



SPARTHOS®

WORKOUT MASK

USER GUIDE



The Sparthos Workout Mask (SWM) is a training device that limits your air supply. If you feel dizziness or health issues stop using the SWM immediately. If you have any known illness especially: asthma, lung disease, heart disease, thrombosis; or if you are taking any type of medication, or if you smoke regularly, consult your doctor before using the SWM. In any case, do not use the SWM for extended periods of time without the consent of your doctor. In particular **do not sleep with the SWM on**, as it may cause health risks. **Do not use if you have an allergy to silicon**. Do not train in extreme heat or cold weather. The SWM is not a helmet or a mouthguard. The SWM does not offer any kind of protection. Do always train with a partner to look after you when using the SWM. Use the SWM at your own risk. Read user guide before use.





We breathe. Inhale and exhale, without even thinking. It happens subconsciously for our whole life. And yet breathing has an effect on our whole body. That is why every serious athlete who want to push their body to the limit and beyond should use the potential of restricted breathing gear.

THE SPARTHOS WORKOUT MASK can greatly benefit you in many aspects of sports. It's a training device that helps you to improve your conditioning and overall performance. It trains muscles essential for any sport:

Your breathing muscles.

SPARTHOS WORKOUT MASK effects

OXYGEN RESTRICTION

The **Sparthos WORKOUT MASK** decreases the oxygen available to the body by limiting the volume of air that comes into the mask during ventilation. Because of this:

- Lungs work harder and oxygenate more blood
- More calories burned by working out at higher intensity
- Conditioned and expanded lungs
- Improved oxygen transport within the muscles
- More efficient oxygen use in your body
- Burning Discomfort kicks in later



SPARTHOS WORKOUT MASK effects

CARBON DIOXIDE TOLERANCE

This occurs because the air that is exhaled into the mask cannot fully exit the mask before the next breath. When the brain detects elevated CO₂ in the blood, it sends alarm signals to the breathing muscles to work harder. Because of this, you will:

- Hit exhaustion later
- Boost your high-intensity activity tolerance
- Overcome workout fatigue



SPARTHOS WORKOUT MASK effects

BREATHING MUSCLE AUGMENTATION

During exercise, the body's demand for oxygen is peaked as you work through your athletic paces. Increased oxygen consumption demands numerous muscles surrounding the lungs to continuously contract in a highly coordinated fashion in order to keep up with the demand for oxygen-rich air. Using mask will:

- Strengthen the diaphragm and other Breathing Muscles
- Re-train your body to breathe correctly
- Boost your physical stamina & endurance



SPARTHOS WORKOUT MASK effects

MENTAL FOCUS GROWTH

The body needs to adapt to additional environments stressors during simulated altitude training. Wearing the mask and doing intense training activities adds these psychological benefits:

- Thrive outside your comfort zone
- Improve mental focus and toughness
- Adapt yourself to stress and harsher environments

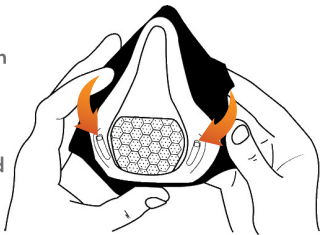


QUICKSTART GUIDE

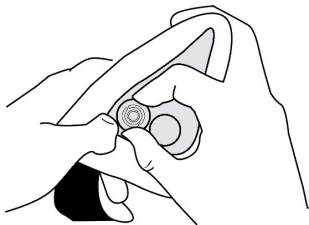
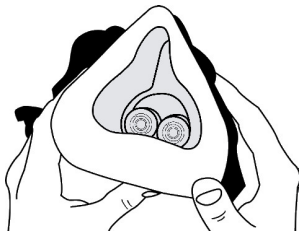


- 1 To wear the mask, place it over the ears and secure at the back of the head using the velcro strap.

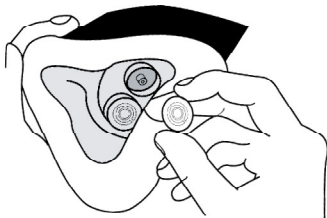
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- 2 At the front of the mask, there are two levers to adjust between levels of resistance, which range from beginner to ultimate. The levers allow for easy adjustment during training without the need to remove the mask.



3 Inside the mask, there are two Sparthos Valve Systems (SVS). The SVS can facilitate or restrict breathing in and out. The SVS uses silicon valves to regulate air flow.



4 To open the SVS just take the cap off. The mask comes with one silicon valve preinstalled.



Having trouble?

