

AirVantage



★ OXYGEN THERAPY ★ THE SCIENCE BEHIND THE BREATHING ★ BREATHTAKING SCIENCE

# Unlock Your Breathing Potential with AirVantage BreathBooster™

## The Science of Superior Respiratory Training

Welcome to a new era of respiratory training. With AirVantage BreathBooster™, experience a breakthrough in enhancing your breathing performance. Our scientifically backed trainer is designed not just to improve lung capacity and function but to fundamentally address respiratory issues. Get ready to augment your stamina and elevate your athletic performance to unprecedented levels.

## How It Works

"AirVantage BreathBooster™ revolutionizes breathing training with its innovative adjustable knob. This unique feature allows for seamless transitions between resistance levels, enabling you to customize the intensity of your workout. Unlike traditional trainers with replaceable caps, AirVantage BreathBooster™ offers a dynamic and versatile approach to respiratory muscle conditioning."

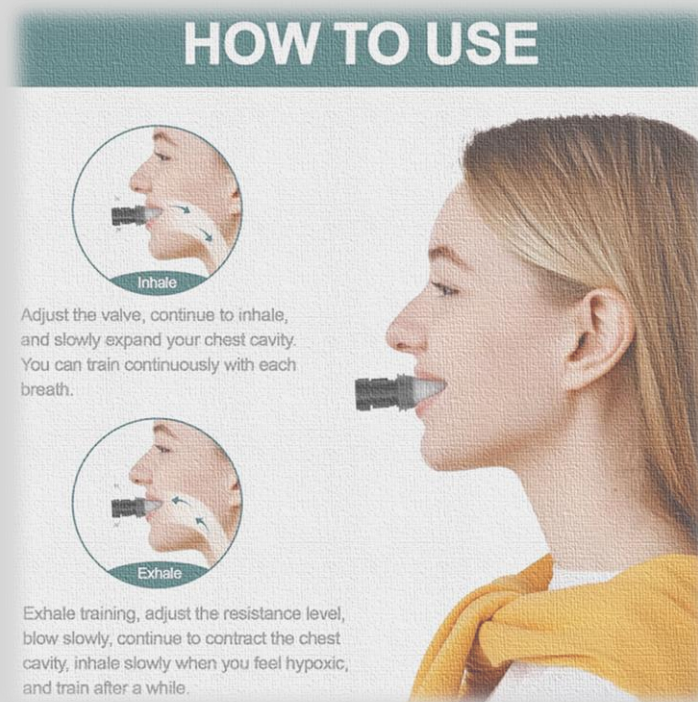
## How to Use

### Step 1: Prepare Your Trainer

Ensure your AirVantage BreathBooster™ is clean and ready for use. Place the mouthpiece comfortably in your mouth, with 'top' indicated upwards, and secure it by gently biting down.

### Step 2: Proper Breathing Technique

Position yourself upright for optimal airflow. Turn the knob to set your desired resistance level, inhale deeply, and fill your lungs to capacity. Then, exhale thoroughly, engaging your core and respiratory muscles.



### Step 3: Controlled Exhalation

After each breath, remove the mouthpiece and breathe normally to recover. Repeat for 10 breaths to complete a set, aiming for 2 to 4 sets daily. For the best results, practice on an empty stomach.

### The Science Behind AirVantage BreathBooster

Built on a foundation of scientific research, AirVantage BreathBooster™ is not just a training tool; it's a gateway to healthier lungs and a stronger body. More information and research articles found at [theairvantage.com/pages/the-science](https://theairvantage.com/pages/the-science)

### Frequently Asked Questions

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#### *Where's the scientific research?*

*"Explore the empirical evidence supporting AirVantage BreathBooster™. Our product is backed by extensive medical research demonstrating its benefits. Dive into the details on our dedicated page of medical journals at the page mentioned above."*

