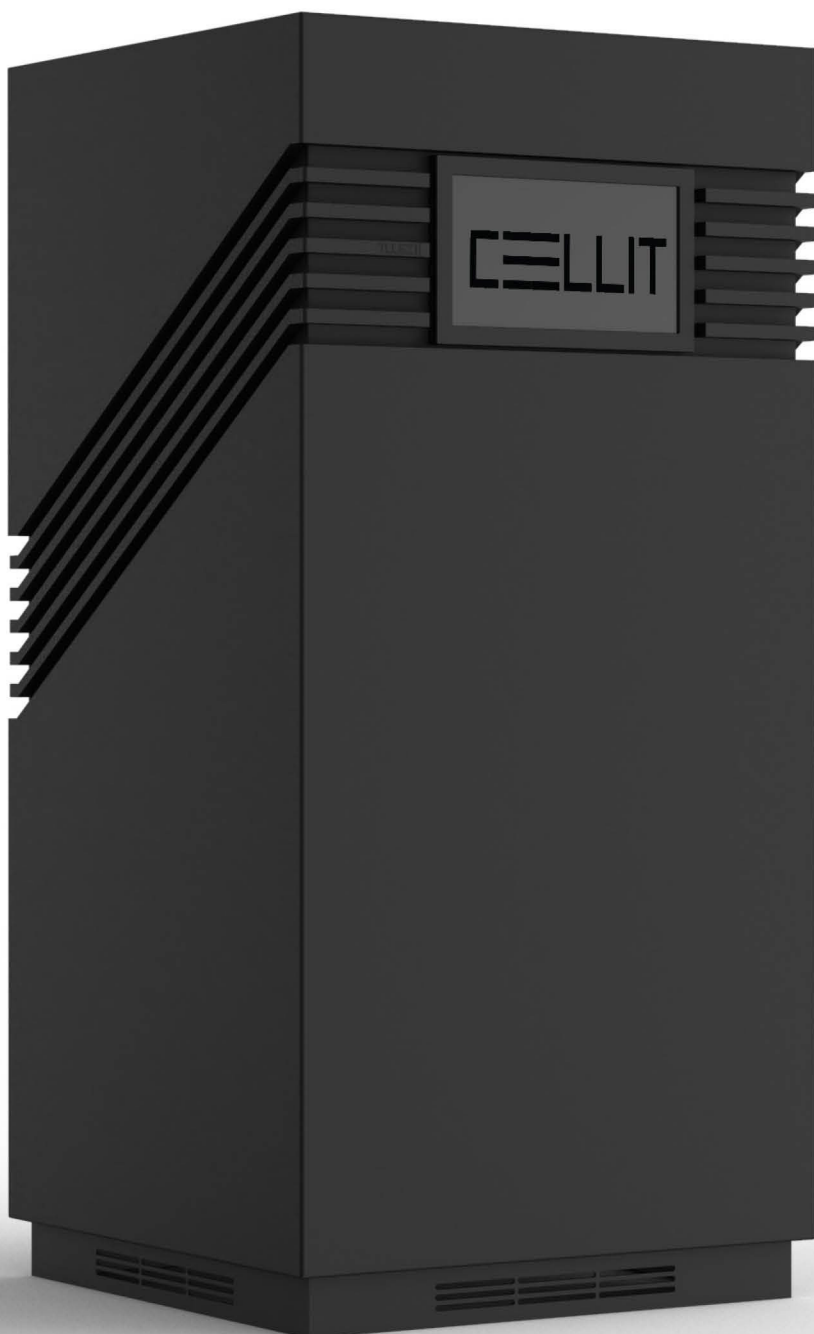


CELLIT

INTERMITTENT HYPOXIA TRAINING



INTERMITTENT HYPOXIC TRAINING



MASTER HYPOXIA TRAINING WITH **CELLIT**

The Power of Interval Hypoxic Training (IHT): Beyond Competitive Sports

Discover the transformative benefits of IHT.

This cutting-edge technology is for everyone. Whether you're younger or older, already athletically fit or on the path to becoming so, IHT offers a universal opportunity to promote health, and boost vitality for all.

Get a lifestyle where well-being knows no boundaries. With IHT, you can achieve peak physical condition and elevate your overall quality of life.

It's a holistic approach to health that transcends age and fitness levels, providing a personalized journey to vitality and lasting wellness.

