

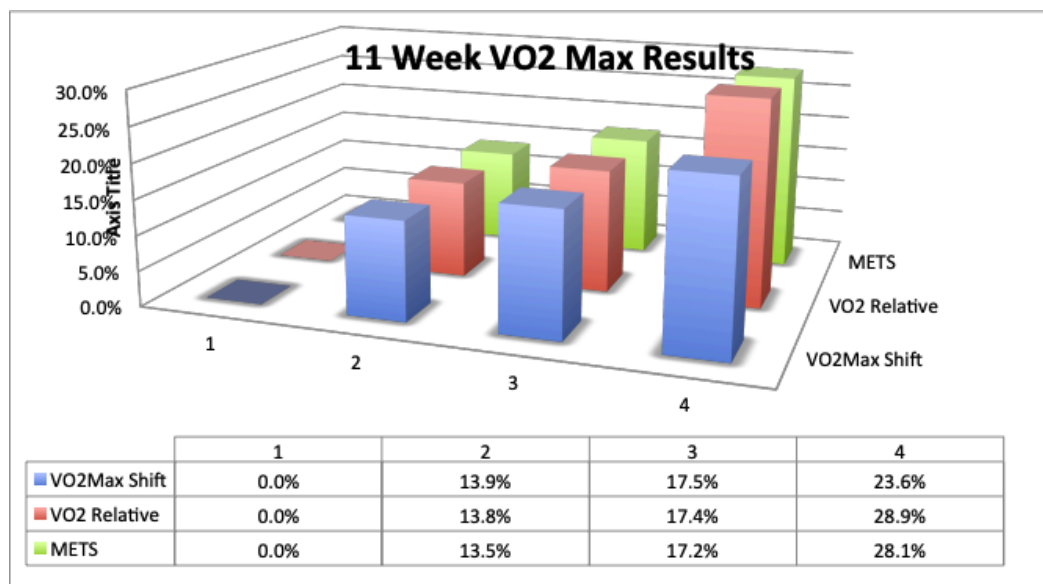
Tom Butler completed his 4th VO2 max test after training fifteen minutes a day for 11 weeks. His results show relative VO2 Max and METs increases of over 28%.

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](#)



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 |