



Hypoxic Training for Health & Athletic Performance

Performance protocol phases: Adaptation, Build, Performance

Beginner protocol phases: Familiarization, Gentle Build, Controlled Progression

Basic Hypoxic Training Packages + gym membership

- Performance Package: 6 weeks, 2 sessions(max 45 min)/week (12 sessions total): \$1000
- Beginner Package: 6 weeks, 2 sessions(max 30 min)/week (12 sessions total): \$800
- Performance Package Plus: 6 weeks, 3 sessions(max 45 min)/week (18 sessions total): \$1300
- Beginner Package Plus: 6 weeks, 3 sessions(max 30 min)/week (18 sessions total): \$1000

Pay per session

- Performance protocol: \$60/session (max 45 min)
- Beginner protocol: \$45/session (max 30 min)

***If paying per session you have to start with the beginner protocol OR phase one of the performance protocol unless cleared by medical team to skip ahead to phase two

