

BREATHE SMARTER, PERFORM BETTER:

WHAT IS LIVE O² AND WHY YOU SHOULD TRY IT

You push yourself in the gym. You show up, you grind, and you stay consistent. But what if you could amplify the results of your hard work - just by breathing differently?

Meet LiveO², the advanced oxygen training system designed to supercharge your performance, speed up recovery, and unlock better results in less time.

What Is LiveO²?

LiveO² is a cutting-edge training system that uses a specialized mask and an interval-based approach to switch between high and low oxygen levels. In just minutes, it trains your body to absorb, deliver, and use oxygen more efficiently - even under stress. Think of it like strength training for your lungs and cardiovascular system. Whether you're an athlete, recovering from fatigue, or just want to level up your health, LiveO² delivers.

Why It Works

Most people aren't using oxygen as efficiently as they could be - especially during exercise or recovery. LiveO² helps correct that by challenging your body to adapt to changing oxygen levels, improving everything from endurance to mental clarity.

Here's what you can expect:

- Boosted Endurance & Stamina
- Faster Recovery
- Smarter Training
- Reduced Inflammation & Brain Fog

The Result?

Stronger lungs. Sharper focus. Better performance - both in and out of the gym. Whether you're training for a sport, recovering from illness, or just want to feel your best, LiveO² helps you train smarter, not harder.

**You already work hard.
Now it's time to breathe smarter.**

Try Live O² Today!

**Click here to schedule
your free demo session.**

Located inside Universal Athletic Club
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