

SET-UP Instruction MANUAL



HyperMax
OXYGEN™

View our easy-to-understand "set up" video, at:
www.hypermaxoxygen.com/set-up

View our step-by-step "how to use" video, at:
www.hypermaxoxygen.com/how-to-use





PACKAGE CONTENTS

- (1) PVC Frame Top
- (1) PVC Frame Bottom with Base Plate & Hose Elbow
- (4) PVC Long Frame Poles (Separate Box)
- (4) 1 lb Weights (Attached to Frame Top)
- (1) 900 Liter Oxygen Cylinder
- (1) Red Topped Peep Valve
- (1) Thin ¼" Supply Hose (Concentrator to Cylinder)
- (1) 10' Breathing Hose (Cylinder to Mask)
- (1) Green Breathing Valve
- (1) Inline Back Flow Valve
- (1) Velcro Hose Holder
- (1) Flexible "Gooseneck" Long Arm Clip



Congratulations on receiving your HyperMax Oxygen System – A true scientific breakthrough for improving your health, immunity, endurance and longevity. We created the HyperMax Oxygen Wellness System to help people just like you restore and increase their body's oxygen levels and greatly improve their overall Health, Fitness and Well-Being.

This instruction manual will help you set up your unit smoothly and easily, from start to finish, and you'll be on your way to 93% oxygen in no time.

1 STEP ONE



THIS
unit is entirely
indicated
must read the
equipment is

OXYGEN CONCENTRATOR

Start by unpacking the HyperMax Oxygen concentrator, shipped to you in a large, heavy box. First, lay it down on its side, and then slowly slide out the Oxygen concentrator unit from the shipping box. Then, stand the HyperMax Oxygen concentrator back in its upright position.

Now locate the plug on the back of the Oxygen concentrator, and plug the unit into the wall or plug into an extension cord and have it ready to go. On the HyperMax Oxygen concentrator, there will be an on and off switch on the top and a knob. Turn the concentrator on, and let it run for about one minute. Then turn the knob up to “8” so that the ball is in the red zone and it’s pumping 8 liters of oxygen per minute, to fill the Oxygen cylinder with 93% Oxygen.

IMPORTANT NOTE: There are two (2) zip ties attached to the bottom plate of your Oxygen concentrator. These zip ties were used for shipping purposes only, and can now be cut off and pulled out of the Oxygen concentrator’s bottom plate.

2

STEP
TWO



FRAME SET-UP

Next, it's time to set up the HyperMax frame, located in the other large box you received. Upon opening this box, take your mask out and set it to the side. Then pull the entire HyperMax frame out of the box as one unit. Once you have your frame out of the box, you're going to want to pop off the top of the frame from the short, temporary colored poles, and then go ahead and set this top of the frame to the side, for a moment.

3

STEP THREE



FRAME SET-UP (CONT'D)

After that, locate the long, thin tube you received from HyperMax. This long tube is going to contain the four poles that you will need to complete the set up of your HyperMax frame.

One at a time, you want to remove the short, temporary colored poles and set them aside. These small poles were just designed for shipping—but the long black poles are to be used for the actual HyperMax frame.

Start by inserting each long pole, one at a time, into each hole, at the base of the frame. It's important to make sure that you get all four rings onto the pole, and then you want to repeat this step, three more times. Once you have all four poles in, with all four rings on each pole, you want to then go ahead and push each pole down, snugly, into its proper fitting. These poles will be connecting the top of the frame to bottom of the frame.

4

STEP FOUR



FRAME SET-UP (CONT'D)

Next, lay the entire frame down on its side. Once on its side, grab the top frame you had removed earlier, and position it directly on top of each of the four poles, fitting it snugly onto the poles. Make sure that you secure each pole firmly into it's top frame, so that the top frame can't pop off when the Hypermax Cylinder is full of oxygen. Once you have your frame top secure, then you can go ahead and lift the entire frame back up, to it's permanent upright position.

5

STEP
FIVE



FRAME SET-UP (CONT'D)

Now check your Hypermax Cylinder to make sure that every pole and each of its rings are fitted correctly, and that the Cylinder bag slides up and down freely. If everything looks Good, you're now ready for the Hypermax Cylinder to start filling up with 93% pure oxygen.

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STEP SIX



HOSE SET-UP



Now you're ready to attach your hoses.

PLEASE NOTE: there are two very different hoses. First, the small hose is for the Hypermax Oxygen concentrator. This first small hose will go into the green port of the oxygen concentrator, right in the front. Make sure the hose is attached snug and secure.

