

working with lower percentages of oxygen and also using a lot of energy, it's important to stay hydrated and not over-exert yourself because you could potentially hyperventilate and/or get dizzy and fall if you aren't careful.

You will want to do this at your own discretion while being mindful of your body's limits. EWOT and Multi-Step therapies are very beneficial modalities that virtually anyone, whether they are sick, wanting to focus on preventative health, or even athletes looking for an edge, can benefit from. But this enhanced way of using oxygen as a form of healing needs to be tailored to the individual's lifestyle and energy level, so that they can get the most from this without over-exerting themselves.

People with cardiovascular conditions could benefit from these types of treatments, but you will need to check with your doctor first to ensure that you are fit and able to do the exercise with decreased oxygen. This will also apply to people with serious respiratory conditions. You should first check with your doctor to make sure you will be able to workout under the hypoxic conditions during the exercise. A standard EWOT treatment is also very effective if multi-step is not recommended for you, and doesn't put as much strain on the body.

Cleaning Your Mask

Cleaning your mask after each use is recommended. Fill a container with warm, mild, non-fragrant soapy water. Swish the mask back and forth for 30 seconds in the water or until clean. It is also recommended to lightly scrub the entire mask. This will ensure the septa valves are washed. When done, rinse with water to remove any soap and then air dry.



OPERATING MANUAL

Promolife, Inc.

1220 S Happy Hollow Road, Fayetteville, AR 72701 USA
888-742-3404 | www.promolife.com

Thank you for purchasing the EWOTpro and/or O2MT System. This guide will provide easy step by step instructions on how to set up and use the bags.

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WARNING

Breathing a low O2 mixture with higher amounts of nitrogen (similar to air at high altitudes) can cause dizziness and potential injury if not done properly. Breathing reduced oxygen levels for any amount of time is not recommended for people with asthma or underlying health problems. We recommend all users discuss fitness goals and current health issues with a health practitioner before use.

Preparing the Concentrator

When setting up your oxygen concentrator, make sure you provide adequate airflow to your machine. Do not place it up against a wall or objects that could restrict flow. Do not use your concentrator in highly humid environments. For more information on your oxygen concentrator see the instructions provided with it.

circulatory system to flush out waste.

Intermediate Users: When you become familiar with the equipment, we recommend using it for 15 to 20 minutes based upon your physical ability, and setting your exercise equipment to low or moderate.

Intermediate Goals: Increase oxygen saturation while expanding blood flow to crucial parts of the body to aid in recovery and optimum performance.

Advanced Users: For people who are familiar with this equipment, you can use it for 20 to 25 minutes based upon your ability. We recommend setting the exercise equipment to moderate or advanced. This is for people who are physically fit and exercise regularly.

Advanced Goals: Increase oxygen saturation throughout the entire body while allowing your body to naturally sweat and eliminate toxins.

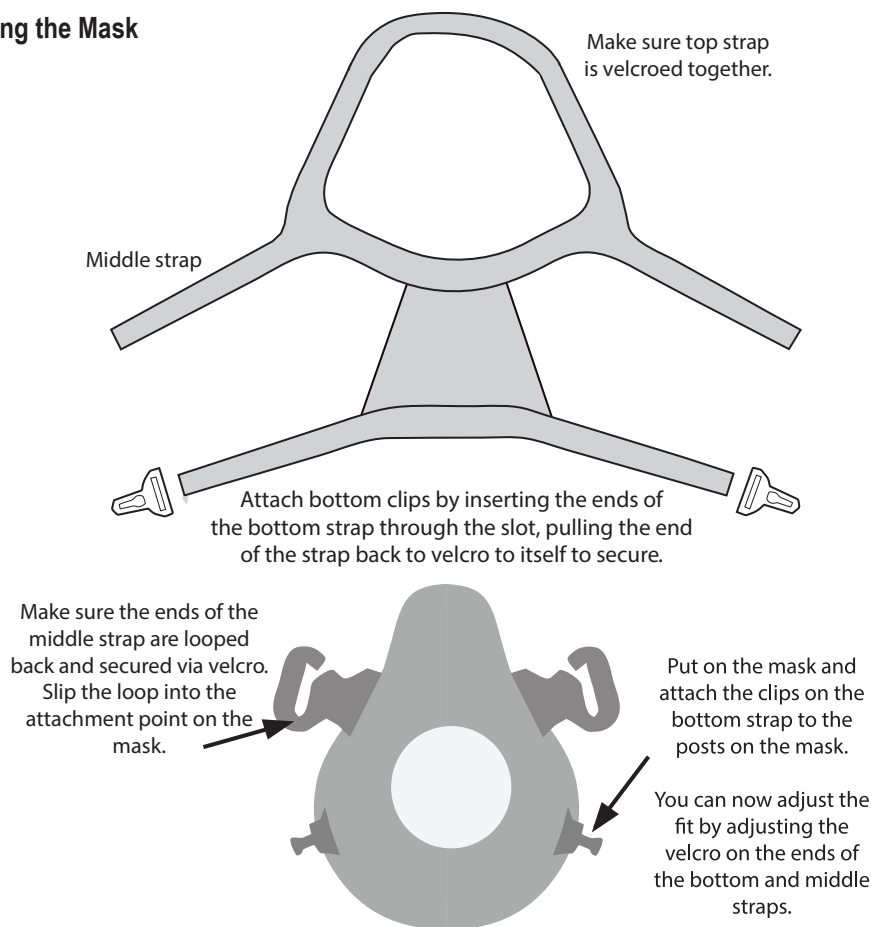
Breathing O2/N2 Mixtures (High Altitude Simulation)

