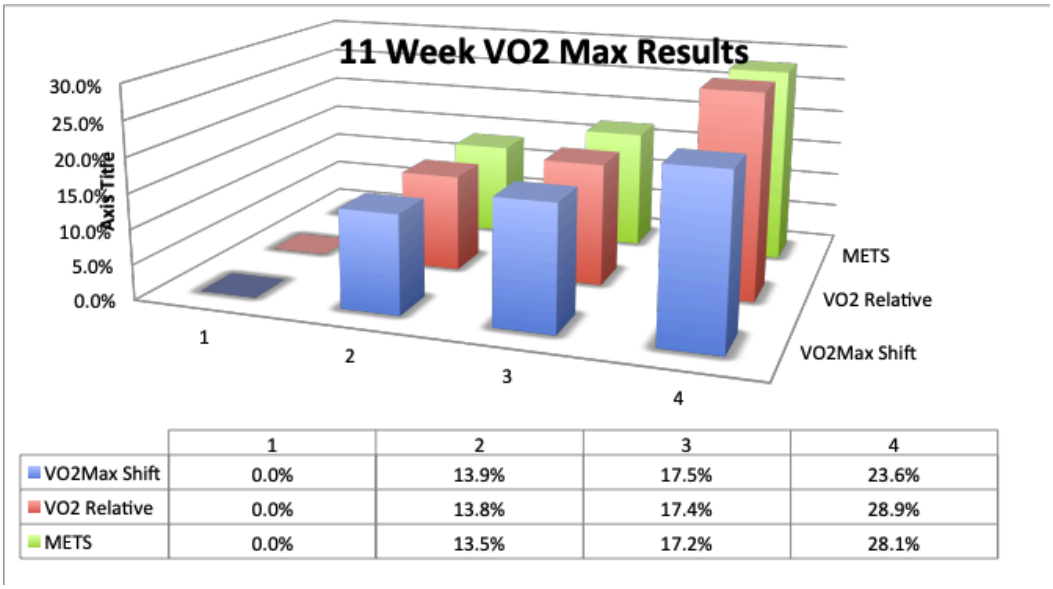
Tom Butler completed his 4th VO2 max test after training fifteen minutes a day for 11 weeks. His results show relative VO2 Max and METs increases of over 28%.

Experts say the maximum gains for VO2 Max is 15-20%. Tom achieved this in under 20 hours of actual training with LiveO2™. Tom used LiveO2 Adaptive Contrast which limited his hypoxic intervals to about 10,000 feet of simulated altitude.

LiveO2 – Extreme provides adjustable hypoxia to about 25K feet of simulated altitude and is better suited to VO2 Max and Lactic threshold training methods.

Here is the data:

- VO2-TestSeries
- VO2MaxGraph



	1	2	3	4
VO2Max Shift	0.0%	13.9%	17.5%	23.6%
VO2 Relative	0.0%	13.8%	17.4%	28.9%
METS	0.0%	13.5%	17.2%	28.1%

Respiratory Differentials from Michael Kummer

	June 2021	November 2021
Red blood cell count	4.73	5.88
Hematocrit	42.4	52.6
Hemoglobin	14.2	17.1

Marker	June 2021	November 2021	Increase %
Red Blood Cell Count	4.73	5.88	24.3%
HeamatoCrit	42.4	52.6	24%
Hemoglobin	14.2	17.1	20.4%

See Also:

- Michael Kummer – LiveO2 Extreme Review – Very Detailed
- https://simplifaster.com/articles/how-trainable-is-vo2-max/

Item 1	Item 2	Item 3	Item 4	Item 5
Feature 1	Feature 1	Feature 1	Feature 1	Feature 1
Feature 2	Feature 2	Feature 2	Feature 2	Feature 2
Feature 3	Feature 3	Feature 3	Feature 3	Feature 3