

**SYNERGY**  
A L T I T U D E

strength endurance wellbeing



taking training to new heights

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## altitude training

Altitude and hypoxic environment training has been used for many years by athletes across many sports to **improve performance**. The lower oxygen concentration in an altitude environment causes the body to be more efficient at using fuel and oxygen, and triggers a variety of physiological responses and changes in your body at a number of levels that **improve metabolic efficiency**.

Hypoxic training sessions can give you a great workout with much **less stress on your body, or enhance the effectiveness of any workout** you do and make your exercise more time efficient. Clients with limited exercise tolerance (e.g. can only walk) get more value from altitude training.

Hypoxic training **enhances and accelerates** the **positive outcomes of exercise** on:

- Fat Loss, reduced appetite and increased leptin hormone levels
- Diabetes management/prevention and insulin/glucose sensitivity
- Osteoporosis and bone density
- Aerobic endurance and energy levels
- Anaerobic fitness and lactic acid tolerance
- Anaemia, due to increased EPO, red blood cells and haemoglobin
- Testosterone and growth hormone
- Hypertrophy (lean body mass) and strength training outcomes
- Cardiac surgery rehabilitation
- Insomnia, serotonin and endorphins

Other potential benefits include:

- Improved **dexterity, co-ordination** and **cognitive decision making** under stress and when fatigued.
- Excites neural plasticity and facilitates positive re-wiring of the brain and central nervous system.
- Enhanced collagen production, with improvements in **wound healing**, beauty treatment outcomes and **skin elasticity**.

Altitude training technology is currently used extensively by:

- The Australian Institute of Sport and many other world class institutes of sports.
- Many professional sports teams such as Collingwood, Lions, St Kilda, Crows, Suns, Storm, Titans, South Sydney, Tigers and the Bulldogs.
- Elite sports people (including golfers and formula one drivers) seeking to improve co-ordination and performance under stress.
- Leading edge executives to enhance their performance, decision making, negotiating and cognitive abilities in stressful and demanding situations.
- Hospitals and beauty clinics to optimise the outcome for their patients and clients.

Training in a hypoxic environment will potentially help you **go faster and further, react quicker, think sharper, feel stronger and more focused**. Take training to new heights and **JOIN THE EVOLUTION**.