#### *How long until I see improvements?*

*"Many users feel an uptick in their breathing capacity within the first few days of consistent use. For optimal results, regularly adjust the resistance to suit your training level and track your progress."*

#### *How do I use it?*

*You can master the AirVantage BreathBooster™ with three simple steps: Prepare Your Trainer, Practice Proper Breathing Technique, and Conduct Controlled Exhalation. Follow our detailed guide for each step and ensure to check out the disclaimers before starting your regimen."*

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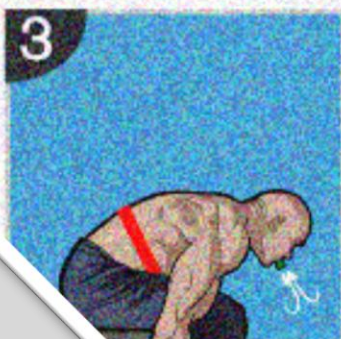
# Exercise #1



Sit up straight  
with shoulders low



Exhale normally while  
bending forward at your  
diaphragm level. This  
will squeeze the air out



Finish exhaling by leaning  
forward (bending at hips)



Inhale forcefully  
while bringing  
your head up first



Continue to “pull”  
air in (with effort)  
without using your  
upper chest/shoulders



Pace yourself so  
you finish your  
inhale the moment  
you sit up straight

## Exercise #2



While sitting up straight exhale completely by squeezing your belly, place o2trainer in your mouth



Inhale forcefully as you lean over. Keep inhaling. Focus on rounding and expanding your back



As you come up, exhale completely, squeezing your shoulder blades together and push out the air

**1. Not inhaling completely**, stopping at the hardest part (top of the inhale). What to do: when you think you are all full, flare your nostrils and try to get a few more tablespoons of air. You'll find you had more space.

**2. Using shoulders and upper chest when breathing in**, instead of forcing yourself to expand in the middle at diaphragm level (the bottom of your ribs and your belly. What to do: practice without the o2 in front of the mirror so you can call yourself out when you start cheating. What happens is that when your diaphragm tires, your shoulders are "auxiliary" muscles and they kick in to "help." We don't want this. We want to exhaust the diaphragm and then some to get it to get stronger.

**3. Not exhaling completely.** The Exhale is not just a "let go", so use all your core muscles to empty out completely so that you can take a huge inhale next.

