

Instructor Training Program



Overview

What is the Oxygen Advantage® and how does it benefit athletes?

It's a proprietary set of scientifically proven breathing techniques that improve an athlete's:

- VO2max and anaerobic threshold
- Oxygen uptake and muscle oxygenation
- Levels of fatigue and lactic acid
- Breathlessness and recovery times
- General health and sleep quality

What are the benefits of being a certified Oxygen Advantage® Instructor?

- A new product to offer clients, attract new clients with and increase revenues.
- Offer truly unique value and the competitive advantage the Oxygen Advantage® delivers.
- Access to the worldwide network of Oxygen Advantage® instructors.
- Learn the Oxygen Advantage® for your own health and athletic performance.

How do I become a certified Oxygen Advantage® instructor?

There's a three step certification process to become an Oxygen Advantage® instructor:

- 1) Complete the instructor training program
- 2) Pass an examination
- 3) Submit 5 athlete training case studies

What are the prerequisites? Do I have to do the Oxygen Advantage® athlete training first?

There are no prerequisites. You'll learn everything you need to know during the training and attend a live Oxygen Advantage® athlete training event.

What support will I receive after completing the instructor certification training?

Different levels of support are available. Your basic support includes:

- Exercise and process technical support.
- Access to our sports breathing library.
- All training materials, a readiness checklist and a 1 hour planning session.
- The right to use the Oxygen Advantage® logo and all available marketing materials.
- Your contact info and athlete training events posted on the Oxygen Advantage® website.
- A quarterly newsletter with new research, best practices and program updates.

Do I need to be an athlete to teach the Oxygen Advantage®?

There's a mix of instructors and some are athletes. Others include coaches, trainers, club managers, physical therapists, yoga teachers and breathing instructors.

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What's the cost of the Oxygen Advantage® Instructor training?

Certification tuition is \$1,300 and includes the first year's license fee. Payments are as follows:

- A \$50 non-refundable deposit secures your seat. Seats are limited to ensure the quality of the training.
- Balance is due two weeks before the training.
- Hardship refunds are available.

Is there an ongoing instructor licensing fee, what does it cost and what do I get?

The annual licensing fee costs \$99. This extends your instructor certification and basic support for one year. The first year licensing fee is included in your certification training tuition.

Are there any restrictions or requirements? Do I have to sign a contract?

Yes, there is a contract, available upon request, and a couple of restrictions. Instructors can not train/certify others to teach the Oxygen Advantage® and must maintain professional liability insurance. See the contract for details.

Do you have a training syllabus?

Yes. Please see the next page.

How do I learn more about the Oxygen Advantage® instructor training/certification?

Drop an email to info@TheBreathingGuy.com

Instructor Training Program



Syllabus

8:30am – 4:00pm

Day
1

Introduction

How Breathing Impacts
Athletic Performance

- The Breathing Process
- Muscle Energy Production
- Oxygenation Process
- Breathing Pattern Disorders and Issues

8 Ways to Improve Athletic
Performance Using the
Breath

- Breathlessness
- Oxygen Uptake
- Max Muscle Oxygenation
- Running Economy
- Breathing Muscles
- Fatigue
- Injury and Health Issues
- Entering the Zone

Breathing Exercise Intro and
Mastery Session

8:30am – 4:00pm

Day
2

Attend a Live
Athlete Training Event
with Invited Athletes

The Oxygen Advantage®
Program

- Breathing Exercise Mastery
- Breathing Exercise Roadmap, Levels & Plans
- Pre-Training/Event Preparation
- Measuring Progress

Other Considerations

- Working with Contraindications
- Medication
- Managing Problems
- Side Effects

Preparing for the Training
Simulation

8:30am – 4:00pm

Day
3

The Oxygen Advantage®
Business and Marketing

- Business Model
- Marketing Tips
- Support and Tools

Training Simulation

- Teaching the Theory
- Teaching the Exercises

Completing Your Instructor
Certification

The
Science

The
Training

The
Simulation

