

TRAINING MASK 2.0

INTENSIFY YOUR WORKOUTS

“CHANGING THE WORLD ONE BREATH AT A TIME®”

Elevation Training Mask® 2.0 is a state of the art, patented, pulmonary resistance muscle trainer. Training Mask 2.0's effectiveness is in its unique design which allows athletes to strengthen the respiratory musculature via its one of a kind Flux Valve Air Resistance System. The Training Mask 2.0 introduces a new and innovative way to train, improve high intensity exercise tolerance, and improve post workout calorie burn. The new age of fitness is about working out smarter...not harder. No other exercise implement available today can help you to break past training plateaus in endurance, anaerobic conditioning, and overall fitness quite like the Elevation Training Mask can.

- Training Aid to Increase Athletic Performance
- Helps Athletes to Accelerate Post and In Workout Calorie Burn
- Helps Improve Tolerance for High Intensity Exercise
- Helps to Amplify Power Output When Exercising at Threshold Training Intensities
- Facilitates Improvements in Endurance
- Helps to Improve Anaerobic Threshold



TESTIMONIALS

"No other tool has allowed us to get athletes breathing better, quicker. We teach position and mechanics all day because these are fundamental in everything we do. The bottom line is if you can't breathe correctly, you're not moving correctly."

Brian Mackenzie
Human Performance Specialist
Author of *Power Speed Endurance, Unbreakable Runner*

PACKAGE INCLUDES

- 1 Contoured form fitted comfort sleeve
- 1 Patented Flux Valve Rebreather Apparatus
- 1 Training Mask 2.0 User's Manual
- 1 Overhead Mask Stabilizer Strap
- 1 Certificate of Authenticity to register online Real.TrainingMask.com
- 6 Quick Change Snap on Resistance Caps, Providing 6 Graded Levels of Resistance



ELEVATION TRAINING MASK 2.0

From the beginner to the professional the Elevation Training Mask® will help push you to succeed and exceed your fitness goals. The Elevation Training Mask® is approved to train for all sports that may be cardio dominate. You may also use this product for controlled breathing exercises and or focused breathing techniques.

INTENSIFY YOUR WORKOUTS

CHANGING THE WORLD ONE BREATH AT A TIME®



ELEVATION TRAINING MASK 2.0

MULTI-PATENTED RESPIRATORY RESISTANCE TECHNOLOGY

trainingmask.com