1. Start the workout at a medium intensity pace (similar to a jogging pace) for approximately 3-5 minutes while connected to the EWOT (high oxygen) bag.
2. After you have done the medium intensity workout for a few minutes and you are ready to do the low oxygen multi-step, you will want to engage the multi-step therapy bag. To do this simply hold down the switch, which opens the multi-step therapy bag, then do a high intensity (run/sprint) exercise for around 30 seconds. This is comparable to exercising at an altitude of 10,000 feet (~3,000 meters) which is around 14% oxygen.
3. After you have done a 30 second high intensity exercise (run/sprint) in step 2, you will want to **immediately** go back to the high oxygen EWOT bag by letting up on the switch for another 30 seconds while continuing to sprint or exert high levels of energy.
4. Once you have done a 30 second sprint on the multi-step bag (step 2) and then a 30 second sprint on the regular EWOT bag (step 3), you will then want to maintain a medium intensity workout for an additional 3-5 minutes as done in step 1.
5. Repeat steps 1-4 for 15-20 minutes, or until the bag is empty.

IMPORTANT INFORMATION

The ideal way of doing any exercise is to go at your own pace and not run out of energy. If you generally have lower levels of energy or not very physically active, then a 'sprint' is not an ideal workout level for you. Pace yourself based on how you understand your own body. Since we are

Using the Mask



Attach the valve to the inlet port on the mask. [Figure E]. Take off the black cap on the end of Tubing D and push the clear fitting connected to the tubing onto the inlet opening of the EWOT mask.

Breathing Oxygen

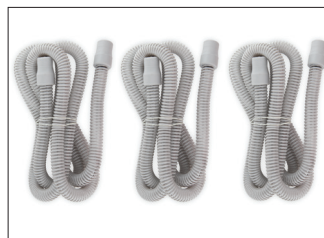
Beginners: Starting out, we recommend using the EWOTpro for 10 to 15 minutes and setting your exercise equipment on low intensity. This will give you the ability to understand the equipment and know your limitations.

Beginner Goals: Increase oxygen saturation throughout the body and increase the motion of the



FIGURE E

Parts List - O2MTpro Upgrade



Tubing A, B and D



Switchbox



O2/N2 Concentrator



O2MT Bag



Bungees (2)



Switch



Concentrator Adapter

Complete EWOT/O2MT packages receive both parts lists.

Parts List - EWOTpro



EWOTpro Bag



Mask



Pulse Oximeter



Pressure Relief System



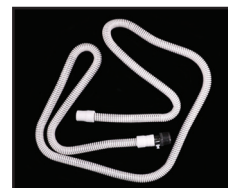
Bungees (4)



Tubing Caps



Mask Adapter



Tubing C

Hanging the Bags

The O2MT and EWOTpro bags have grommets in the corners. Bungees are included to make it easy to hang the bags from a stand or hooks. Please refer to the instructions provided with the stand for installation, if purchased. You will only use the top grommets to attach the bags. For both bags, attach one bungee to each top grommet and hang the bag. You can use hooks on the wall or ceiling. If you use the stand, simply attach the EWOTpro bungees to each corner of the stand. Then hang one top bungee on the right corner of the stand. You can use the adjustment button on the top rail of the stand to hole the other bungee for the O2MT bag.

