

# How the o2trainer works

The **o2trainer** activates your diaphragm and your external intercostal muscles, which are the muscles in between your ribs, these include the ribs on your back. These muscles are responsible for filling your lungs with air.

Your lungs are just two bags, they don't have any muscles in them. This is how it works: when you expand your lower ribcage and core, it creates a vacuum between your body and your lungs and your lungs open up and fill with air.

By working out your inhale muscles – the diaphragm and external intercostal muscles, you will be able to expand your chest more and faster

*Exhaling is done by your abs, obliques and internal intercostal muscles.*

The average human being has about 11 pounds of “breathing

muscles”, muscles you can't work out when you are doing your sport, you have to train them separately with a device specifically designed to create resistance. The **o2trainer** does exactly this.

The heaviness in your limbs, that feeling of “gassing”, means the 11 pounds of breathing muscles are actually “blood stealing” (a medical term) taking oxygenated blood for themselves. Sometimes this just feels like an inexplicable feeling of fatigue, and when you recover later you just feel frustrated and confused why you couldn't catch your breath.

Like any other muscle in your body, if you work them out, they get stronger and require less oxygen. How will this show up? Your “cardio” and conditioning will get better. Research calls it “delaying fatigue”, which translates into your being able to work out harder and longer.

**FOR BEST RESULTS MOST PEOPLE START WITH A 4, 5 OR 6MM CAP**



The **o2trainer** pinpoints the most important breathing muscles, the biggest strongest ones, it makes sure that your diaphragm is getting a workout, remember your diaphragm is a skirt steak the size of a frisbee – and is responsible both for your breathing and balance.

Will this impact the speed of your recovery? But you have to make sure you are really using your diaphragm; 95 percent of people are not using it optimally!

One diaphragmatic breath is equal to 4-6 chest breaths. Think about taking three breaths to recover rather than 12. Take a belly breath and then also expand lower ribcage. Your diaphragm can lower up to 9.2 cm – think of all the space that is created inside your chest for air. In addition, working these muscles, hard (not with breath counts or yoga), means that point you usually fatigue comes much later, and that is what you want. Please go to [www.thebreathingiq.com](http://www.thebreathingiq.com) there you can find out what your “breathing IQ” is before you start working out with the **o2trainer**, this way you can compare a month later. Dr. Belisa Vranich gave me an A+ Breathing IQ!



**Dr. Belisa Vranich**  
A WORLD RENOWNED BREATHING EXPERT

## What caps should I use?



We advise to only do the breathing exercises since they are very powerful and only take about 4 min a day. Find a resistance cap with which it will take you between 3 and 4.5 minutes to complete 30 repetitions. Most people start with cap #5. Please follow the detailed instructions for maximum benefit. Once your time goes below 3 minutes, it's time to go to the next resistance cap. Biggest mistake made: Please do NOT try to go to the strongest setting as fast as you can, technique is everything, make sure you completely EXHALE, and completely INHALE. Just like working any muscle at the gym, get your form right, then add weight!

If you feel you completely inhaled but need a little extra air just before you exhale again (using your nose), go to a lower resistance setting!

To give you an idea, I (Bas Rutten) am doing it for over 3 years myself and I use cap # 2.5 for my “front breathing muscles, and cap # 1.5 for my “back breathing muscles”.

So I am NOT using the strongest setting even after three years of doing it every single day.

### *What Resistance Cap To Use For Working Out With The o2trainer?*

Of course, you can also work out with the **o2trainer** Baby steps are key here because your body needs oxygen, so using a hard resistance cap is NOT a good idea. Just start with #14, once you feel you are getting the same amount of air as you did without the o2trainer, switch to #13, etc. One more time, go slow, make it a “journey”, not a “race”!

Whatever exercise you do will determine what cap to use. Meaning; when doing a striking workout on the bag you need a less resistance cap than when you do a monotone exercise, like long distance running, cycling etc. But when using intervals and sprints, you need a less resistance cap.

**Caps range from 1mm to 14mm**