

ExtremeO2 Setup Guide

Components

- Air Generator
- Respirator Assembly
 - o Reservoir
 - o Mask(s)
 - o Pulse Oxymeter

Receipt

ExtremeO2 comes in two separate boxes. One is large and weighs between 60 and 80 lbs, and the other is small and weights about 5 lbs. You will need both boxes for setup. They normally arrive in two shipments and may arrive on different days, but usually within 2 days of each other

Uncrating

Uncrating may seem simple – but this method works best for any heavy items in boxes– it’s different because you can uncrate a heavy object without ever having to lift it.

1. Turn the crate upside down and open the bottom
2. Fold the flaps out to the side.
3. Roll the box onto a wide side. Make sure to pinch the down box flap between the box and the floor so it won’t close when you upright the box.
4. Upright the box making sure to fold all flaps outward so the contents can slide out later.
5. Slide the box upward off of the contents using the flaps as handles. This should allow you to lift the box only off like a sleeve without lifting the heavy contents.
6. The heavy contents should be sitting on the floor surrounded by packing materials.
7. Remove the packing materials and put back in the box.
8. Save the box and packing materials for a few weeks in case you need to return it.

Reservoir Install

Open the small box at the top. Inside you will find the following items:

- A mask
- A large blue reservoir with tabs at the top
- A pair of adhesive command hooks
- A pulse oxymeter that measures your blood oxygen
- 4 Zip Strips

Hang the Reservoir

Wall Hooks

1. Choose a location to hang the reservoir. To wall mount the reservoir you will need an open wall space about 5 feet wide by 7 feet tall. The reservoir hangs from tabs.
2. Choose the location of your exercise equipment. There is a 6-8 foot corrugated hose on one side of the reservoir that attaches to the mask. Position the reservoir so that the hose will reach your face, but not interfere with the operation of your exercise equipment.
3. Select a high corner of your hang area to install the command hook tab.
4. **DO NOT SKIP THIS STEP.** Wash the area with alcohol or mildly soapy water. Virtually all walls have a layer of powder which prevents about ½ of the adhesive on the command strip from sticking – unless you wash it first. If you don't wash the area the adhesive **WILL** fail and your system will detach from the wall while filling. If necessary you can substitute nails, screws or picture hangers for the command tabs.
5. Install 1 hanger in a high corner.
6. Hang the first corner of the reservoir from the tab.
7. Lift the other corner of the reservoir into place and note the location of the D-ring. **IMPORTANT:** Slide the D-Ring inward about 8 inches so the reservoir droops. This slack lets the reservoir inflate without pulling the hanger tabs off the wall.

Connect the Generator

Securely attach the smaller hose (clear, 1/4" tubing) coming from the Respirator Assembly to the nozzle on the front of the Oxygen Concentrator.

Oxygen Connection

Open the panel located on the back side of your Oxygen Concentrator and make sure the filter is placed flat against the inside surface. It can sometimes get displaced during shipping. Re-close the panel after you have completed this step.

High Altitude Connection

Attach the thicker High Altitude Intake hose to the connecting hose on the back of the concentrator.

Check your Mask

The masks are shipped inflated but sometimes with altitude changes can deflate during shipping. If your mask arrives deflated, you will want to re inflate the bladder that allows it to rest comfortably on your face during use.

Inflate face bladder on the mask if necessary

Take a toothpick and break in half. Using the blunt end, insert into the tiniest hole on the face mask, pushing down on the green rubber stopper. This will temporarily disable the seal that the green stopper provides. While pushing directly down on the green rubber stopper, wrap your mouth around the hole and blow air into the face bladder. When bladder is inflated, remove your mouth and toothpick at the same time and the seal should reengage.

Configure the mask

Attach the larger corrugated hose from the Respirator Assembly to the top vent of the mask. The top vent is found at the narrower end when holding the mask up in traditional teardrop fashion.

You may either hold the mask to your face or use the blue Velcro covering to keep the mask in place hands free for your exercise session. (You will need to detach hose from the mask to put blue Velcro covering in place and reattach after covering is on). The top vent of the mask where the larger tube connects allows the fresh oxygen from the reservoir to flow in, while the bottom vent allows you to breath out. You may leave the concentrator running for the duration of your exercise session.

Ready, Set, Go!

You are now ready to use your system! Turn the Oxygen Concentrator on. It will beep a few times as part of its normal function. Adjust the knob located above the meter so the ball is at the 10L mark.

It will take your reservoir approximately one hour to fill. When full, the reservoir will provide enough oxygen for recovery breathing for a 15 minute exercise session.

When filling the Extreme O2, slide the attached adjusting knob to the -O2 position to keep oxygen from leaking out during the filling process. When you use the Extreme O2, slide the button to the +O2 position for breathing full oxygen and to the -O2 position when doing sprints in high altitude mode. (See 'suggested protocols' sheet, included, for different exercise/use suggestions)

Final note, if you experience a power failure or for any other reason turn off your concentrator before you have finished your session, you must allow the concentrator to vent any excess oxygen before turning the unit back on. You will know the unit has vented excess oxygen when the meter reflects a reading of zero.