

## RESULTS

Pilot study about the effects of  
Hypoxi-Training  
in combination with a nutrition program



## **CONCLUSION OF THE STUDY**

### **1. DEFINITION OF THE PROJECT**

The purpose of this scientific study was to assess the validity and reliability of body shaping with Hypoxi Training

Assumptions of the study:

- Hypoxi-Training has different effects on body composition than a normal training program or just a nutrition change.
- The high- and low pressure concept of the Hypoxi training improves the blood circulation and therefore also the metabolism activity on special problem areas.

### **2. INDEPENDENT STUDY OF THE UNIVERSITY SALZBURG**

The study has been carried out under the leadership of the executive council of the Department of Sportscience and Kinesiologie, University Salzburg, Austria:

- Univ. Prof. Dr. Erich Müller

Executing by

- Mag. Eva Tischer
- Mag. Elisabeth Löberbauer-Purer
- Dr. Nanna Meyer, Salt Lake City Utah (Nutritionist)
- Mag. Judith Haudum
- Mag. Elisabeth Sinnegger
- Univ. Prof. Dr. Serge von Duvillard, Texas
- Univ. Ass. Dr. Susanne Ring-Dimitriou

### **3. PARAMETERS OF THE STUDY (RANDOMISED/BLIND AND/OR DOUBLE-BLIND)**

4 groups of test people have been selected.

1 control group C and 3 groups with the same nutrition in choice and quantity.

A nutrition program slightly reduced in calories (individually calculated RMR) was composed and surveyed by the nutritionist Dr. Nanna Meyer.

- Group 1: HNC (Hypoxi training 3x/week and nutrition) Hypoxi Nutrition Circle
- Group 2: P (ergometer training with Hypoxi-Trainer without low and high pressure as well as nutrition) = Placebo Group
- Group 3: N (nutrition program without training) Nutrition Group
- Group 4: C (without any intervention) Control Group

Measurements techniques:

- DEXA measurement (Dual energy X-ray absorptiometry - measures the differences of the density of the body).  
Accuracy of measurement **+/- 0,5%** at the hospital “Landeskrankenanstalten Salzburg”, responsible department Nuclear Medicine
- Anthropometric Methods  
Measurement of Circumference (using a measure tape on standardized parts of the body). Acc. m. +/- 5%
- Measurement of Oxygen consumption and estimating the RMR (Resting Metabolic Rate)
- Blood parameter (glucose, cholesterol total, LDL, HDL, Apo A, Apo B, Adiponectin).  
The blood samples were taken at the hospital “Landeskrankenanstalten Salzburg, responsible dep. 1. Medizin”
- Subjective parameter (subjective self-evaluation)
- Cellulite (level of the cellulite on the basis of a scale 0-10; 0 is the best value and 10 is the worst value)
- Consistence/appearance of the tissue (on the basis of a scale 0-10)

Duration of the study: 12 weeks, start March 2006

#### **4. RESULTS**

The conclusion of Prof. Dr. Müller states:

„The study shows that a low intensive cardio training with the Hypoxi Trainer S120 in combination with an individual well-balanced diet within 12 weeks results in a very high significant reduction of body weight and mainly affects the adipose...

...The Hypoxi/nutrition intervention had positive effects on the test people’s skin quality of the problem areas...

...In summary we can say that the Hypoxi movement program with the Trainer S120 in combination with a well-balanced nutrition successfully reduces weight or rather results in reduction of **targeted adipose** and therefore improves the subjective cognition of the skin...”

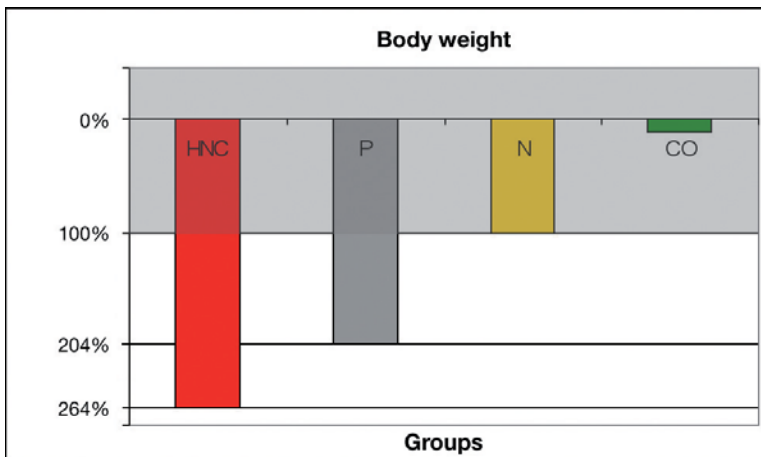
Relevant results in detail:

Impressing changes:

- ...the Body weight reduction, tree times more than with a normal diet, extremely high fat loss of 83%...
- Positive changes of skin appearance and cellulite (subjective evaluation 400% better than with diet and training)...
- Hypoxi-Training is a very successful method in reducing the adipose depots in specific locations (204% better than with normal diet)...

