



Targeted and effective

A BEAUTIFUL FIGURE WITH THE HYPOXI-METHOD®



design your body

A beautiful figure is not just a matter of fitness ...

A beautiful figure cannot always be achieved through exercise and intense diet. This is because your body only burns fat which it can easily access. It will not burn fat in areas where circulation is poor.

Diet and exercise do not always combat cellulite either. It is established that weight loss and muscle building do not necessarily improve the texture of your skin.

The targeted figure shaping beauty program

In order to shape your figure and smooth your skin, problematic areas of your body need to be targeted. This is exactly how the HYPOXI-Method® works - it concentrates on your problem areas during a light workout.

Targeted metabolic stimulation and a healthy diet are the key factors to achieving the right body proportions and desired figure. The HYPOXI-Method® has been proven to yield amazing results after just a few sessions.



HYPOXI®-founder Dr. Egger

Dr. Egger a sports scientist for many years was looking for a method of treatment to target specific problem areas. In 1998 he filed a patent for his unique invention - the HYPOXI-Method® and founded the company HYPOXI®. Unfortunately Dr. Egger passed away at the age of 50. However, his legacy lives on.

Targeted figure shaping with HYPOXI®

THE MOST IMPORTANT THINGS AT A GLANCE

→ **Goals**

- To target stubborn fat deposits
- To reduce the appearance of cellulite
- To tone and tighten the skin
- To improve complexion

→ **Areas HYPOXI® targets**

- Stomach and hips
- Legs and buttocks

→ **Effects of HYPOXI®**

- Improves blood circulation
- Accelerates fat metabolism
- Detoxification of connective tissue

→ **Results**

- Targeted
- Fast
- Visible
- Long term



design your body



**WHY HYPOXI[®]
WORKS**

The central role of the blood circulation

Circulation promotes fat burning

Put simply, fat burns more readily in the parts of the body that have strong blood circulation than in those with poor blood supply. This fact explains why many of us find it difficult to eliminate fat and cellulite from certain areas of our body despite a strict diet and extensive training. Blood is the means of transporting fatty acids during exercise. This is why the state of our circulatory system is so critical. Fat tends to deposit and is very difficult to eliminate in areas where circulation is poor.

Feel the difference with HYPOXI®

You can determine the strength of your blood supply to certain areas of your body by conducting a simple test. After 30 minutes of exercise, touch the skin around your legs, buttocks, hips, stomach and chest. You will notice that some areas feel warm, while others remain cold. The cooler the skin's surface, the poorer the blood supply is to the tissue in that area, which in turn suggests it will be harder to burn fat there. This is how the unique HYPOXI-Method® works – it strongly stimulates blood circulation in these problem areas.

BODY TEMPERATURE ZONES

→ Body temperature of women with cellulite after 30 minutes of conventional training: The upper body is warmer relative to the lower half of the body due to better blood circulation. The strong circulation in upper torso allows the body to transport and burn the fatty acids in a faster and more efficient manner than in the bottom and thigh region. Consequence: A slim upper body, but stubborn fat deposits and cellulite in the lower region remain!

Upper body +3°

Lower body -3°



The easy way to get your body back into shape

HYPOXI® - A unique and effective method

HYPOXI-Training® is based on the innovative application of good quality treatment and training methods. HYPOXI® has adapted these principles and methods and developed a technology to effectively target the problem areas. This unique technology known as the HYPOXI-Method® is a highly effective method to combat cellulite, fat and loose connective tissue in the problem areas of the body.



THE 3 PILLARS OF THE HYPOXI-METHOD®

→ **Fat Burning Exercise**

Moderate training has the effect of stimulating the transport of fatty acids, thereby promoting fat metabolism.

→ **Vacuum Therapy and Compression Therapy**

Vacuum therapy is similar to the ancient technique of cupping, in that certain areas of the body are stimulated through the application of low pressure. During compression therapy, high pressure is applied to the tissue. This method is common in the treatment of varicose veins.

→ **Nutrition**

A balanced nutritional diet is helpful to improve the results of your targeted body shaping. No strict diet is necessary.



Targeted fat burning

The HYPOXI-Method® targets undesired fat deposits through the unique combination of alternating pressure therapy and moderate fat burning activity. Alternating high and low pressure activates the tissue in those areas of the body where stubborn fat is located. The change in pressure effec-

tively stimulates blood flow and accelerates the transport of fatty acids from these regions. The result is a targeted and long lasting circumference reduction from the problematic areas.

Firm your skin

HYPOXI® has uniquely combined vacuum and compression methods to create a new and effective means of improving the texture of the skin. During treatment, the skin is gently pulled and then slowly pushed back to its normal state. Through this gentle movement, the tissue is trained - just like a muscle. As a result, the skin becomes smoother and more elastic.