**QUESTION? REACH OUT TO US AT:**  
**SUPPORT@THEAIRVANTAGE.COM**

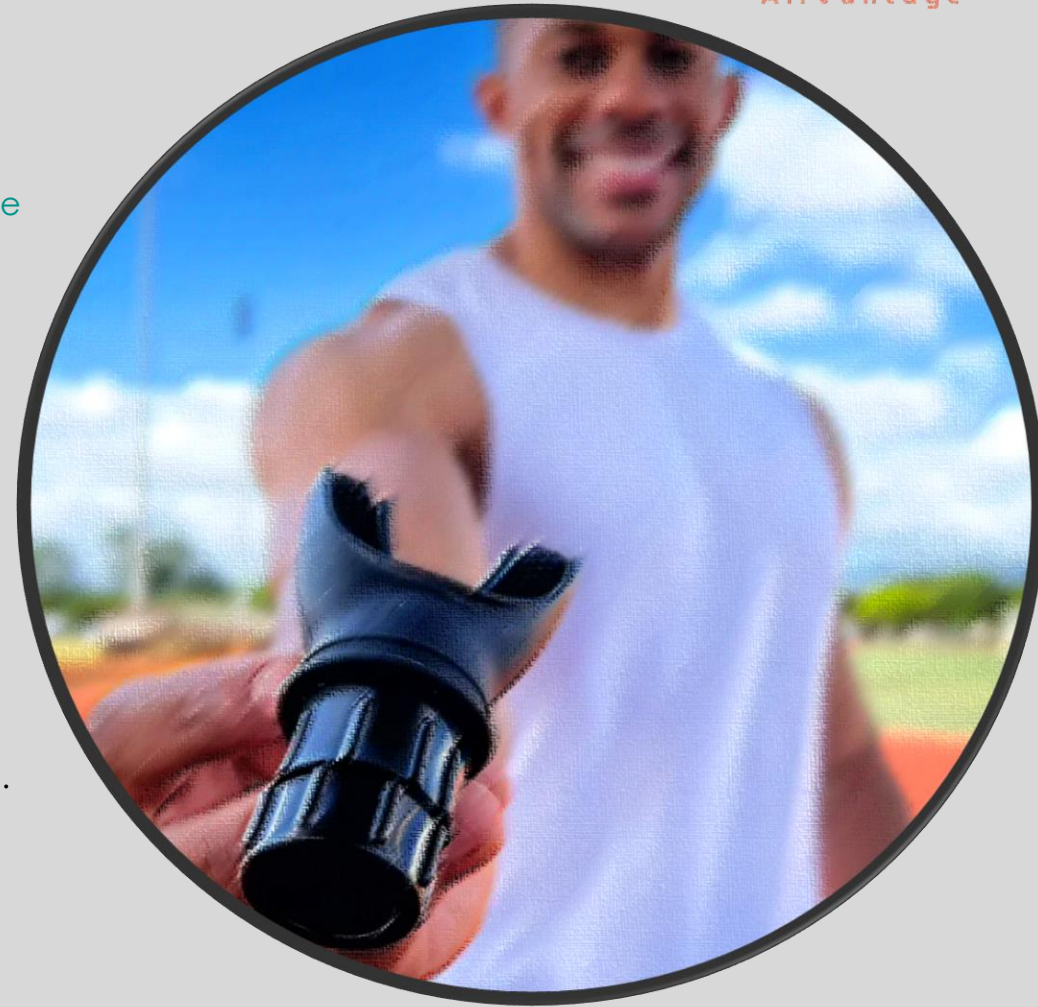
# Most Frequent Question:

What Resistance Setting to use or Can I working out with the AirVantage BreathBooster?

Of course, you can also work out with the AirVantage BreathBooster. Baby steps are key here because your body needs oxygen, so using a hard higher resistance knob setting is NOT a good idea. Just

start with the lowest setting, once you feel you are getting the same amount of air as you did without the AirVantage BreathBooster, switch to higher knob resistance setting, etc. One more time, go slow, make it a "journey", not a "race"!

Whatever exercise you do will determine what resistance setting to use. Meaning; when doing a striking workout on the bag you need a less resistance setting than when you do a monotone exercise, like long distance running, cycling etc. But when using intervals and sprints, you need a less resistance on the knob settings.



# EASY TO CLEAN

*It can be disassembled and washed more cleanly*



## Disclaimers and Safety Information

Before embarking on your AirVantage BreathBooster™ journey, please read our safety guidelines and disclaimers. It's important to use the product as directed to ensure the best results and avoid potential risks found at [theairvantage.com/pages/how-to-use-disclaimers](http://theairvantage.com/pages/how-to-use-disclaimers)

Empower your breath, empower your life with AirVantage BreathBooster™. Start today and breathe your way to peak performance. Visit [www.theairvantage.com](http://www.theairvantage.com) to order your trainer and for comprehensive guides on mastering the art of breath training.

AirVantage BreathBooster™ - Breathe In Strength, Breathe Out Limits.

For more information, visit [www.theairvantage.com](http://www.theairvantage.com) or contact us at [support@theairvantage.com](mailto:support@theairvantage.com)



**AirVantage**

**Benefits:**

- Natural, non-invasive solution
- Long-term respiratory health
- One off cost
- Boosts Stamina
- Improved Lung Capacity
- Reduced Fatigue
- Helps COPD
- Helps With Asthma
- Decreased Stress Levels
- Tone Your Core
- Better Sleep



**negatives of medical alternatives:**

- potential side effects
- temporary relief
- recurring costs

