

## **How did the o2trainer come about and what's the science behind it?**

Bas was very sick as a kid, at 4 he contracted rheumatic fever, spend 4 months in the hospital, he had a bad skin disease (Eczema) and severe asthma.

His asthma he could maintain with an inhaler and 3 times a day 15 pills, (so lots of cortisones), but every 6 weeks or so he would have an attack which put him 8 days in bed, not able to eat at times because he couldn't breathe. Just going to the restroom, which was one flight of stairs below, it would take him 30 minutes to complete, four steps down, sit and catch his breath, 4 steps steps down, same thing, etc, and that was going down, going back up was of course much harder.

But he was already a talented track and field athlete, decathlon was what he loved, was good at everything but he didn't focus on the pole vault yet, hurdles and of course the 1500 meters because his asthma.

He realized that every time after an asthma attack and he would resume his track and field, he would break his running times. He couldn't figure out why that was but got an answer when he was visiting his doctor's office for his monthly "breathing class" which he had to with somebody from that office.

While sitting in the waiting room he noticed a drawing of a pair of lungs on the wall, in a frame. Now, he always thought that the infection would be spread out in his lungs but there he saw the infection was in the bronchial tubes that are going to the lungs.

The picture showed an infected bronchial tube and a healthy one and immediately his light bulb went off, he realized that he was pulling air in through an infected area, thus working out his lungs (he didn't know at the time that the body is doing to work for the lungs, and not the lungs itself).

So, he thought, after being in bed for 8 days 24 hours a day, and pulling air in with resistance, he made his lungs stronger. So now, with the infection gone, it was much easier for him to breathe because he made his lungs stronger

He thought: “Why don’t I make something that I can control the air intake with? This way I can build up the strength of my lungs?  
He was 14 years old!

Many years later, after all his friends told him he should make the idea for his invention, he put it into work, and voilà, the o2trainer was born.

He started training with his prototype and three weeks later his asthma was gone, so he send one to his friend in the Netherlands (where Bas is originally from) who he knew had asthma. 8 days later his friend called him and told him he wants to sell them in Europe, Bas asked WHY? He said: “My asthma is gone”.

Medically we cannot claim this yet, those tests cost a lot of money, but you can read the reviews from people yourself. It’s either completely gone, or they use their inhaler 90% less.

*Bas has said that when an asthma patient buys one, and he does the breathing exercise for 30 days, which takes less then 4 minutes a day, and he shows 30 “time lapses” of him doing the breathing exercise, and his asthma isn’t gone, he will pay him his money back*

Once he started working with the o2trainer he found out that breathing is not done by your lungs itself, your body is doing the breathing. If you now think, that’s weird? Try this, blow all air out of your lungs, keep your mouth and nose closed and try to expand your chest or diaphragm, you will find out you can’t.

You see, your chest doesn't expand because you put air in it, it's the other way around. There is a vacuum between your body and your lungs and when you expand your chest/diaphragm that's how you fill up your lungs with air.

The o2trainer works out the muscles responsible for expanding your chest, the intercostal muscles, (the muscles between your ribs) and your diaphragm plus back muscles. It's the only device that works out those muscles. You will be able to expand your chest more when you work out with the o2trainer, thus you can entirely fill up your lungs.

The more "room" you have inside your body for your lungs, the better you can fill them up. So, if you are working out at a high pace, many muscles fill up with lactic acid, making them thicker, so your core muscles are getting thicker, not only pushing to the outside, but also to the inside, thus having less space for your lungs inside your body

When you use the o2trainer you will be able to expand your chest more.

Belisa Vranich, a world-renowned breathing specialist measured Bas's chest expansion when he visited her at her office on 5<sup>th</sup> Ave in NY and gave it an A-plus rating. When she measured him she did it twice, walked out of the office and came back with another doctor, Bas asked what was going on, she said: "If I don't show him this, he won't believe me. Normally when they break the record in our office with chest expansion, they break it maybe by a quarter inch, you just broke it by more than two inches".

She all mentioned this in her latest book, "Breathing for warriors".

In 2016 there was a bad review about Bas's competition, Bas's lawyer called Bas and asked if he read the review, Bas said: "No, but it's a bad

review isn't it?" His lawyer asked him how he knew? Bas said that its bad to have resistance breathing in AND out, at least when you do it simultaneously since you can never completely exhale and inhale since you are doing it with resistance, so you are breathing "In the middle". When you can completely EMPTY your lungs, you can completely fill them back up, thus using your entire Inspiratory system (the muscles responsible for breathing in).

Then Bas asked his lawyer to find the person who wrote the review, he wanted to send him an o2trainer. Bas's lawyer asked him if this would be smart since he might write a bad review, Bas answered: "We are curing asthma, it's going to be good".

His lawyer found the person and called him, when he said he was representing Bas Rutten the person said: "Bas Rutten the o2trainer? We are already using that".

This person, Chad Macias, trains 4 Olympic Gold medalists and a silver medalist from the 2016 Olympics. He also told Bas that he has a lot of published medical journals to prove what IMT (Inspiratory muscle training) does for you.

6 of those published medical journals you can find here on this website.

He also told Bas that he didn't need to work out with the o2trainer, that doing 30 daily inhalations with the o2trainer (in a special way which we show on the website) would be enough

Just an FYI, a published medical journal means that it is clinically PROVEN, not clinically TESTED, because that's the dumbest statement there is, Bas always says: "What is the result of that test? If it would have been proven, it would have said clinically PROVEN". So never buy a product that says "clinically tested", because you want to know the result of that test!

Please watch the breathing exercise video on this website with the explanation below it, once you are getting stronger, which will go really fast, you will be able to do the breathing exercise in just three minutes a day.

Please go to the Facebook page: “Bas Rutten’s o2 bootcamp”, there you will find daily time lapse videos of Bas doing his 30 repetitions for that day, Bas hopes that when people see he does it every day, hopefully it inspires them to do it as well.

Final statement.

Bas started doing his daily breathing exercise in May 2018, it took him 3:45m to complete his 30 reps. Just for fun, 15 months later he tried to do the breathing exercise with the same setting as he started with, this time he completed it in 1:05m.

So it became about 65% stronger, you can see all those videos on his private FB account: “Bas Rutten’s o2 bootcamp”, this way you know this is 100% the truth.

Godspeed and breathe on!

Bas is a great Martial artist

5<sup>th</sup> Degree Black Belt Kyokushin Karate

2<sup>nd</sup> Degree Black Belt Tae Kwon Do

2<sup>nd</sup> Degree Black Belt ShinTai Karate

-3-time world Champion MMA in Japan for the organization Pancrase

-UFC heavy weight Champion (First European UFC Champ)

-In 2015 he was inducted into UFC Hall Of Fame

-Ended his career with a 22-fight unbeaten streak and has a 87% finishing rate (28 wins, 11 KO’s 14 submissions, 3 DEC).

-Till this day he holds the highest striking accuracy in MMA worldwide.

- Trains the Elite Special Forces, Marines, law enforcement, Homeland Security Investigations, Navy Seals, etc.
- Owns a gym in Westlake Village CA