

# TRAIN SMARTER WITH *ALTITUDE*

REVOLUTIONIZING ATHLETIC  
**TRAINING AND PERFORMANCE**



**ALTITUDE**  
CHAMBERS

# 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

# MISSION STATEMENT

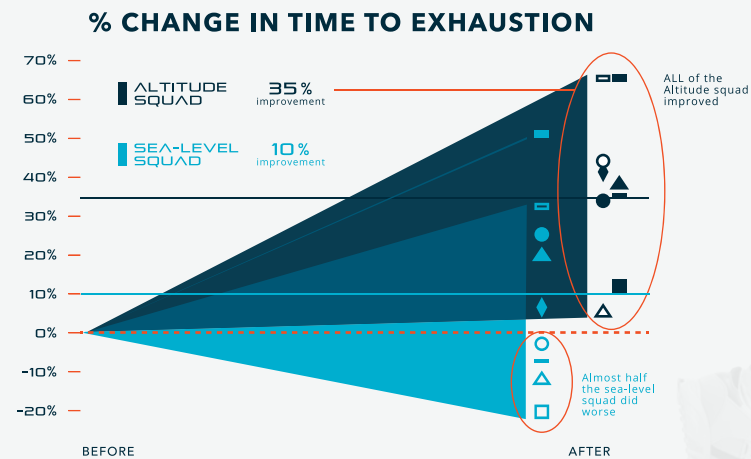
**PROFESSIONAL ATHLETES AND TEAMS  
WIN WITH INCREMENTAL GAINS.  
ALTITUDE CHAMBERS AND TARGETED  
TRAINING GIVE YOU THE EDGE FOR  
PEAK PERFORMANCE.**

Altitude Chambers, a subsidiary of Altitude International Holdings, Inc. (ALTD), manufactures a variety of world-class reduced-oxygen training chambers, enabling competitive athletes of all kinds to train in an environment of simulated high altitude.



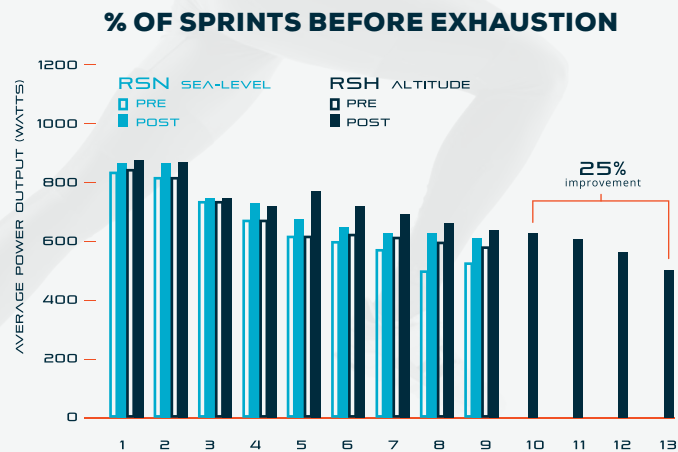
# WHAT IF...

YOU COULD IMPROVE YOUR TIME TO EXHAUSTION BY 35%?



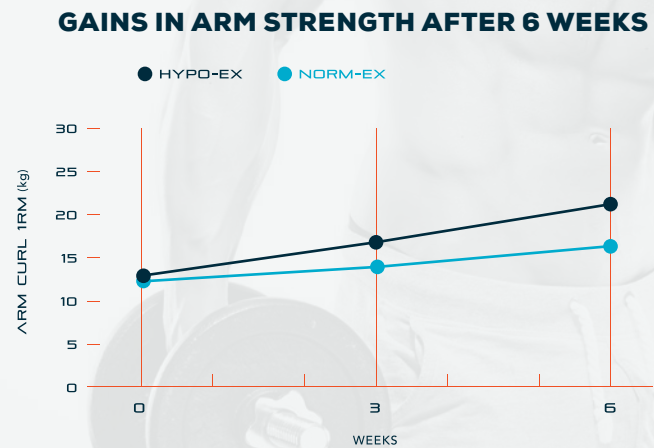
Dufour et al, 2006

YOU COULD GET 25% MORE SPRINTS BEFORE EXHAUSTION?



