



ExtremeO₂TM
Extreme Turbo Oxygen Training

Setup Guide

Patent Pending

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Table of Contents

Components.....	2
Receipt.....	2
Uncrating.....	2
Reservoir Install	3
Hang the Reservoir.....	4
Wall Hooks	4
Connect the Generator.....	5
Oxygen Connection.....	5
High Altitude Connection	5
Check your Mask	6
Inflate face bladder on the mask if necessary	6
Configure the mask	7
Ready, Set, Go!	8
Using Your Extreme O2 System	9
Protocols	9
Protocol I – Basic Training.....	10
Protocol II - VO2 Max Training.....	11

Components

NOTE: System arrives in two shipments.

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

Receipt



The ExtremeO2 System comes in two separate boxes. One is large and weighs between 60 and 80 lbs and the other is small and weighs 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 to 3 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 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 oximeter that measures your blood oxygen
- Zip Strips



Hang the Reservoir

Wall Hooks

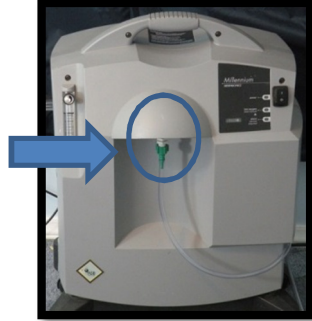
1. Choose a location to hang your reservoir. To wall mount the reservoir you will need an open wall space about 5 feet wide by 7 feet tall. The reservoir hangs from tabs.
2. Choose the location of your exercise equipment. There is a 6-8 foot corrugated hose on one side of the reservoir that attaches 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.

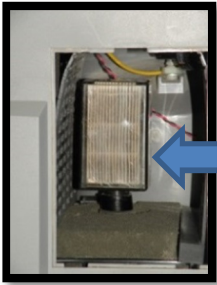
Connect the Generator

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 inserted securely as it can sometimes get dislodged during shipping. Re-close the panel after you have completed this step.



High Altitude Connection

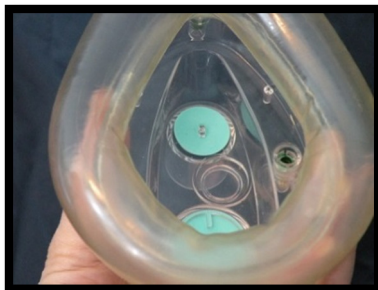
Attach the thicker High Altitude Intake hose to the connecting hose on the back of the concentrator.



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 QTip and snip in half, leaving a blunt end. Insert the blunt end into the ¼ inch hole on the face mask, pushing **directly** down on the green rubber stopper. This will temporarily disable the seal that the green stopper provides.

While holding the QTip in place against the green stopper, wrap your mouth around the hole and blow air into the face bladder. When bladder is inflated, remove your mouth and QTip at the same time and the seal should reengage.

CAUTION: Do not move the seal to the side as it may comprise the overall integrity of the seal.



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.

When exercising, 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 breathe out.

Make sure the thin rubber check valves are attached to the plastic tines **unencumbered** to allow air to flow freely during inhale and exhale.

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.

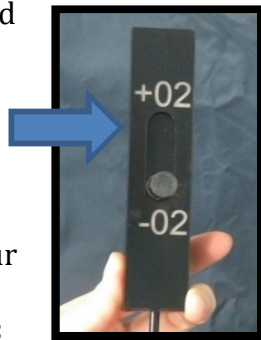


Adjust the knob located above the meter so the ball is at the 10L mark.

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 using the Extreme O2, slide the knob to the +O2 position for breathing oxygen rich air during the warm up and recover phases of your protocol. Slide the knob to the -O2 position to be in “High Altitude Mode” when doing sprints to increase heart rate.



(See “suggested protocols” on following pages for exercise/use suggested routines).

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.

Using Your Extreme O2 System

Using Your ExtremeO2 System - Suggested Protocols

*Important- Remember to consult your physician or chosen health care professional before embarking on this or any other exercise program! **The following protocols are general suggestions, and should not be followed against the advice of your physician!***

Protocols

Assess on your own or with your health care practitioner whether you are a candidate for detoxification*. If you believe you are, it is recommended that you limit your first session(s) to five minutes, increasing your subsequent sessions by one minute each time you feel you are strong enough or otherwise ready to do so.