IT
FITS
YOU



GET THE MOUNTAIN AT HOME

Uncover the potential of Interval Hypoxia Training

This advanced technology is not just for elite athletes, it's for everyone. Step into a world of improved living with our innovative approach to health, where we're dedicated to making well-being accessible to all.

Explore the convenience of intermittent altitude training without leaving your home. With the cellit hypoxia device, you can simulate the benefits of mountain air.



Utilizing a breathing mask, inhale oxygen-reduced air for a few minutes, gradually lowering blood oxygen content to a predetermined range during the hypoxia phase. Following this, oxygen content in the breathing air increases, allowing blood oxygen saturation to return to the regular levels.

Achieve optimal results with 4 to 5 cycles of oxygen percentage reduction and increase, completing a cellit training session in 30 to 40 minutes. Advance your fitness journey with the transformative experience of IHT at home.

Effortless Fitness: Relaxation & Intense Cellular Workout

Experience a soothing IHT session with cellit, during which most users recline in a comfortable position, some even drifting into a brief nap during the session. Despite its seemingly gentle nature, IHT is a powerful workout for the body. Like endurance or muscle training, every cell responds to the reduced oxygen, enhancing processes for improved future performance. Surprisingly, even IHT beginners experience a training stimulus that rivals the efforts of competitive athletes.

This gentle yet highly effective method allows for the gradual and substantial enhancement of physical performance.

With cellit, you can elevate your fitness journey effortlessly, unlocking the maximum potential of your body.



Revolutionizing IHT: Cellit - Making Hypoxia Training Accessible to All

Traditionally, hypoxia devices for Interval Hypoxia Training (IHT) were complex, geared towards professional use. Seeking a location for training sessions added to the challenge. Planning was extensive, requiring about 10 IHT sessions for experiencing a positive effect in healthy individuals.

Cellit is a game-changer in the world of IHT. Now, almost anyone can effectively perform IHT. Cellit stands out for its user-friendly design, attractive pricing, and modern aesthetics.

Cellit makes this transformative health practice accessible to all.



HIGH UP FOR STRONG CELLS

Increase your cellular power effortlessly with cellit – a cutting - edge German-engineered training system.

Trim your cells for more power with cellit.

- Interval hypoxia (IHT).
- Monitoring of pulse and SpO₂
- Safety cut-off limit and alarm signal
- 6 memory locations for user data
- 3 standard training programs
- 10 memory locations for individual training programs
- Storage of 9 training units per user
- Optimal noise insulation
- Operating time up to 90 minutes





• THE SETTINGS •

In the hypoxia phase, the proportion of oxygen in the breathing gas mixture can drop to 10% or in the case of cellit Expert down to 9%.

The hypoxia phase can be alternated with a normoxia phase or a hyperoxia phase (in the Expert model).

Standard programs can be used for training or individual training plans can be created.

• THE APPLICATION •

During training, heart rate, oxygen saturation in the blood (SpO₂) and oxygen content in the breathing gas are continuously monitored.

Maximum safety is guaranteed by defined safety cut-off limits and audible alarm signals when safety limit is undershot.

A sound level of just 45 db provides maximum relaxation comfort during hypoxia training.

KEY FACTS YOU SHOULD KNOW

With cellit, not only do function and product quality matter, but you also have the opportunity to shape its appearance. Make cellit stand out as an eye-catching statement or blend seamlessly with your decor.

