

Benefits of **EWOT**

On Performance & Recovery

Want to train harder, recover faster, and feel more energized? EWOT can help your body perform better during workouts — and bounce back quicker after.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It involves light exercise (like walking, biking, or strength training) while breathing in high-concentration oxygen (up to 95%). This floods your muscles, brain, and organs with extra oxygen — fueling your performance and speeding up recovery. Think of it as a natural performance booster without caffeine or stimulants.

HOW EWOT SUPPORTS ATHLETES AND ACTIVE PEOPLE

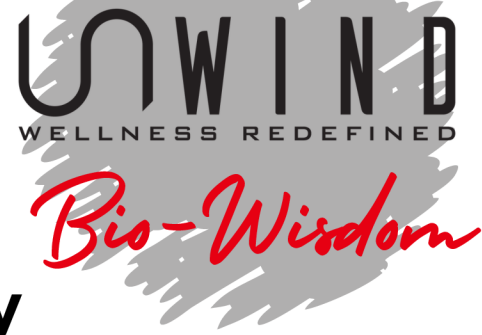
EWOT helps improve your fitness and recovery by:

- **Delivering more oxygen to muscles** – Enhances strength, stamina, and endurance.
- **Flushing out lactic acid faster** – Reduces soreness and speeds up recovery.
- **Increasing energy and focus** – Supports clearer thinking and quicker reaction times.
- **Reducing inflammation** – Helps prevent injury and ease muscle pain.
- **Enhancing circulation and detox** – Promotes healing and tissue repair.

WHAT PEOPLE OFTEN NOTICE

- Better endurance and workout performance.
- Less post-workout fatigue or soreness.
- Faster recovery between workouts or competitions.
- Fewer muscle cramps and less inflammation.
- Improved focus, mental clarity, and drive.

HYPE FADES, SCIENCE STAYS



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WHAT THE RESEARCH SUGGESTS

Studies on oxygen therapy and performance have found:

- Increased VO_2 max (maximum oxygen use), crucial for athletes.
- Faster muscle recovery and reduced oxidative stress.
- Enhanced mitochondrial function for energy and stamina.
- Improved tissue repair and reduced inflammation after intense exercise.

EWOT gives your body the oxygen it craves to perform at a higher level — and recover stronger, faster, and smarter.



HYPE FADES, SCIENCE STAYS