Great results through
the application of gentle pressure



**THE RIGHT SOLUTION
FOR EVERY PROBLEM**

Slim legs and firm buttocks

Effective exercise as opposed to a hard workout

HYPOXI® doesn't require a rigorous training session in order to get your legs and buttocks into great shape. All that is required to reach your goals faster is an easy training session. In order to shape your body, it is essential to activate blood flow in the desired regions. This is why HYPOXI® requires your lower half to be enclosed within an airtight vacuum alternating pressure chamber during the exercise. In this chamber, the therapy is applied in order to stimulate circulation in the problem areas. As a result, fat and toxins are removed from the stimulated tissue.

The desired result: slim legs and toned buttocks.



Feel the difference
and feel good within yourself

A flat stomach

It is possible without sit-ups

Exhausting sit-up sessions are now a thing of the past. The results achieved with HYPOXI's Vacunaut® are beyond those ever achieved with conventional cardio training. The series of chambers within the Vacunaut®-PressureSuit apply alternating high and low pressure to the stomach area. This unique action significantly stimulates circulation in the problem area around the abdominals. The HYPOXI-Method® is applied during light cardio training under-

taken on a treadmill. Through the unique combination of therapy and training, the Vacunaut® literally burns the fat from the targeted stomach and hip region.

ABDOMINAL FAT: A HEALTH RISK

→ An accumulation of abdominal fat can lead to serious health problems, such as heart disease. A stomach diameter of over 88 cm in women and over 100 cm in men can pose a significant risk to health. Abdominal fat is therefore not just a matter of aesthetics, but rather part of an increasingly bigger health problem.



Smooth and beautiful skin

Train your skin

Your skin needs to be exercised in order to remain elastic and smooth. HYPOXI-Dermology® provide the ultimate means to train the skin. The integrated chambers within the HD-PressureSuit apply high and low pressure to the skin around the problem areas.

As a result, the connective tissue in these regions is gently stretched and compressed in a similar way a muscle is trained. The

HYPOXI-Dermology® treatment lasts for just 20 minutes and visible results can be achieved after just a few sessions.

Low Pressure

The application of low pressure causes the blood to be enriched with nutrients and oxygen - which has the effect of stimulating your metabolic rate.

High Pressure

The application of high pressure to the skin forces undesired toxins out of the tissue and improves the lymphatic system and circulation.





**THE HOLISTIC
METHOD**

Formula for success

Professional expertise and individual support

As a HYPOXI® user, you are in the best hands. Our clients are closely supervised by an extensively trained HYPOXI®-Coach. All our coaches have a wealth of knowledge in fields such as sports training and nutrition and understand the body's metabolic process. They will not only holistically guide you for the perfect HYPOXI-Method®, but also provide you with specialised guidance and advice on exercise and nutrition.

By using the HYPOXI® Metabolic Analyser which produces accurate metabolic measurements, professional dietary recommendations, general lifestyle advice as well as the body shaping workout are tailored to your individual customer's requirements and needs.

HYPOXI® understands the importance of education - all HYPOXI®-Coaches undergo regular training on the latest product and industry developments to ensure the highest quality of service. Providing you with constant supervision and guidance, your HYPOXI®-Coach will ensure you achieve the best results possible.



Aim for success
and gain confidence

Burn fat through carbohydrates

Healthy eating but no diet

Naturally, in order to achieve the best results with HYPOXI-Training® it is recommended that you maintain a healthy balanced diet and be conscious of your calorie intake. However, a strict diet is not essential. Ensure your diet includes plenty of fruit and vegetables to supply your body with all the vitamins and minerals it needs. Multi grain products should also be consumed instead of white flour and highly processed products. White flour products are similar to the intake of pure sugar in the sense that both are readily absorbed into the blood stream and rapidly raise sugar levels in the body. This impedes



the burning of fat. It is highly important to also consume the recommended daily intake of two litres of water per day. Water is essential because it accelerates the transport of fatty acids, improves your complexion and has the added benefit of prolonging hunger pains.

EATING BEFORE AND AFTER YOUR HYPOXI-TRAINING®

→ Before HYPOXI®: Carbohydrates

Fat burns in the transport of carbohydrates. Between 2 to 4 hours before your HYPOXI® session we recommend that you eat a small carbohydrate meal.

→ After HYPOXI®: Protein, not fat

Fatty acids have been consumed during your HYPOXI-Training®. Therefore it is important that you do not consume food high in fat after your session. We recommend you eat a meal rich in protein.

→ On your non-HYPOXI® days

In order to keep your metabolic rate high, we recommend you eat small regular healthy meals on your non-HYPOXI® days.

HYPOXI®: the worldwide most targeted method for a beautiful body

→ effective, visible, sustained

HYPOXI-Training® facts

→ Fixed appointments
arranged

→ No waiting for
equipment to be
free.

→ Flexible duration of the
training program: individual
targets adjusted over 4-12
weeks.



Worldwide success since 1998

The unique approach of the HYPOXI-Method® uses specially developed training equipment which is only available at authorised HYPOXI®-Studios. For a list of all authorised HYPOXI®-Studios visit: www.hypoxi.com

WWW.HYPOXI.COM



design your body

© 2015 HYPOXI® Produktions- und Vertriebs GmbH. HYPOXI® and design your body® are trademarks of HYPOXI® Produktions- und Vertriebs GmbH.