The bigger second hose has a bright red cap on the end. This red end cap is designed with a spring on the inside, preset from the factory—so there's no need to adjust it. This red end cap allows the Hypermax Cylinder to fill with oxygen without the cylinder popping and/or letting any oxygen to be released—so make sure the red end cap stays on, when filling up your cylinder with oxygen.

7

STEP SEVEN



PLACING MASK ON HEAD AND FACE

When you're finally ready to start a new Hypermax Oxygen session, you will hook up your bigger hose to your mask. Start by pulling the bright red cap off the hose, and connect the hose into the green port on your mask. The green port is meant for "oxygen intake", and the yellow arrow pointing out is for "oxygen exhaust". Your "oxygen intake" will supply the 93% oxygen purity as you breathe in, and the "oxygen exhaust" (with the yellow arrows) will be your exhaust, as you breathe out. But first, let's get your mask fitted to your face properly.



8

STEP EIGHT



PLACING MASK ON HEAD AND FACE (CONT'D)

The first step to correctly putting the mask straps on your head, is to make sure that the tag is in the back of the strap, facing outwards. As you position the straps correctly, there will be two openings on the back of the strap assembly—a large opening and a smaller opening. The smaller opening goes on the lower back of the head.

An effective method is to first put your mask on, with one of the straps disconnected. And as you're getting started, make sure the nose cup is on top, when you put your mask on your face.



9

STEP NINE



PLACING MASK ON HEAD AND FACE (CONT'D)

Secondly, make sure everything is snug and comfortable—but without any gaps to allow air leaks on the top or bottom of the mask, before use. When fitted correctly, you should be able to breathe smoothly, easily and effectively through your mask. When you're ready to start a new Hypermax Oxygen session, pull the strap on completely, over the head, and you should be ready to go!



10

STEP TEN



PLACING MASK ON HEAD AND FACE (CONT'D)

IMPORTANT NOTE: When it comes time to connect your mask altogether on to your head, you want to make sure that you just have three straps on, but leave one strap off, (for the moment). That way, when its time to fully secure your mask on your face, you then simply go ahead and pull the one strap down, over your head, to easily secure that last, final strap.

After that, find the Velcro straps connected to the top of the mask. Then undo the Velcro on that top section, pull tightly and evenly, then secure that Velcro back down to the strap.

11

STEP ELEVEN



PLACING MASK ON HEAD AND FACE (CONT'D)

Secondly, the lower straps will be located on the back and bottom of the neck. Reach back, pull the straps, pull evenly, then attach the Velcro back down to the strap. Feel free to use a mirror, if needed. Finally, once your mask is totally secure - and you cannot detect any gaps - you are now ready to hook up the main hose to the mask.



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STEP TWELVE



HOOKING UP MAIN HOSE ONCE MASK IS ATTACHED TO FACE



Start by removing the bright red valve from the end of the bigger hose and connect the hose into the green “intake” port on your mask, (without the yellow arrows). With mask on and hose hooked up, you are now all set to begin your workout.

NOTE: Take particular care that you do not push the white bracket through the mask—as the white adapter needs to stay in the mask, and not pushed through it. So that, when done correctly, when you finally secure the mask onto your face, all aspects of the mask are secure and tight, and ready to work properly for you.



**YOU'RE NOW
READY TO
BEGIN!**

You are now ready to begin your first HyperMax Oxygen session! Go ahead and start your aerobic workout, achieve a slightly elevated heart rate, and then simply breathe in the 93% oxygen purity delivered by the HyperMax Oxygen system during your exercise session.

Required workout time: Ideally, you want to breathe in the entire 900 liters of Oxygen from the Oxygen Cylinder in every session. So your workout should only end, when your HyperMax Oxygen cylinder is fully deflated. This usually takes about 15-20 minutes.

DESIRED EXERCISE INTENSITY: With your mask on and hose hooked up, you are now ready to start exercising. Remember, your goal is to achieve the strongest cardio intensity you can, while making sure to exercise safely and within the parameters of your doctor's recommendations, (if needed). For best results, you want to maintain a strong and steady aerobic pace that you are comfortable with and most accustomed to, during your entire workout.

PLEASE NOTE: You should never exceed your maximum heart rate while exercising. You can calculate your maximum heart rate by subtracting your age from 220. For example, if you're 70 years old, subtract 70 from 220 to get a maximum heart rate of 150. This is the average **MAXIMUM** number of times your heart should beat per minute during exercise.



HyperMax Oxygen™ Exercise

Protocol 1: For de-conditioned users

If you do not typically exercise (3 days a week or more), we suggest this protocol. Once you complete this protocol for 7 days, you may progress to Protocol 2.

