

ELEVATION TRAINING MASK



“WE BRING THE ELEVATION TO YOU”

Training Mask 2.0 helps you regulate your breathing, increase lung stamina, lung capacity, oxygen efficiency and increase your overall performance not only in sports but daily living as well. Now physical fatigue and training plateaus are a thing of the past with the Elevation Training Mask 2.0.

- *Strengthens the diaphragm and sculpts abdominals.
- *Conditions the lungs by creating pulmonary resistance.
- *Increases surface area and elasticity in alveoli.
- *Increases lung capacity and oxygen efficiency.
- *Increase anaerobic thresholds.

PACKAGE INCLUDES:

- A. Neoprene face strap, with Patented Rubber “Air Restriction” face mask.
- B. 6 snap on “ELEVATION” nose caps to create 12 “AIR RESISTANCES.”
- C. ELEVATION TRAINING MASK MANUAL

2014 ELEVATION TRAINING MASK ®

+16 Age to use

BENEFITS OF TRAINING MASK

Increase endurance, maximize your oxygen absorption during intensive exercise, improve lung function, lower heart rate for the same load, improve quality of life and enhance your ability to recover from injuries and training.

TESTIMONIAL

The Elevation Training Mask will Challenge you physically and mentally. Become the best athlete that you have always wanted to be. Training Mask is a must-have to get the most out of your training!
Dr. Rick Kattouf II.
 Author of Forever Fit

TRAIN AT ELEVATION

- INCREASE BREATHING POWER
- INCREASE BREATHING PERFORMANCE
- INCREASE RECOVERY TIMES
- IMPROVE OVERALL PERFORMANCE

**ELEVATION
 TRAINING
 MASK**

WWW.TRAININGMASK.COM

PATENT #8,590,533 | #9067086 | INTERNATIONAL WIPO PATENT #10/2014/070000
 NEVER DISTRIBUTED FROM ASIA

TRAINING MASK

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From the beginner to the pro, you will give you the “ELEVATION” levels to help you succeed and reach your workout goals.

This product is approved to train for any sport that is cardio dominant. Training Mask may also be used for breathing control in correlation with low impact and/or form breathing for healthy living.

TRAINING MASK

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TRAINING MASK
 SIMULATES HIGHER ALTITUDE
NEVER FIT