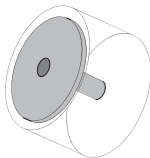
Check video guide:

 **YouTube** - Sparthos USA

<http://bit.ly/sparthosusa>

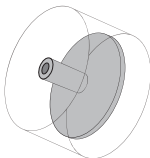
TO RESTRICT BREATHING IN:

Place the silicone valve flat side up into SVS.



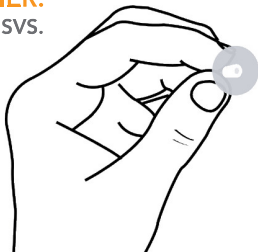
TO RESTRICT BREATHING OUT:

Place the silicone valve flat side down into SVS.



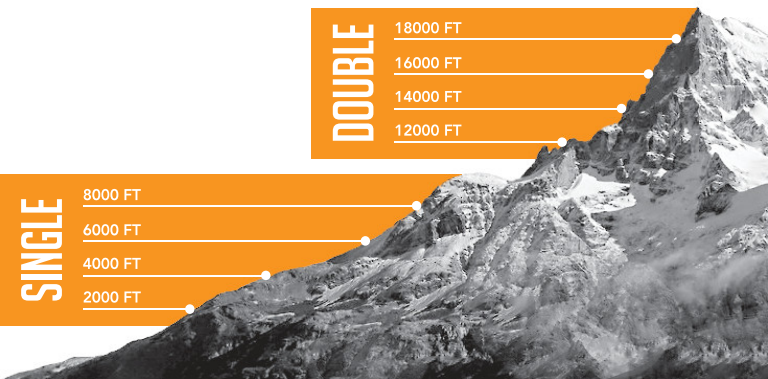
TO MAKE BREATHING EASIER:

Remove one or both silicone valves from SVS.

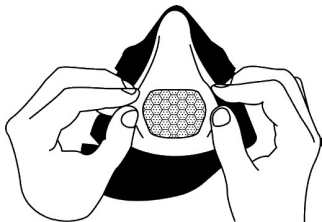


One valve should be already installed.
Two more extra valves are included.

Valves used	Both levers on	Altitude	Athlete level
One Valve	Level 1	2000 ft	Newbie
One Valve	Level 2	4000 ft	Beginner
One Valve	Level 3	6000 ft	Intermediate
One Valve	Level 4	8000 ft	Skilful
Two Valves	Level 1	12000 ft	Seasoned
Two Valves	Level 2	14000 ft	Advanced
Two Valves	Level 3	16000 ft	Expert
Two Valves	Level 4	18000 ft	Ultimate



HOW TO REMOVE THE STRAP



1

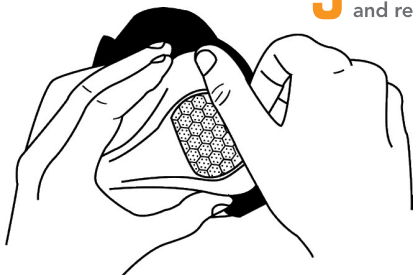
Please put both mask levers into position 1 (most upright position).

2

Carefully unclip bottom sides of the mask plastic cover.



3 Lift away the cover from the mask and remove the strap.



4 Please use low-temperature washing let it air dry.



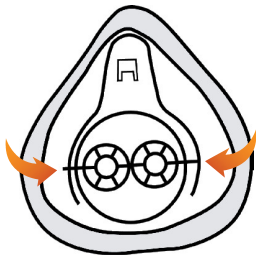
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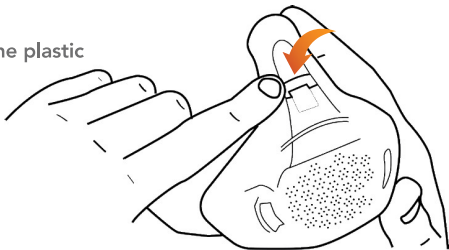
HOW TO ASSEMBLE THE MASK



- 1** Make sure both levers stay at the position 1 (most upright position) during assembly of the mask.

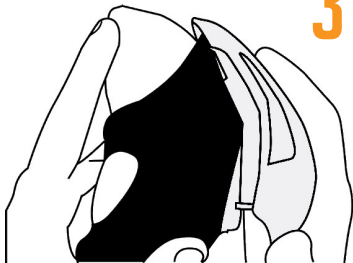
Trying to clip the mask cover on with levers at different position may result in damaging the levers.

- 2** Find the hook of the plastic cover.



3

Hook the plastic cover onto the mask.



4

Clip the plastic cover in place
(Levers at level 1).



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