



**MOUNTAIN**

Altitude Training Simulator

**O<sub>2</sub>**

# setting the scene

# history

The benefits of altitude training came to prominence after the 1968 Olympic Games in Mexico when many world records were shattered in endurance and anaerobic sprint events.



# accepted practice

Over the past 30 years, altitude training has become an accepted part of the elite athlete's repertoire for achieving at the highest level using their own body as part of a drug-free treatment to achieve greater endurance performance.



# 'live high - train low'

Athletes or individuals who wish to gain a competitive edge for endurance events can take advantage of exercising at high altitude (above 1,500 metres). However research shows the body reacts better to training at sea level.



# intermittent hypoxic training (iht)

Altitude training can be simulated at sea level through 'intermittent hypoxic training' (IHT) via a tent, room, or mask-based hypoxicator system.

These stimulate an individual's cardiovascular system by means of breathing reduced oxygen (hypoxic) air and triggering mechanisms of compensation.



# the products



# 'complex - simplex'

Mountain O<sub>2</sub> Ltd was established in 2010 to deliver two inter-related products to capitalise on the benefits of altitude training, while its parent: IHT International Ltd holds patents for the intellectual property.





# simplex - 'personalised iht'

The Simplex is a mask-based hypoxicator system designed to provide accurate, simple and safe application of the hypoxic state without disrupting training regimes, complicating already complex lifestyles, demanding travel schedules or injury recuperation periods.



# simplex - users

Mountain O<sub>2</sub> Ltd has sold Simplex units to:

- Super 15 and International Rugby;
- International Rugby Sevens;
- National Rugby League (NRL);
- Australian Rugby League (ARL).



# complex - prototype

The Complex is sophisticated diagnostic equipment, under development by medical scientists in the Ukraine, that can diagnose individual treatment requirements and provide each person with a specific treatment prescription for use with the Simplex.

