

PRELIMINARY PLAN FOR HYPOXIA TRAINING

Organizing your work with the "Effective Breathing" program is relatively simple. The main purpose of the program is to create dosed hypoxia, which means lack of oxygen. This is to activate the body's reserves and improve several health parameters that you should have read about in the e-book before starting.

And start at your pace, don't go out too fast. If you are untrained, you should perhaps only hold your breath for a maximum of 5-15 seconds before exhaling again, and wait with the physical exercises until you get more used to them. It is important to exercise at least 20 minutes per day to achieve the desired results once you have started the entire program. It doesn't matter what order you do the exercises in, as long as you achieve the recommended time.

It is recommended to divide the training sessions into two sessions per day, for example 10-15 minutes in the morning and 10-15 minutes in the afternoon. You can combine different exercises in a way that suits you. Here it must be noted that Hypoxia training is classified as High Intensity Training and does not need much time to give results and an increase in heart rate, so make sure not to overextend yourself.

Therefore, it is important to keep an eye on your personal heart rate so that it doesn't get out of hand. If it is one of the physical exercises that you cannot do, you should not do it. For example, many people find it difficult to do push-ups - instead, you can stand on your knees or do them standing against a wall. Lifting your legs above your head can also be difficult. You can sit on a chair and raise your knees to your face while holding onto the table.

Then, of course, you can do whatever physical exercises you want for other muscle groups while holding your breath. **NOTE!** You should not be able to hold your breath for a whole minute, but exhale when you need to and inhale again and continue for the whole minute before pausing. Your heart rate: 180 - your age.

Below you will find a preliminary plan to perform the active exercises at Club100+. In addition to the active exercise, remember to do maintenance exercises during the day when appropriate. This means holding your breath for a few minutes at different times, e.g. when you walk, watch TV, wake up in the morning, take the bus, etc.

MONDAY & FRIDAY

Always start the day with your mental attitude

1. Visualize what you want your day to look like and how you will feel or deal with any “bad” or “hard” events that may happen.
2. Do breathing through organs/body parts - 3-5 min. It can also be done for 1-2 minutes continuously during the day to maintain hypoxia.
3. Do stair-step breathing - 2 minutes. It can also be done throughout the day to maintain hypoxia.

Morning training

1. Physical exercise for the spine - 3min
2. Energetic exercise for the spine - 2-3min
3. Physical exercise for the immune system - 3 minutes
4. Energetic exercise for the immune system 2-3min
5. Tension/relaxation for the neck 2-3 minutes

Evening training

1. Physical exercise for the stomach and intestines - 3 minutes
2. Energetic exercise for the stomach and intestines - 2-3 minutes
3. Physical exercise for the hormonal system - 3min
4. Energetic exercise for the hormonal system 2-3min
5. Tension/relaxation for the abdomen 2-3 minutes

TUESDAY & SATURDAY

Always start the day with your mental attitude

1. Visualize what you want your day to look like and how you will feel or deal with any “bad” or “hard” events that may happen.
2. Do breathing through organs/body parts - 3-5 min. It can also be done for 1-2 minutes continuously during the day to maintain hypoxia.
3. Do stair-step breathing - 2 minutes. It can also be done throughout the day to maintain hypoxia.

Morning training

1. Physical exercise for the respiratory system - 3min
2. Energetic exercise for the respiratory system - 2-3 minutes
3. Physical exercise for the genitals - 3min
4. Energetic exercise for the genitals 2-3min
5. Tension/relaxation of the shoulders 2-3min.

Evening training

1. Physical exercise to normalize weight - 3min
2. Energetic exercise to normalize weight - 2-3min
3. Physical exercise for the spine - 3min
4. Energetic exercise for the spine 2-3min
5. Activate the lymphatic flow of the face 2-3min

WEDNESDAY

Always start the day with your mental attitude

1. Visualize what you want your day to look like and how you will feel or deal with any “bad” or “hard” events that may happen
2. Do breathing through organs/body parts - 3-5 min. It can also be done for 1-2 minutes continuously during the day to maintain hypoxia.
3. Do stair-step breathing - 2 minutes. It can also be done throughout the day to maintain hypoxia.

Morning training

1. Physical exercise for the immune system - 3 minutes
2. Energetic exercise for the immune system - 2-3 minutes
3. Physical exercise for the hormonal system - 3min
4. Energetic exercise for the hormonal system 2-3min
5. Activate lymphatic flow in the upper part of the body - 2-3 minutes

Evening training

1. Physical exercise for the stomach and intestines - 3 minutes
2. Energetic exercise for the stomach and intestines - 2-3 minutes
3. Tension/relaxation for the thighs - 3 min
4. Activate the lymphatic flow in the lower part of the body 2-3 min.
5. Tension/relaxation for the abdomen 2-3 minutes

THURSDAY

Always start the day with your mental attitude

1. Visualize what you want your day to look like and how you will feel or deal with any “bad” or “hard” events that may happen.
2. Do breathing through organs/body parts - 3-5 min. It can also be done for 1-2 minutes continuously during the day to maintain hypoxia.
3. Do stair-step breathing - 2 minutes. It can also be done throughout the day to maintain hypoxia.

Morning training

1. Physical exercise for the respiratory system - 3min
2. Energetic exercise for the respiratory system - 2-3min
3. Physical exercise for the genitals - 3min
4. Energetic exercise for the genitals 2-3min
5. Activate the lymphatic flow in the legs 2-3min

Evening training

1. Physical exercise to normalize weight - 3min
2. Energetic exercise to normalize weight - 2-3min
3. Tension/relaxation of the shoulders 2-3min.
4. Physical exercise for the immune system - 3 minutes
5. Energetic exercise for the immune system 2-3min

ACTIVATE AUTOPHAGY AND THE BODY'S IMPORTANT FUNCTIONS

Basic exercises

- The Spine
- Genitalia
- Balance the hormones
- The respiratory system
- The immune system
- The digestive tract
- Normalizing weight
- Download the ebook

Physical exercise
Energetic exercise

Strengthen your spine and remove spinal pain

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Additional exercises

Activating the lymphatic system

- In the face
- In the upper body part
- In the lower body part
- In the legs

Tension- and release exercises

- For the neck
- For the shoulders
- For the abdomen
- For the thighs