

TRAIN SMARTER WITH *ALTITUDE*

REVOLUTIONIZING ATHLETIC
TRAINING AND PERFORMANCE



ABOUT

ALTITUDE CHAMBERS

Our team of experienced professionals coupled with our innovative designs and proven training protocols enable athletes to achieve their peak physical potential while maximizing endurance. Our robust altitude chamber systems feature industry-leading longevity and reliability, providing a reliable return on investment.



GREG BREUNICH

Chairman and Chief Executive Officer



GABE JARAMILLO

Executive Vice President and
Director of Tennis Training



SCOTT DEL MASTRO

Executive Vice President and
Chief Operations Officer – Academies



GREG ANTHONY

President and Chief
Communications Officer



PROFESSOR GREG WHYTE

Director of Sports Science
and Performance

MISSION STATEMENT

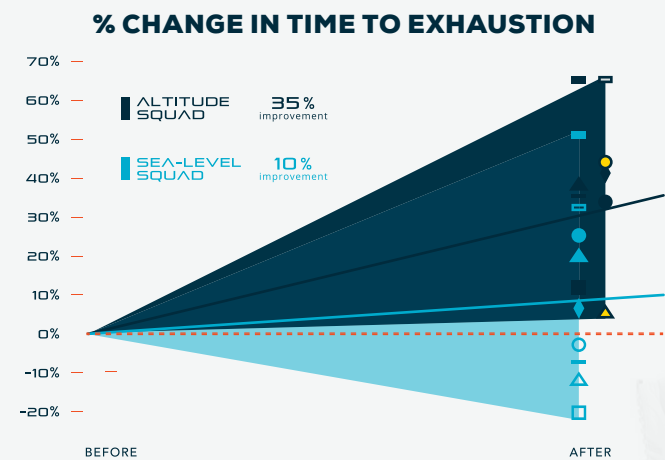
**PROFESSIONAL ATHLETES AND TEAMS
WIN WITH INCREMENTAL GAINS.
ALTITUDE CHAMBERS AND TARGETED
TRAINING GIVE YOU THE EDGE FOR
PEAK PERFORMANCE.**

Altitude International manufactures a variety of world-class hypoxic training chambers, enabling competitive athletes of all kinds to train in an environment of simulated altitude. This controlled oxygen reduced environment, coupled with specific training protocols, have numerous scientifically-proven benefits.



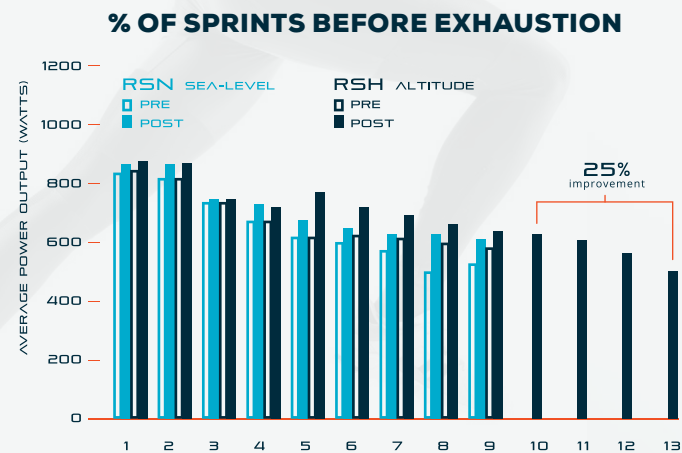
WHAT IF...

YOU COULD IMPROVE YOUR TIME TO EXHAUSTION BY 35%?



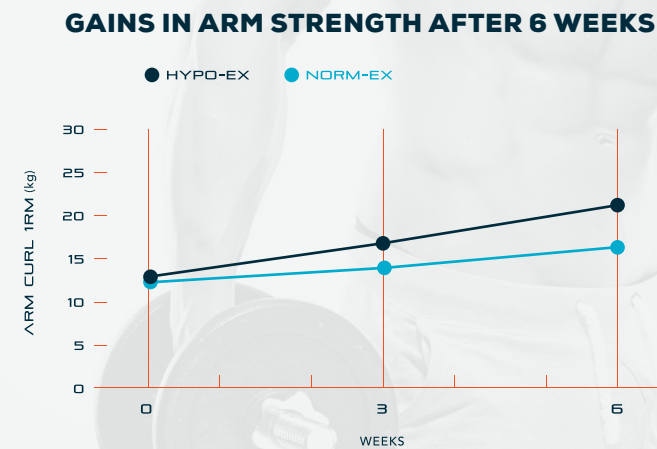
Dufour et al, 2006

YOU COULD GET 25% MORE SPRINTS BEFORE EXHAUSTION?



