



Setup Guide

Patent Pending

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LiveO2-AC Setup Guide

Thank you for purchasing the LiveO2 Altitude Contrast training system. This manual contains important information about safe installation and use of the LiveO2-AC system. Please read and follow these instructions carefully and keep this manual for future reference.

Choose a Location for Your LiveO2-AC System

Before setting up your LiveO2-AC system, choose an appropriate location for it. The location should be *clean*, dry and free of dust and fumes. The suggested minimum floor space is 48 square feet (4.5 square meters), or an area at least 6 feet (1.8 meters) by 8 feet (2.5 meters). If you plan to hang the oxygen reservoir on the wall, you will need an area about six feet (1.8 meters) wide. An electrical outlet must be available near by, close enough that an extension cord is not required.

CAUTION: Do **NOT** use an extension cord or electrical adapters with the LiveO2-AC system.

1 Unpacking Your LiveO2 Shipment

Your LiveO2-AC system is shipped in two boxes. These may be delivered to you a day or more apart. Wait until both boxes arrive before setting up your LiveO2-AC system.

The larger, heavier box contains the air separator (also known as an oxygen generator). The smaller box contains the oxygen reservoir, mask, hoses and accessories.





To unpack the air separator with minimal effort, follow these simple steps:



- 1) Turn the box on its side
- 2) Open both ends of the box and fold open the flaps
- 3) Turn the box right side up, making sure the flaps remain open
- 4) Lift the box away from the unit.



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Set Up the Oxygen Reservoir

The oxygen reservoir may be mounted on a wall, a special frame or suspended from the ceiling. The mounting method you choose is not critical, as long as the oxygen reservoir has room to expand.

For your convenience, the LiveO₂-AC system includes two self-adhesive hooks for wall mounting. If you choose to use these, you will need an area about 5 feet (1.5 meters) wide and 7 feet (2.1 meters) high. The wall must have a smooth, non-porous surface.

Mark the locations for the two hooks, placing them 54 inches (137 centimeters) apart. This is slightly narrower than the width of the oxygen reservoir and provides ample room for expansion.





Important: Before attaching the hooks to the wall, clean each mounting location with alcohol and allow time to dry completely. ***Do not skip this step!*** If you do, the adhesive ***will*** fail and the oxygen reservoir will detach from the wall while filling.

3 Prepare Your Oxygen Mask

Your oxygen mask will need to be inflated so that it fits comfortably. Locate the syringe included with your LiveO2-AC system.

- 1) Draw back the plunger on the syringe.
- 2) Insert the tip of the syringe into the check valve as shown at right.
- 3) Slowly push the plunger all the way down.



Repeat these steps until the mask is about 2/3 full. Hold the mask to your face and apply light pressure. The mask should make positive contact at all points. Add or release air from the mask until it fits comfortably and securely on your face.





4 Make the Connections

The LiveO2-AC system uses three hoses:

- 1) two corrugated hose connections from the oxygen reservoir to the air separator
- 2) one from the oxygen reservoir to the mask

The oxygen manifold is located on the side of the reservoir as shown in the first photo below. Two hose connections are made at this point:

- 1) The small, 1/4" (6.35mm) ID clear hose connects to the air separator's oxygen output, as shown in the second photo below.
- 2) The longer, corrugated hose connects to the top port of the oxygen mask, as shown in the third photo below.





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The shorter, corrugated hose located in the bottom corner of the oxygen reservoir connects to the High Altitude output port at the base of the air separator, as shown at left.

A Note About Masks and Head Gear

The mask and head gear you receive may vary from those shown in the photos below. This is usually due to changes in availability from our manufacturers. The masks are functionally equivalent and operate in exactly the same way.

Depending on which style of head gear is included with your LiveO₂-AC system, you may first have to remove the corrugated hose from the mask before incorporating it into the head gear. Once the mask is situated in the head gear, you can re-attach the hose.

Wearing the Oxygen Mask While Exercising

In some cases, you may wish to simply hold the mask to your face while exercising. However, it is recommended that you use the head gear in combination with the mask for hands-free operation. The photos below show how the mask and head gear may be worn.