Faiss et al, 2013

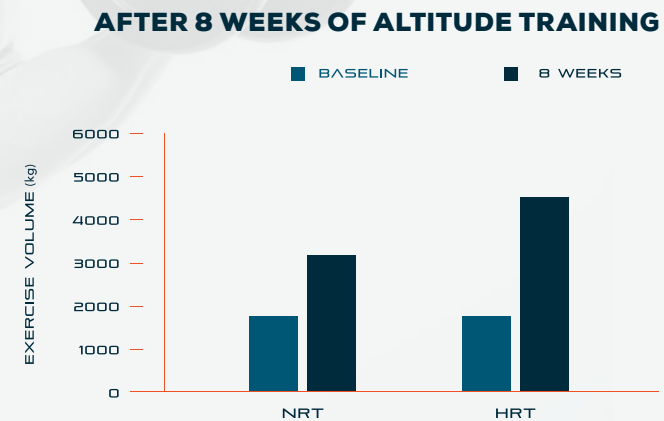
YOU COULD DOUBLE THE GAIN IN STRENGTH AFTER 6 WEEKS OF TRAINING IN ALTITUDE CHAMBER?



Nishimura et al, 2010

# WHAT IF...

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

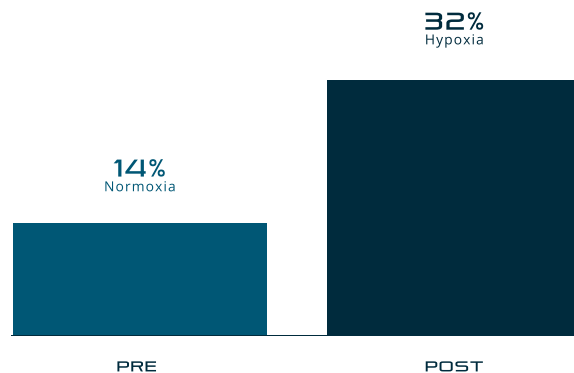


Kon et al, 2014

# 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



# ALTITUDE TRAINING

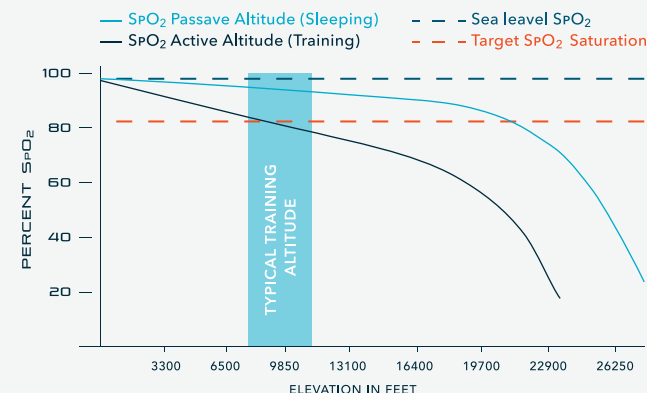
## AND HOW IT WORKS

- 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% O<sub>2</sub>** 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 O<sub>2</sub> saturation down to nearly **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 O<sub>2</sub> EFFICIENCY—CEREBRAL AND MUSCULAR**
- **INCREASED VO<sub>2</sub> MAX**
- **AEROBIC & ANAEROBIC PERFORMANCE IMPROVEMENT**