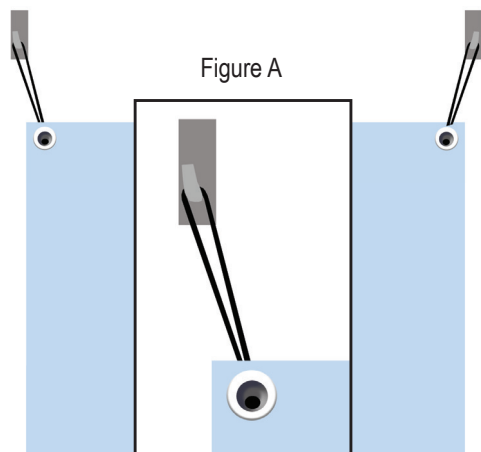
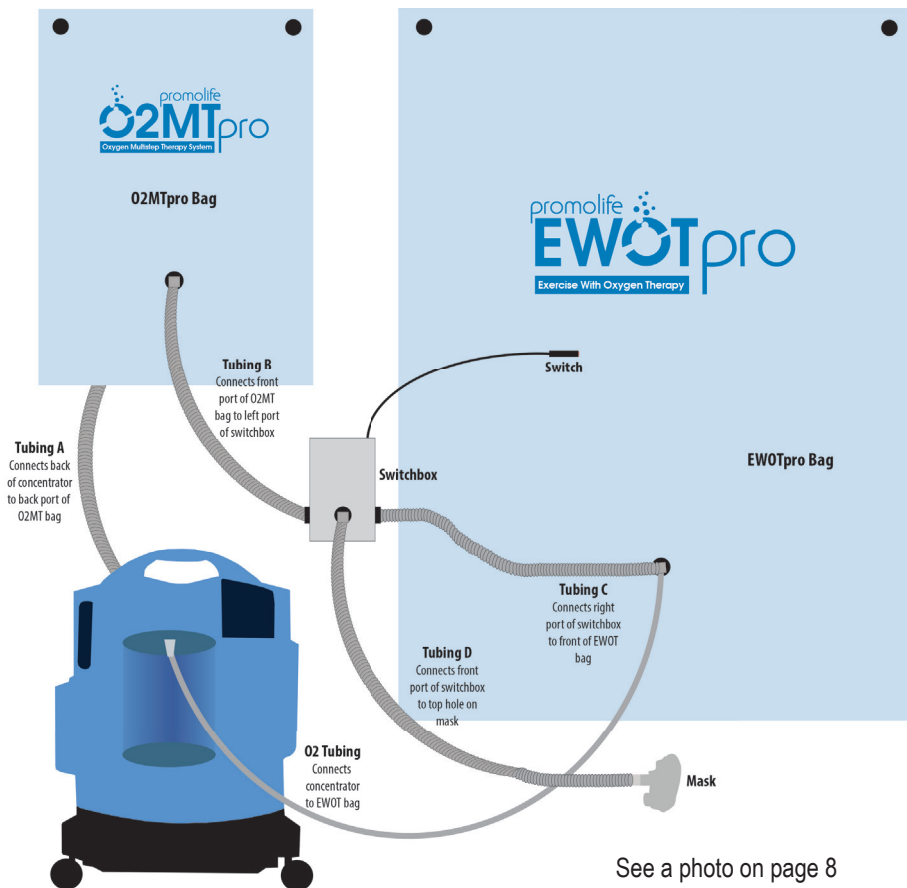


Figure A



See a photo on page 8

Setting Up The EWOTpro/O2MT System

1. Hang both bags from a stand or from the wall.
2. Attach tubing A to the barbed fitting on the concentrator adapter.
3. Screw the concentrator adapter onto the port on the back the concentrator [Figure B].
4. Attach the other end of Tubing A to the back port of the O2MT bag.
5. Attach Tubing B to the front port of the O2MTpro bag. Attach the other end to the left port of the switchbox. [Figures C and D]
6. Attach Tubing C to the right side of the switchbox. Attach the other end to the front port on the EWOTpro bag.
7. Attach the Oxygen Tubing with Pressure Relief System to the front port on the concentrator. Attach the other end to the smaller port on the EWOTpro bag.
8. Attach tubing D to the front of the switch box (labeled EWOT BAG) [Figure D]. Attach the mask adapter to the opposite end of the tubing. Once the adapter is connected put the black cap on the mask adapter that is connected to the tubing. This cap will need to remain installed during the filling process.
9. Plug the switch into the port on top of the switchbox. Plug in the switchbox and concentrator.

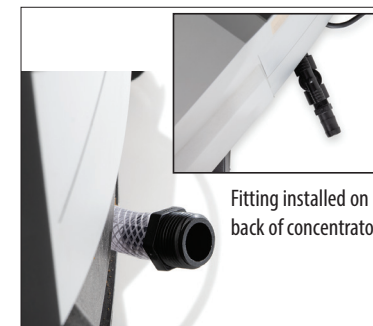


FIGURE B



FIGURE C



FIGURE D

Approximate Fill Times

10LPM Concentrator: EWOTpro Bag - 85 minutes; O2MT Bag - 2-5 minutes

5 LPM Concentrator: EWOTpro Bag - 170 minutes; O2MT Bag - 3-5 minutes

If you go past the fill time the pressure system will release air and prevent the bag from over-inflating.