENEFITS

**In the U.S.A., The Food & Drug Administration** has approved the Hypoxic Training System for cardiovascular studies because of a possible link between good cardiac health and high altitude training.

**Dr. Randy Trumbower of Emory University**, a large medical research university in the U.S.A., is researching the effects of altitude training on spinal cord injuries. Hypoxic patients walked further and performed more positively.

These are just two of the many astounding examples of the positive effects to be experienced through altitude training.

## Welcome to the world of HYPOXICO

**What it is:** High Altitude Training-minus the mountains. When you exercise at any altitude your heart rate increases and you begin to breathe deeper as a natural part of your body's process. A process that demands more oxygen be entered into your bloodstream.

At high altitudes this process generates excess oxygen levels into your blood, resulting in a dramatic increase in red blood cells and a measurable increase in the absorption of oxygen into your muscles. At this point you're physical abilities are at a much higher performance level and a great many persons experience a feeling of well-being.

**It just gets better.** The more you utilize altitude training, the more efficiently your system works in order that your muscles significantly absorb more oxygen. "In other words, the more you do it the better it gets!"

**Simulated altitude training is a simple, safe and natural process for your heart, health, mind and body. It's a true feeling of well-being.**

The list of professional athletes who use Hypoxic High Altitude Training reads like a who's who in the world of sports. **Michael Phelps** stunned the world with his record setting times as one of fastest swimmers to ever compete in the Olympics. His secret, Hypoxic. You can watch his interview on Youtube.

Without dispute, **Tiger Woods** is one of the most talented golfers to ever play the game. For years, Hypoxic has given Tiger the edge that has distanced him from 2nd place. The many and top tier championships he's won speak for themselves. Tiger's talent has "wowed us" for many years.

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How about **World Champion boxer Manny Pacquiao**? Hypoxico has given this great fighter more endurance, more agility and stronger performance. Just ask his defeated opponents.

**The 2012 Tour de France winner Bradley "Wiggo" Williams** is by no means a stranger to the benefits of hypoxico. Referred to by the French as "Colonel Wiggo", this Olympic champion is the most successful British athlete to compete in 116 years! Four gold medals, one silver medal, and two bronze medals. Wiggo was also the first Briton to win the Tour de France. How do you think he feels about Hypoxico?

### If You're Looking For Peak Performance

Or

### Just A Better Way To Stay Healthy, Then Please keep Reading

Altitude training, although not a new phenomenon, has been a well kept secret among professional athletes for many decades. The 1968 Olympic games in Mexico City was the "eye opener" when at 7,349 feet above sea level, distance runners showed an obvious and very measurable decrease in performance times.

During those Olympic Games, High Altitude Training became a proven path to natural, performance enhancement. It's not just effective for professional athletes; it works for anyone and everyone. It'll work for you, we guarantee it!

Breathe Easy and Choose What System Works best for You

1. A simulated altitude is produced by a type generator designed specifically to bring a simulated altitude to you, no matter where you are. Hypoxico has been used in homes, gyms, offices and even at the base of mountains! You choose what works best for your situation.
  - a. A **Mask System** is a single mask per person utilizing a specific generator.
  - b. A **Chamber System** is a complex system designed to accommodate the capacity needs of up to 30 or more athletes.
  - c. A **Room Conversion** is just what it sounds like, a specific room smaller than a Chamber System that's converted into a hypoxic environment.

A Pulse Oximeter is provided with all system choices. This device measures the level of oxygen saturating the blood, while at the same time it monitors the heart rate.

**The purpose of the Pulse Oximeter is to ensure your safety as well as affirm that your performance goals are being met.**

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**The Hypoxic System is engineered and designed by Hypoxic, manufactured by Hypoxic and assembled by Hypoxic employees...no outsourcing. Hypoxic knows high altitude training better than anyone.**

## A Simple Three Step Training Combination

Professional athletes use different combinations of high and low altitude.