## **5. RELEVANT RESULTS IN DETAIL:**

Body weight (Tab.1)

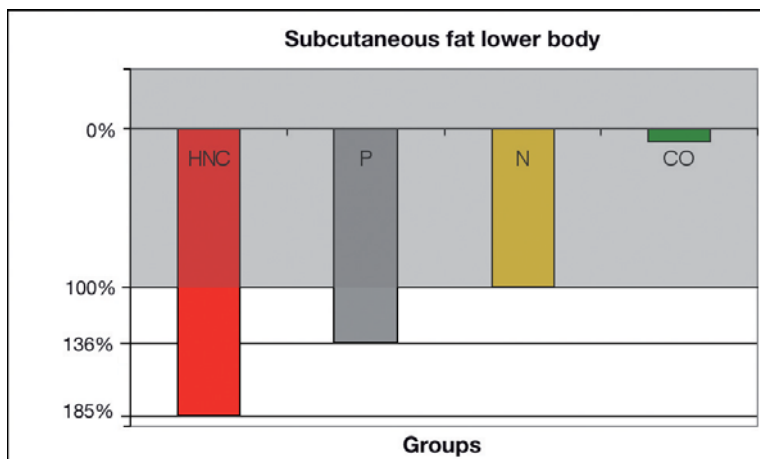


The differences between the groups are very high significant

- 264% more weight loss with Hypoxi-Training, than with nutrition group
- 60% more weight loss with Hypoxi-Training, than placebo group with classical training

*With Hypoxi-Training and the right nutrition you loos nearly 3 times more than changing only in the nutrition without Hypoxi-Training*

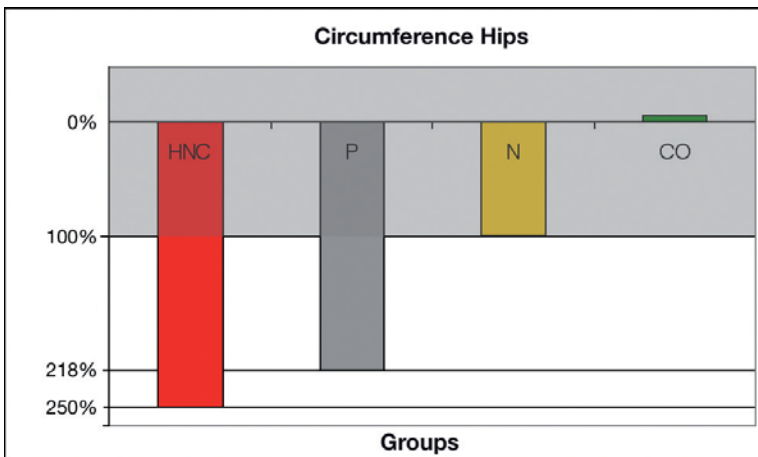
Subcutaneous fat lower body (Tab.3), (measured by DEXA)



The differences between the groups are very high significant

- **185% more fat loss on the lower body with Hypoxi-Training, than with nutrition group**
- **50% more fat loss on the lower body, than with the placebo group**

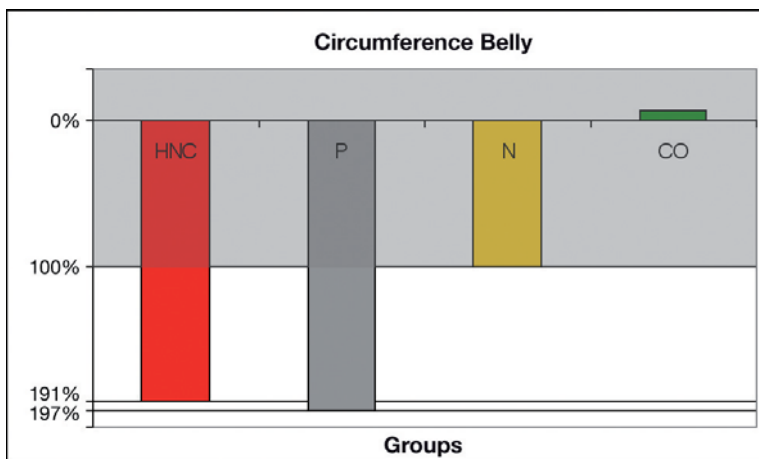
## Circumference Hips (Tab.6)