After filling reservoir, place mask on face. Exercise at a comfortable rate without overexerting yourself for 5 minutes. You are not required to reach 110BPM or higher to achieve results. Do not exceed Max Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). Your goal is to improve your fitness level in one-minute increments per session. The next time you work out, exercise for 6 minutes at a comfortable rate and then end the workout. Repeat this process each day adding 1 minute per day until you get to a 15-min. workout. Once you are able to complete a full 15 min workout at your best pace, use protocol called "Protocol 2: for conditioned users capable of exercising at 110 BPM or better."

Protocol 2: for conditioned users capable of exercising at 110 BPM or better

If you exercise often (3 days a week or more), we suggest you begin with Protocol 2. Once you have done this protocol for seven days, you may continue to Protocol 3.

After filling reservoir, place mask on face. Exercise at a good aerobic pace, but do not exceed your MAX Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). During the first 5 minutes you may feel an exertion challenge during your workout. Continue exercising, but reduce your effort moderately when challenged. When exercise has become easier and the challenge has passed (usually lasting about 1 minute), continue exercising at your best aerobic pace. After 15 minutes, stop exercising, but continue breathing oxygen from mask until your heart rate drops below 100 beats per minute. Then remove mask. Your session is complete.

Protocol 3: for conditioned users capable of exercising at 110 BPM or better

This protocol should only be done if you have followed Protocol 1 and 2 first (for those with little to no exercise in their daily schedule). Or, if you started with and completed Protocol 2 (those who exercise at least 3 times a week or more).

After filling reservoir place mask on face. Exercise at a good aerobic pace to achieve 110 BPM or higher, but do not exceed your MAX Heart Rate ($220 - \text{age} = \text{Max Heart Rate}$). During the first 5 minutes you may feel an exertion challenges during your workout. Continue exercising and reduce your effort moderately when challenged.

When exercise has become easier and the challenge have passed (usually lasting about 1 minute), begin sprint for 20-30 seconds at your best effort (do not exceed Max Heart Rate). After the 20-30 second sprint is complete, reduce your effort to a comfortable level to allow for recovery (for most people 1-2 minutes is sufficient) or until you're able to repeat another 20-30 second sprint-recovery cycle. Continue the sprint/recovery cycle until you reach 15 minutes. After 15 minutes, stop exercising, but continue breathing oxygen from mask until your heart rate reaches 100 beats per minute. Then remove mask. Your session is complete.

Sauna Protocol

Exercise at your best pace for 15 minutes without using the HyperMax Oxygen mask.

After 15 minutes of exercise get into your sauna with the mask and hose only. DO NOT bring the HyperMax Oxygen reservoir into the sauna.

Then breath in the higher purity oxygen, while relaxing in the sauna. DO NOT use the strap on the mask while in the sauna. Simply hold the mask to your face.

NOTE: Exertion Challenges

If you are capable of a pulse over 110 BPM, you normally achieve the anti-inflammatory phase within 5 minutes and experience exertion challenges. This is normal as your body is transferring oxygen in an effort to expel toxins and waste from the body. You may feel as if your effort is getting harder and breathing may feel slightly restricted. Exertion challenges usually last about 1 minute during the first 5 min of exercise.





NOTE: Rare or Temporary Adverse Reactions

Depending on the amount of toxins and waste in your system, you could experience a mild detox effect. If you do not exercise at least 3 times a week for 15 minutes at 110 BPM or better and you don't sweat while exercising, or have any chronic condition, you will likely experience a detoxification effect. Therefore, you should limit your first session to five minutes. Detoxification symptoms are generally mild but may last for several hours. Typical symptoms include body and breath odors, jitters, night sweats, nausea, increased urine flow or concentration, increased bowel activity and in some cases, a mild fever that may persist for up to 48 hours. These are all normal indications that the immune system is responding to the influx of oxygen and expelling toxins from the body. Once detox symptoms subside, most people report feeling good with an increased sense of well-being. Exercise programs refer to a specific heart or pulse rate, in beats per minute (BPM). Although exercise programs might refer to a specific heart or pulse rate, in beats per minute (BPM), this should not be taken strictly, but as a general guideline. Before beginning this exercise program, you should consult with your health care practitioner to ensure you are capable of exercise with oxygen training.

UNITED STATES WELLNESS INSTITUTE



HyperMax
OXYGEN™



MAXIMUM ENERGY



MAXIMUM RECOVERY



MAXIMUM ENDURANCE





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If you have any further questions, please contact customer service directly, at our HyperMax Demonstration Lab: (512) 649-8222.

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