Getting to Know the Air Separator

IMPORTANT: The air separator includes its own product manual. Please read and understand the material contained in the air separator manual and familiarize yourself with the product safety, operational and maintenance information it contains.



5 Initial Startup Procedure

Your LiveO₂-AC system is now ready to use. Before turning on the air separator, **slide the +O₂/-O₂ switch to the -O₂ position.** This prevents oxygen from escaping through the mask while filling the reservoir. Remember to do this before each use.

WARNING: Keep all sources of open flame at least five feet (1.5 meters) away from the air separator at all times.



Initial Startup

Set the +O₂/-O₂ switch to the -O₂ position. Turn on the air separator and allow it to run for **five hours** before your first exercise session. All materials used in the LiveO₂-AC system are free of volatile organic chemicals. Any outgassing of fine particulate matter that may be released due to elevated operating temperatures will be expelled during the five hour run-in period. This ensures that the oxygen you are breathing is as clean and pure as possible.





Before Each Exercise Session

Turn on the air separator one hour before exercising. This allows ample time to fill the reservoir. After turning on the unit, adjust the flow meter so that the center of the float meter's ball is at the 10 liter mark.

Note: You cannot overfill the oxygen reservoir, no matter how long the air separator is left running. Leaving the air separator on for extended periods of time will not damage the oxygen reservoir.



When full, the reservoir will provide enough oxygen for a typical 15-minute exercise session. While exercising, slide the +O₂/-O₂ switch the +O₂ position to receive oxygen-rich air during the warm-up and recovery phases of your exercise protocol. Move the switch to the -O₂ position to be in “High Altitude” mode during a *challenge event* (such as sprinting) to increase your heart rate.

IMPORTANT

Please be aware that it may take more than one hour to fill the oxygen reservoir at high altitudes. Due to the decreased available oxygen levels at higher elevations, you may have to reduce the oxygen flow rate to avoid overdriving the air separator. This is described in detail in the *Frequently Asked Questions* section.

In the event of a power failure or for any other reason you turn off the air separator before your session is finished, you must allow the air separator to vent any excess oxygen before restarting the unit. You will know the unit has vented the excess oxygen when the flow meter reading is zero.





6 Using Your LiveO2-AC System

Your LiveO2-AC system is now ready for use. Before turning on the air separator, **slide the +O2/-O2 switch to the -O2 position**. This prevents oxygen from escaping through the mask while filling the reservoir. Remember to do this before each use.

IMPORTANT: Consult with your health care professional before incorporating the LiveO2-AC system into your personal exercise program. While using the LiveO2-AC system, if you experience shortness of breath or discomfort of any kind, discontinue use **immediately** and contact your health care professional for advice.

Important Points to Remember While Exercising

The LiveO2-AC system will not *force* oxygen to you. While exercising, you *must* actively and intentionally *inhale*.

With the +O2/-O2 switch in the -O2 position, you are receiving oxygen *depleted* air. This has an effect similar to being at a high elevation. While using the LiveO2-AC system in this mode, your heart rate will increase as it works harder to keep the flow of oxygen delivered to your body. **Do not** use this mode for more than 30 seconds at a time, and allow time for your body to recover after doing so.

IMPORTANT: Do **not** use a humidifier with your LiveO2-AC system.





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About the Pulse Oximeter

The Pulse Oximeter included with your LiveO₂-AC system measures both heart rate (bottom number) and oxygen saturation levels (top number). The unit requires two AAA batteries, included with your LiveO₂-AC system.

You should consult with your health care practitioner to determine your optimum heart rate and oxygen levels during your exercise sessions.



Frequently Asked Questions

Q. *My air separator has gone into alarm mode. What should I do?*

A. In most cases, this means you are overdriving the air separator. To correct this condition, turn the flow meter knob clockwise until the ball indicator drops below the 10 liter mark, then slowly turn the knob counter-clockwise until the ball just reaches the 10 liter mark again. Do not attempt to increase the flow beyond this point.