# 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**

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

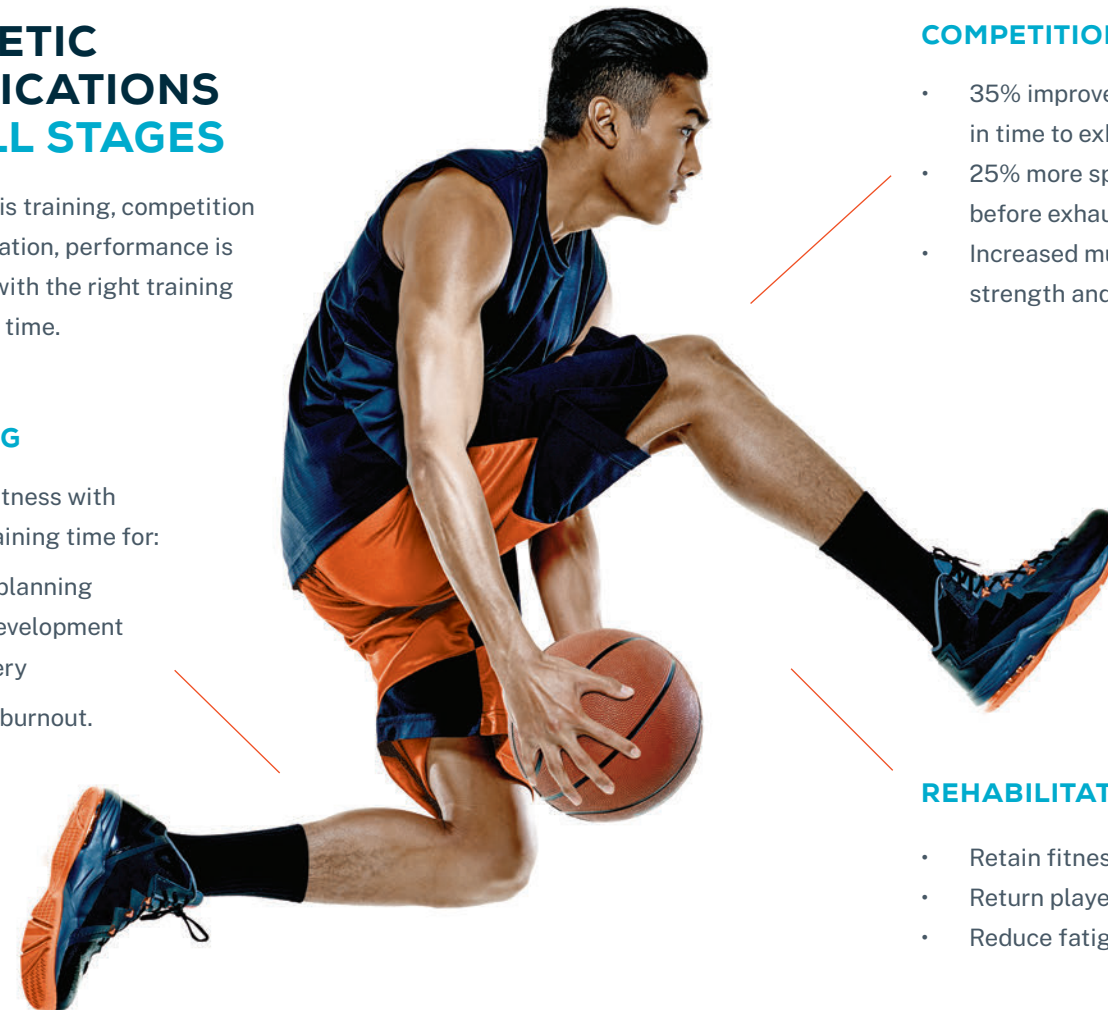
Plus, avoid burnout.

### 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 Chambers 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 scientifically-demonstrated results.



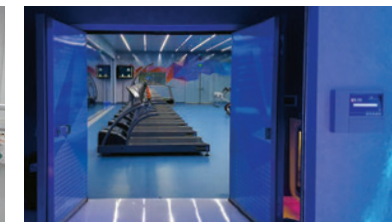
**SIMULATED ALTITUDES – TO 28,700 FT**

**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 15 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**

4500 S.E. Pine Valley St., Port Saint Lucie, FL 34952

**722.212.2045 | [ALTDCHAMBERS.COM](https://altdchambers.com)**