

Reaching Your Performance Peak Faster With The CVAC™ Process

- Improved oxygen utilization, glycolytic energy production
- Less wear and tear on the body
- Enhanced recovery time through improved metabolic waste removal

The increased physical workload of your exercise or athletic activity causes the parts of the cell that create energy to become stronger and more efficient. Your energy output for use during future activity is improved; however, increased physical workload can often be accompanied by muscle tearing, joint stress, and lactic acid buildup.

The CVAC™ (Cyclic Variations in Adaptive Conditioning™) Process creates an atmospheric workload that challenges the body using natural and tolerable stressors. Changes in pressure set up waves of tension and resolution; in this way, CVAC Sessions allow an athlete to continue to gain improvement in energy production even on rest days taken to avoid overtraining.

Want more?

CVAC Sessions will improve your performance and endurance naturally and faster by improving your recovery.

The 20-minute CVAC Session sequences both work and recovery. While your body's cellular energy-making machine is being enhanced, your body is also receiving assistance in eliminating the waste products naturally produced during past intense workouts. Your body's pipes are cleaned, allowing easier elimination of waste production in the next intense exercise session.

Adaptation-based physical conditioning versus altitude training

We recognize that endurance athletes often engage in altitude training; however, that training differs greatly from the adaptation-based conditioning provided by the CVAC Process. The hypoxic stress component of the CVAC Process is brief, transient, and pulsatile; it does not compare to the static, long-term exposures to unnaturally lowered oxygen concentrations associated with nitrogen tents, a popular form of "altitude training". With the CVAC Process, dynamic changes in pressure are applied to fresh room air only.



The CVAC Process is intended to be used for improving a person's physical conditioning and overall fitness in a way that does not require the aggressive physical exertion needed for traditional exercise programs; however, it is important to note that the CVAC Process does not replace other forms of exercise or physical conditioning.

CVAC Systems, Inc. recommends that you consult with a licensed healthcare professional prior to beginning the CVAC Process or any other exercise.

The CVAC technology is intended to provide adaptation-based physical conditioning and is categorized as fitness equipment. The U.S. Food and Drug Administration (FDA) does not regulate fitness equipment, therefore, it is not approved by the FDA. The CVAC technology is not intended to be used to diagnose, treat, heal, lessen, manage or prevent any disease or other medical condition.



Cyclic Variations in Adaptive Conditioning™

For more information on the CVAC technology, contact: CVACfit@GoCVAC.com.

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