

IHHT® | Interval Hypoxic Hyperoxic Training

IHHT® stands for Interval Hypoxic Training, a technique of breathing short bursts of mountain air (reduced oxygen) through a mask, alternated with hyperoxic (augmented oxygen) air.

IHHT® is the quickest way to adapt to low oxygen.

15 **IHHT®** sessions are enough to improve your physiology in order to obtain the competitive advantage in sport, pre-acclimatise for a high altitude trip, or to improve your general wellbeing.

Benefits for Mountaineering

- Use **IHHT®** to assess how you cope at altitude.
- Pre-acclimatise up to altitudes of 7,500m.

IHHT® stimulates the physiological adaptations necessary to ensure an increased oxygen carrying capacity within the body, ensuring your trip to altitude is safer and more enjoyable. We want you to enjoy the view from the top.

Most climbers do not race up a mountain so hypoxic workouts are not necessary for mountaineering.

We would recommend the passive **IHHT®** sessions for general acclimatisation.

Hypoxic workouts can be used to supplement an acclimatisation programme to keep your training interesting, in this instance we would recommend 2 or 3 sessions per week, alternated by passive **IHHT®** sessions.

Benefits for Sport

Oxygen is the limiting factor in sports performance. When insufficient oxygen is delivered to the muscles fatigue sets in. Athletes are using **IHHT®** to:

- Stimulate the adaptive process to increase the oxygen carrying capacity within the body
- Increase endurance, speed and power
- Prepare for races at altitude
- Maintain fitness whilst injured
- Recover from Chronic fatigue and overtraining



Mag. rer. oec. soc. Alexander Daume

Global Health Consult | 1090 Wien, Rotenlöwengasse 22/5

Postadresse | 1210 Wien, Bentheimstraße 10/27

☎ +43 676 33 57 995 ✉ office@hypoxia.at 🌐 hypoxia.at 🖨 hoehentherapie.at

BANK AUSTRIA | IBAN: AT51 1100 0093 6333 5200 | BIC: BKAUATWW | UID: ATU 13209801

Benefits for Health

Oxygen is essential for human life. **IHHT**[®] trains your system to increase the carrying capacity of oxygen within your body. By training your system with rhythmical cycles of hypoxic air you are able to enhance all areas of the human system:

- Improve breathing efficiency
- Improve metabolism
- Reduce stress levels
- Increase weight loss
- Improve the antioxidant and immune system
- Improve overall health and wellbeing

Hypoxic Workout

Hypoxic Exercise sessions are unique in the way that they accelerate performance and burn extra calories. After a hypoxic workout you will feel energised for the rest of the day due to the Serotonin and Dopamine release. On average we recommend at least 2 sessions per week to scientifically improve performance.

Sport

Oxygen is the limiting factor in sports performance. When insufficient oxygen is delivered to the muscles fatigue sets in. Hypoxic Training improves oxygen delivery and utilization at all levels without overloading your system. The result being you'll feel less fatigued and will recover quicker, which means you can increase your training intensity and move up a gear.

We recommend 2-3 Hypoxic sessions per week to supplement your standard training programme

- If you are competing at altitude the more hypoxic sessions you do, the better
- If you are injured or want to have unloaded training sessions, then hypoxic workouts are key to this

Health

Oxygen is essential for human life. Hypoxic workouts train your system to increase the carrying capacity of oxygen within your body. For general health issues we would recommend passive **IHHT**[®] sessions, but if you would like to add exercise to your training the hypoxic workouts give you that double effect.

- Great for weight loss with extra Calorie burn
- Great if you are not able to exercise freely due to joint problems



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Benefits

Our hypoxic machine filters oxygen out of the air which is then delivered to you through a face mask. Hypoxic | hyperoxic training kick starts the pre-acclimatisation process if you are off to high altitude, preparing your body to the conditions you will encounter.

If you are training for sport, it will enhance the oxygen transport and utilisation system and enable you to waste products from physical exercise, such as lactate, more efficiently.



Specific benefits

IHHT[®] is also an important part of rehabilitation. Training in hypoxia enables you to unload the muscle groups whilst maintaining a high cardiovascular and respiratory load, thus maintaining fitness whilst injured. This unique training also increases the production of human growth hormone that helps the body to recover. Research in the area of bone healing is particularly interesting, and it has been shown that hypoxia can increase mineral density to make bones stronger and speed recovery. Training at altitude is like giving the body a tune up. You feel better, you have more energy, can run faster and further and there is less wear and tear on your internal engine. You achieve more, by doing less.



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