

**SIMULATES
HIGH ALTITUDE TRAINING**

ELEVATION TRAINING



SEEN ABOVE ARE JUST A FEW
EXAMPLES OF THE EXERCISES
THAT CAN BE PART OF YOUR
WORKOUT ROUTINE WHILE
USING THE ELEVATION TRAINING
MASK 2.0.

FOR FURTHER INFO PLEASE SEE
THE MANUAL ENCLOSED.

Decrease workout time from
60 mins to 20 mins