1. Live High-Train High
2. Live High-Train Low
3. Live Low-Train high

**These three simple combinations are very productive and easy as pie, when used in a cross-training style combination.**

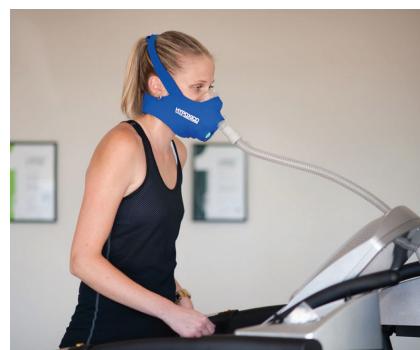
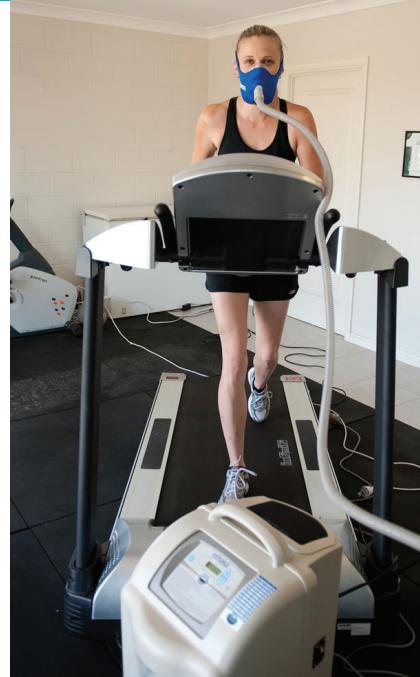
### What if I have medical concerns?

No matter what your current level of athletic or any other condition, it's essential you undergo a medically supervised test. And just like many other things in life, guess what? There's a simple questionnaire. Really, it's simple.

### Here's why we ask questions

The medical examination requires a baseline test which determines your oxygen percentage level. You're monitored on a treadmill and taken to your maximum physical output. By doing this, the examiner is able to determine your VO<sub>2</sub> max: also known as maximal oxygen consumption or the maximal oxygen uptake.

(Now you know why we simply call it VO<sub>2</sub>)



## Our Goal is to Give You a Superior Workout With Benefits

The objective of Hypoxic Training is to increasingly lower the levels of oxygen to allow your body to become acclimated to this environment. By doing this, the body's capacity for increasing oxygen to the blood and into the muscles will acclimatize and allow you excess performance capabilities at both high and normal altitudes.

- You know Hypoxic works because we've double checked it on a regular basis since 1995.
- You'll know how to use it like a professional because you will have been trained by one of our professionals.
- And as for unusual problems, quite honestly we haven't had any we can't resolve. But you can call us anytime for immediate help. Or just call and let us know how good you're feeling.

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## PASSIVE OR INTERMITTENT HYPOXIC TRAINING

(IHT) This is the method of becoming acclimated while in a relaxed setting. That includes sitting, lying, reclining and breathing the reduced oxygen air. This is done in intervals. This program is accomplished by breathing at a simulated altitude for one hour blocks each day. The IHT acclimation period is 10 to 21 days.

## SLEEPING AT HIGH ALTITUDE

Sleeping at high altitude produces a positive saturation of oxygen. Those individuals sleeping at a high altitude or in a high altitude environment do so for a 12 hour period for three weeks in order to obtain the full benefits.

This procedure takes place in durable, high altitude tents. These tents range in size from a small one person, portable style tent, all the way up to a king size tent. For those persons training at high performance levels, sleeping at high altitude is an excellent way to maintain exposure in your downtime.

## PERSONAL ACTIVE (EXERCISE) HYPOXIC TRAINING

The Personal Active hypoxic Training plan is the most utilised plan, as this methodology has been proven to increase performance times for those who participate in distance activities, such as rock climbing and serious mountain climbers.