The differences between the groups are very high significant

- 250% more loss of hip circumference with Hypoxi-Training, than with nutrition group
- 32% more loss of hip circumference with Hypoxi-Training, than with the placebo group

## Circumference Belly (Tab.5)



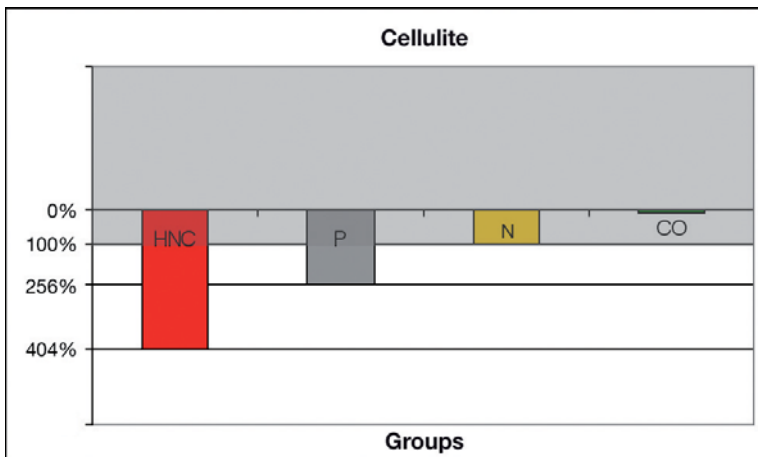
The differences between the groups are very high significant

- 191% more loss of belly circumference with Hypoxi-Training, than with nutrition group
- 6% less change of belly circumference with Hypoxi-Training, than with the placebo group

*Here you see in impressing way the body forming effect of Hypoxi-Training:  
 On the belly the result of the classical training was better than with Hypoxi-Training.  
 In lower areas the loss is much better (look Tab.3 ) on the hips the fat loss with Hypoxi-  
 Training is 50% higher compared with classical training and nearly 3 times than with diet  
 (look Tab.1)*



## Cellulite (Tab. 13)

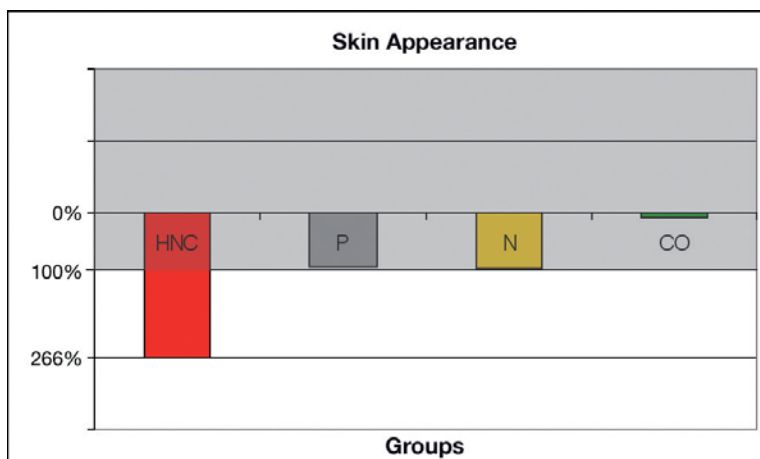


The differences between the groups are very high significant

- 404% better reduction of cellulite with Hypoxi-Training, than with nutrition group
- 148% better reduction of cellulite with Hypoxi-Training, than with placebo group

*Very impressing the effect of Hypoxi-Training*

## Skin appearance (Tab.14)



The differences between the groups are very high significant

- with classical training and change of nutrition the appearance of the skin changed only a little (less than 1 point), with Hypoxi-Training more than 3 points

I am very happy and proud about the results of this scientific study and the very positive performance of our Hypoxi-Training.

The undisputable effectiveness of Hypoxi-therapies has been proofed in an impressive way.

*Dr. Norbert Heggen*

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