Q. *How can I tell when my air separator is working properly?*

A. All of our air separation units have built-in oxygen sensors. These sensors continuously monitor the air and oxygen flow to ensure that your system is functioning properly. If your system is not separating oxygen from air, then the amber oxygen sensor lamp will be illuminated.

When you first turn on your system, the amber light will go on for up to five minutes while your system pressurizes. Initially, the system does not produce oxygen pure enough to satisfy the oxygen sensor. After about five minutes, the amber light should go off, indicating that your system is producing at least 75% oxygen rich air, and oxygen reduced air at about 14% oxygen.





Q. *What kind of exercise equipment should I use?*

A. Any stationary equipment which is physically appropriate to the user will work.

We find stationary bicycles preferable for most people, because they accommodate a wide range of user abilities and they are stable for most physically-challenged users. High quality units, like the Keiser M3+, create an exemplary user experience.

Any equipment capable of increasing the heart rate will work, but it's preferable to be able to “challenge” the user to at least 80% of their age-appropriate heart rate.

For athletes, whole-body workout equipment is preferred.

Also, consider adding a sauna to your workout to exploit detoxification via sweat immediately after using the LiveO₂-AC system, while in the super-oxygenated state.

Warranty

Whole Health Network warrants the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for one year from the date of purchase.

During the warranty period, the product will be either repaired or replaced by Whole Health Network. The warranty covers all components including the air separator, oxygen reservoir, hoses, mask and pulse oximeter. Should any component fail during the warranty period, the consumer may return the component to Whole Health Network for repair or replacement. During the first ninety (90) days, return shipping will be paid for by Whole Health Network. Shipping of the defective item to Whole Health Network shall be at the consumer's expense. Return of the replacement item shall be at Whole Health Network's expense.





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The warranty does not cover normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions, improper maintenance or commercial use. The warranty does not cover any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product or its use.

This warranty does not affect the consumer's statutory rights under applicable national or state laws, or the consumer's rights against the dealer arising from their sales/purchase contract. This limited warranty is issued by Whole Health Network for consumers who have purchased this product as the original purchaser.

Warranty with respect to this product will be limited to countries where the product has been initially marketed.

Disclaimer

The material in this manual is for informational purposes only. The product it describes is subject to change without notice, due to the manufacturer's continuous development program. Whole Health Network makes no representations or warranties with respect to this manual or the product described herein. Whole Health Network shall not be liable for any injuries or damages, losses, costs or expenses, direct, indirect or incidental, consequential, arising out of, or related to the use of this material or the product described herein. The product described herein is not intended to treat, diagnose, prevent or cure any disease. You should consult your health care practitioner before using this product.

This product is patent pending.

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Glossary

+O₂/-O₂ Switch: The position of the +O₂/-O₂ switch determines whether oxygen rich air (in the +O₂ position) or oxygen depleted air (in the -O₂ position) is delivered to the oxygen mask.

Air Separator: An electromechanical device which extracts and separates oxygen from room air. The nearly pure oxygen is stored in the oxygen reservoir. The oxygen depleted air is also made available to simulate a high altitude environment.

Challenge Event: Any action taken during an exercise session which causes one or more of the body's systems to work harder to achieve a desired result. Examples include sprinting, simulated uphill cycling and weight lifting.

Head Gear: Apparel designed to hold an oxygen mask in place, so that the wearer may exercise in a hands-free manner.

Manifold: A device which receives air from two or more sources and distributes the air by way of hose connections.

Oxygen Mask: A device worn on the face, covering the nose and mouth, which excludes room air and permits only oxygen rich (or oxygen depleted) air to be consumed by the wearer.

Pulse Oximeter: An electronic device worn on the finger which monitors and displays the user's heart rate and blood oxygen level.

Reservoir: A semi-permeable, inert fabric container which stores the oxygen produced by the air separator.

Technical Support

Please visit our web site at <http://whnlive.com/support/> for assistance with your LiveO₂-AC system or contact us by email at support@whnlive.com. If Internet access is unavailable, please call our technical support staff at (970) 372-4344.





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