Some parameters that might help you decide whether you are a candidate for detoxification are:

- If you do not normally sweat during exercise
- If you do not exercise at least one time per week with your heart rate reaching 130bpm
- If you have a chronic condition



After you have donned appropriate exercise clothing and footwear, put your pulse oximeter on your fingertip** and begin to warm up on your exercise equipment until you have reached your target heart rate. Then put on the mask and exercise at your target heart rate for between 5-15 minutes.

Protocol I – Basic Training

8 minute warm up on Live O2 Mode (+O2), then 30 second sprint on Extreme O2 Mode (-O2) with two minute recovery on Live O2 Mode (+O2) afterward. Start with 2 or 3 sprints in your session and work up to more from there.

You are exercising harder during the sprints done in Extreme O2 Mode (-O2) and your heart rate will be higher than the warm up and recovery phase which will both be performed in Live O2 Mode (+O2).



- 1) ...8 mins warmup on Live O2 (+O2)
- 2)30 second sprint on Extreme O2 (-O2)
- 3) ...2 min recovery on Live O2 (+O2)
- 4)30 second sprint on Extreme O2 (-O2)
- 5) ...2 min recovery on Live O2 (+O2)
- 6)30 second sprint on Extreme O2 (-O2)
- 7) ...2 min recovery on Live O2 (+O2)

15 mins 30 seconds total training time

This protocol can be done as often as every day or as little as one time per week, as you like. Effects of oxygen training are cumulative, meaning the more you do it the sooner you will achieve the overall desired results.

Protocol II - VO2 Max Training

Warm up for three minutes on Live O2 Mode (+O2), then do a series of 30 second sprints on Extreme O2 Mode (-O2) followed by a one minute recovery period on Live O2 Mode (+O2) for a total workout time between 15-20 minutes.

Remember, you are exercising harder during the sprints done in Extreme O2 Mode (-O2) and your heart rate will be higher than the warmup and recovery phase which will both be performed in Live O2 Mode (+O2).



- 1) ...3 mins warmup on Live O2 (+O2)
- 2)30 second sprint on Extreme O2 (-O2)
- 3) ...1 min recovery on Live O2 (+O2)
- 4)30 second sprint on Extreme O2 (-O2)
- 5) ...1 min recovery on Live O2 (+O2)
- 6)30 second sprint on Extreme O2 (-O2)
- 7) ...1 min recovery on Live O2 (+O2)
- 8)30 second sprint on Extreme O2 (-O2)
- 9) ...1 min recovery on Live O2 (+O2)
- 10)30 second sprint on Extreme O2 (-O2)
- 11) ...1 min recovery on Live O2 (+O2)
- 12)30 second sprint on Extreme O2 (-O2)
- 13) ...1 min recovery on Live O2 (+O2)
- 14)30 second sprint on Extreme O2 (-O2)
- 15) ...1 min recovery on Live O2 (+O2)
- 16)30 second sprint on Extreme O2 (-O2)
- 17) ...1 min recovery on Live O2 (+O2)
- 18)30 second sprint on Extreme O2 (-O2)
- 19) ...1 min recovery on Live O2 (+O2)

16 mins 30 seconds total training time

**This program will likely cause detoxification response for those who are candidates for detoxification. Detox symptoms can include body and breath odor, liver or gallbladder response, increased urination or urine concentration, bowel response, night sweats, jitters, prickly heat and in some cases fever, which can be your body's way of 'burning up' the offending toxins that were released. Normally, any of these responses will resolve within a few hours. Again, please consult your health care professional before starting this or any exercise program.*

*** Pulse Oximeter, which is included with your system, measures both heart rate (bottom number) and oxygen saturation levels (top number). A general guideline if you are health challenged is to set your target heart rate at 10% above your resting heart rate. For those who are healthy but not necessarily in shape, a general recommendation for your starting target heart rate would be between 110-120bpm. For those who are already strong and athletic, a general guideline for your target heart rate would be above 130bpm, or 220 minus your age. For oxygen levels, most people will be at about 96% when starting a session, and will likely reach 99% by the end of the session.*

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