Faiss et al, 2013

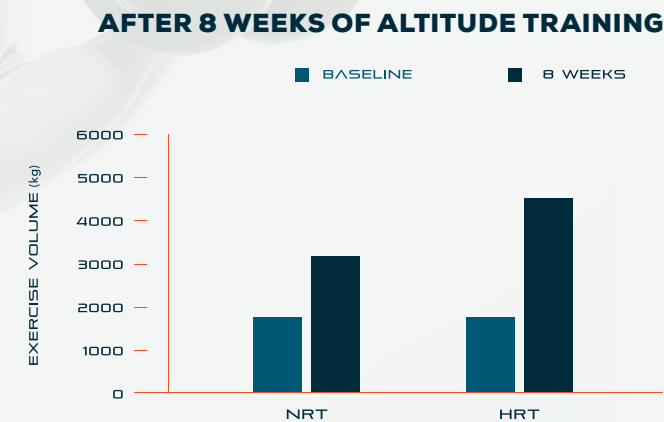
YOU COULD DOUBLE THE GAIN IN STRENGTH AFTER 6 WEEKS OF TRAINING IN ALTITUDE CHAMBER?



Nishimura et al, 2010

WHAT IF...

YOU COULD GET ALMOST 87% IMPROVEMENT IN MUSCLE ENDURANCE AFTER 8 WEEKS?

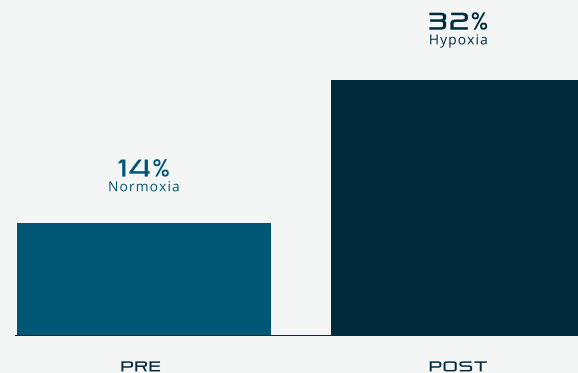


Kon et al, 2014

WHAT IF...

YOU COULD MORE THAN DOUBLE
YOUR IMPROVEMENT IN YO-YO
PERFORMANCE?

ELITE SOCCER PLAYERS' PERFORMANCE



Galvin et al 2013



WITH ALTITUDE CHAMBERS, YOU CAN.

PLUS:

- MAINTAIN FITNESS DURING DOWNTIME/
OFFSEASON/INJURY
- REDUCE FATIGUE-RELATED INJURIES
- LEVERAGE SPECIALIZED TRAINING PROTOCOLS

NCAA, 2015 | Sports Health, 2017

ALTITUDE TRAINING

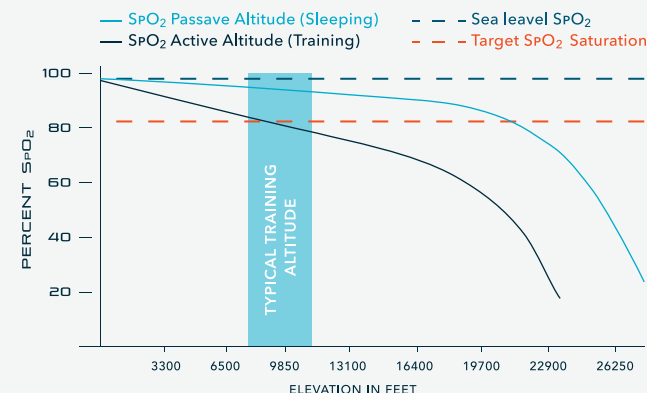
AND HOW IT WORKS

- At natural altitude, the **atmospheric pressure is reduced**, thus reducing the available oxygen in every inhalation.
- Altitude's chambers achieve the same level of available oxygen **by modifying the oxygen/nitrogen mixture** with no change in barometric pressure.
- When combined with the correct training protocols, reduced oxygen environments **trigger physiological adaptations** within the human body.