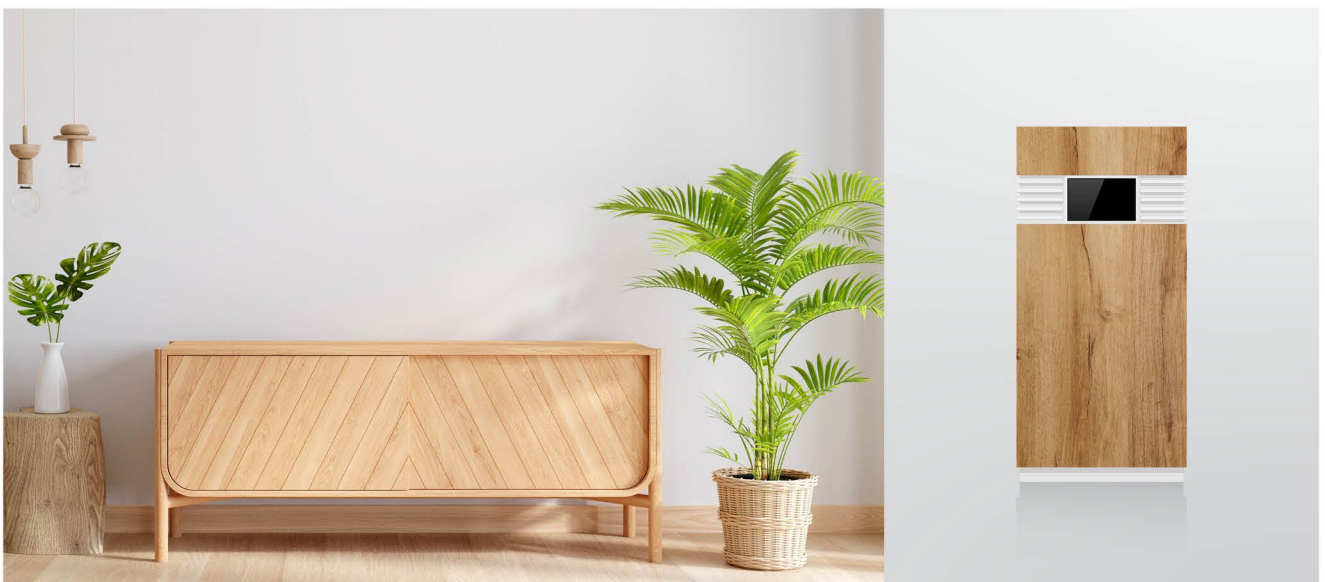
Whether you prefer vibrant color contrasts, classic tones, or warm natural elements, cellit's design options cater to your preferences.



For the cellit housing, you have the flexibility to assemble individual elements, choosing materials and colors tailored to your taste or to complement its environment.

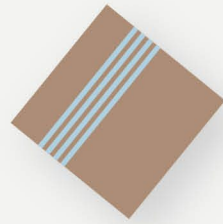
Just like customizing a high-quality piece of furniture, you have a say in the final look

The standard version comes with four casters discreetly covered by a design panel. Alternatively, explore special versions featuring pedestal feet in various heights and colors for a truly personalized touch.





color



custom
ization



WHO IS A **CELLIT** INTERESTING FOR?

Cellit fills a gap in the market for hypoxia equipment. Its simple operation and good price performance ratio appeal to private and commercial customers.



ATHLETE, MOUNTAINEER & BIOHACKER

Cellit Expert is intended for users who have IHT experience and a corresponding constitution.

It allows oxygen reduction in the breathing gas mixture down to 9% and a safety cut-off limit of down to 73%.

The special model is suitable for preparation for sporting events as well as for regeneration after training or after injuries.

FOR HOTELS, SPAS & STUDIOS

Cellit is also suitable as an IHT device for commercial use. The training time of recommended 40 minutes makes the cellit interesting for facilities with a fixed customer base, such as in fitness studios, as well as with changing guests, such as in a wellness hotel. After just one training session most users feel relaxed and refreshed.

IHT FOR HOME

With cellit, healthy users can perform an IHT at any time in the comfort of their environment.

The six user memory locations allow for regular training of multiple family members, relatives and friends.

IHT ADVANTAGES AT A GLANCE

The reduction of the oxygen content can be precisely adjusted to the physical performance condition.

Most users find IHT very relaxing and fall asleep briefly during the session.

Athletes can easily combine IHT with their strength and endurance training.

In the realm of the body, the difference between mountain air and oxygen-reduced air from a hypoxia device is indistinguishable.

While you may miss the scenic mountain setting, a hypoxia device like cellit offers additional advantages that go beyond the mountain experience.



TECHNICAL SPECIFICATIONS

Hypoxia	10 - 16 % O ₂ concentration (Cellit Expert 9 - 16 %)
Normoxia	21 %
Hyperoxia	>32 %
Treatment duration	max. 90 minutes
Monitoring	Pulse, SpO ₂ , O ₂
SpO ₂ measuring range	1 - 100 %
Herzfrequenz-Messbereich	25 - 240 beats per minute
Safety Cut-Off	78 % (cellit Expert 73 %)

DIMENSIONS

Weight	approx. 40 kg
Dimensions	W 350 x D 735 x H 350 mm
Screen	color touch screen with diagonal 7"/17,8 cm Resolution 600 x 800 pixel





www.ihht-cellit.com