Dina Alberano is a 44 year old distance runner who has been setting records since age 9. She was number 2 in the world 5K run with a time of 17:59. She trained at an altitude of 20,000 feet and in six months she sliced one minute off her previously, personal best time and now has a record time of 16:59.

For Ms. Alberano, being able to acclimate to 20,000 was a result of her already advanced physical record.

For anyone just beginning an exercise program trying to get back in shape, issues such as age and ability should be taken into consideration because the High Altitude acclimations will vary.

1. Remember, you must adjust to altitude training with balanced goals. The methods can greatly vary.
2. Dropping the oxygen saturation level or the percentage of oxygen on the Hypoxico Trainer.
3. Increasing the intensity of the set. Those who use a chamber room can use this intensity to achieve the same oxygen saturation levels.

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You have many, many options with active training. You can choose from short sessions, long sessions or high intensity intervals sets. It's whatever matches your goals that counts. It really is all about you.

## ACCOMPLISHING PERSONAL ACTIVE TRAINING

### A. Introductory level

The introductory level for active training is done at a steady state of low intensity physical output. Oxygen saturation rates will be set at 80-90%-the goal being to lower that rate. At the introductory level this should be done for 2-3 sessions per week, accumulating 10-12 sessions all total.

### B. Intermediate Level

To begin the Intermediate Level it's required that you complete no fewer than 10 sessions at the introductory level.

At the Intermediate Level, you can begin to employ interval training as well as begin to lower the oxygen saturation level.

These should be steady state intervals with appropriate rest periods.

If you are using an aerobic exercise such as boxing and hitting a heavy bag, you would do 1 three minute round making use of the Hypoxico device. Then you would rest for three minutes. The next round would be done without the device, and so forth.

The goal is to get to a 1:1 interval match using the Hypoxico device. In the Intermediate level the target is to achieve active training sessions up to 40 minutes.

### C. Advanced Level

Training at the Advanced Level is for the high performance athlete or climber for whom their activity is vocational.

The primary goal of the advanced level is for the athlete to last as long as possible in their competitive field. The red blood cells are filled with oxygen and then that oxygen enters into the muscles at a high and consistent level the longer the athlete is exposed to the environment.

There's never a danger because you'll be following an application of periodization and mixed sessions. Sounds complex, but it's easy as pie!

After following the exposure to the hypoxic level, you then resume your normal training sessions. Really...it's easy as pie.



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## Here's a Summary of the Three Methods We've Talked About

The combination of the three methods we talked about; **IHF, Personal active and sleeping at altitude**, are proven to produce outstanding results.

Here's the really interesting part, when these are done in tandem, they can drastically cut down training time. **For a fact, some athletes have cut their training time in half.**

No matter what level you train at, safety issues are important and should never be ignored. You must always use the pulse oximeter and heart rate monitor as a mandatory method of altitude training. It's a sound safety habit that can't be ignored.

With altitude training, more is not better. Dropping below 75% oxygen saturation is of no benefit. Consistency is the key.

A vital component of Hypoxic training sessions is a steadily paced progression from the 10 introductory sessions. Pay close attention to your break sessions.

The longer you use Hypoxic training, the longer those positive effects will stay with you. Maintaining the effects of altitude training depends entirely upon the sessions and usage...use it or lose it.

Simulated altitude training has a proven safety record spanning almost two decades. Hypoxic training is a highly effective means of increasing athletic performance, strength, agility, weight loss and plain over good health.

With Hypoxic you will hit higher highs with a new level of fitness.

Thank you for choosing and reading this short e-book about altitude training. As we enter the new year, the Hypoxic team wishes you the best year ever for your health.

2014 can be your year to enjoy good health, weight loss and higher athletic performance!

**With My Warmest Regards,**

**NAOMI LAND**

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PS. Honestly, choosing Hypoxic will help your system stay in top physical condition. Feeling good has never been easier!

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