At sea level, a hard workout can take you down to **~95% O₂** saturation. Sleeping at altitude can give you the same metabolic stress as a workout at sea level (teal arc). Exercise at altitudes above (~7200'+), with proper IHT (Intermittent Hypoxic Training), brings O₂ saturation lower down to **80%** (navy arc). This saturation level is required to trigger HIF (Hypoxic Induced Factors) stressors that induce the physical adaptation within the human body.



OXYGEN, ALTITUDE AND TRAINING



SCIENTIFICALLY

PROVEN BENEFITS

- **INCREASED RED BLOOD CELL PRODUCTION & CAPILLARY DENSITY (ANGIOGENESIS)**
- **MUSCLE MASS INCREASE (MYOGENESIS)**
- **INCREASED MITOCHONDRIAL DENSITY AND O₂ EFFICIENCY—CEREBRAL AND MUSCULAR**
- **INCREASED VO₂ MAX**
- **AEROBIC & ANAEROBIC PERFORMANCE IMPROVED**

THE FINAL INGREDIENT

UNIQUE TRAINING PROTOCOLS TAILORED TO YOUR SPORT



Altitude training has been part of elite athlete training for decades. The well understood and scientifically proven benefits of training in low oxygen environments supports world-class performance across all sports. The industry-leading technology developed by Altitude Chambers provides the highest quality environmental control in a convenient and accessible chamber for all athletes. At Altitude Chambers, we provide dedicated support in the design and delivery of training from our world-leading team of specialist sports scientists, headed by Professor Greg Whyte.



**PROFESSOR
GREG WHYTE**

Director of
Sports Science and
Performance

ATHLETIC APPLICATIONS AT ALL STAGES

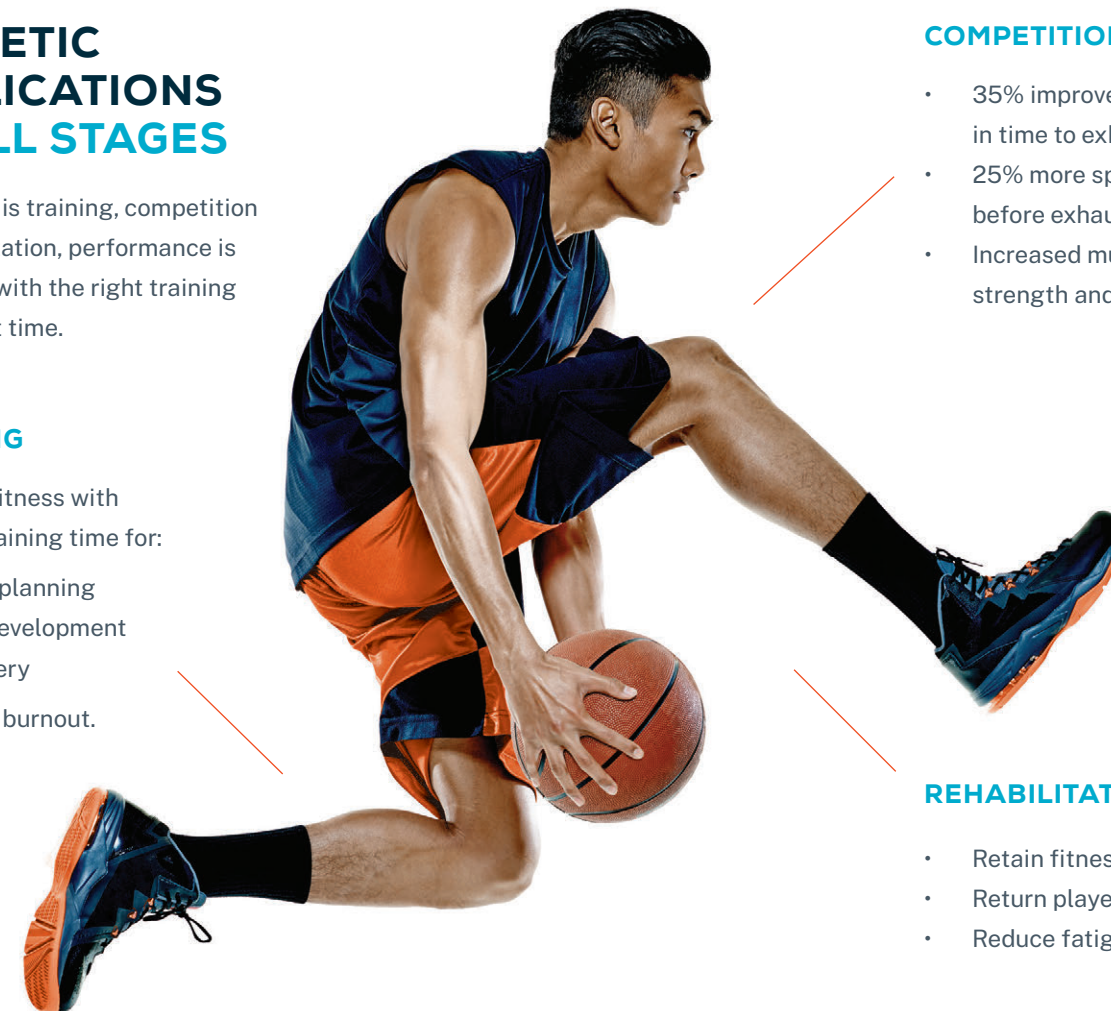
Whether it is training, competition or rehabilitation, performance is optimized with the right training at the right time.

TRAINING

Improved fitness with reduced training time for:

- Game planning
- Skill development
- Recovery

Plus, avoid burnout.



COMPETITION

- 35% improvement in time to exhaustion
- 25% more sprints before exhaustion
- Increased muscular strength and endurance

REHABILITATION

- Retain fitness while injured
- Return players to action faster
- Reduce fatigue-related injuries

WORLD-LEADING ENVIRONMENTAL CHAMBERS

Altitude International will design your Environmental Chamber to provide the exact range of environments that you require.

The successful, simultaneous, and precise control of simulated altitude together with temperature, and humidity allow for environmental consistency, fueling superior results through scientific experimentation.



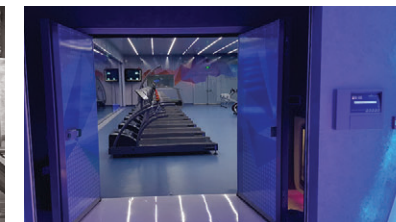
SIMULATED ALTITUDES – TO 28,700 FT

TEMPERATURES – FROM -13 TO +122°F

RELATIVE HUMIDITY – FROM 20% TO 95%

THE ALTITUDE DIFFERENCE

WHAT MAKES US UNIQUE



- INDUSTRIAL-GRADE, MILITARY-PRECISION SOFTWARE
- UNEQUALED RELIABILITY WITH 14 YR+ TRACK RECORD
- FULLY COORDINATED ENVIRONMENT SIMULATING SYSTEM ALTITUDE, TEMPERATURE AND HUMIDITY OF VIRTUALLY ANY ENVIRONMENT
- OPERATIONALLY SAFE AND SECURE WITH TWIN PASSWORD + KEY SWITCH ACCESS REQUIREMENT

LOOK WHO WE ARE WORKING WITH



ALTITUDE CHAMBERS IS PROUD TO BE WORKING WITH THE NCAA, NBA, AND NFL, AMONG OTHER LEADING SPORTS ORGANIZATIONS. WE LOOK FORWARD TO DEEPENING OUR RELATIONSHIPS AND WORKING WITH ADDITIONAL ORGANIZATIONS WHO VALUE OPTIMIZING ATHLETIC PERFORMANCE.



**GREG
BREUNICH**

Chairman and Chief
Executive Officer



PEAK PERFORMANCE DELIVERED

At Altitude Chambers, we enable athletes to reach peak physical performance and endurance. The gains of training at simulated altitude are scientifically proven via a myriad of clinical studies.

Our unique chambers and training regiments maximize the physiological effects of workouts, enhancing performance safely and legally for athletes of all sports. We are the secret weapon for professional athletic organizations across the globe. Discover the world's most effective workouts with Altitude Chambers.



**NOW AVAILABLE, AND SETTING A
NEW STANDARD IN NORTH AMERICA**

ALTDCHAMBERS.COM