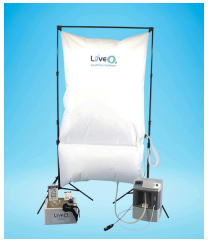
Compare LiveO2 Systems

Oxygen for your workout. Contrast for the challenge. Altitude you can tailor.

The shared foundation: All four pair oxygen-rich breathing with exercise, supporting oxygen availability for working muscles.[1]

	 Complete system pictured **EWOT Standard** Oxygen-supported exercise	 Single-user system **Adaptive Contrast** Challenge + oxygen recovery	 Single-user system **Extreme** Adjustable training challenge	 Two-user system **Dual Extreme** Extreme training for two
Training benefits				
Oxygen & contrast	More oxygen available to working muscles.[1]	Low-oxygen challenge, followed by oxygen-rich recovery.	The same contrast cycle, with adjustable altitude.	The Extreme approach for two, with separate oxygen/altitude switches.
Endurance & conditioning	May help sustain aerobic effort during exercise.[1]	Contrast cycles may support exercise capacity; findings vary.[2,3]	The same potential benefits, with more control over altitude.[2,3]	The same approach per person; a second station adds shared access.
Training effort	Adjust exercise time, pace and resistance. No altitude mode.	Hypoxic exercise may create similar heart-rate demand at less workload.[4]	Adjust altitude as well as pace and resistance.[4]	The same flexibility; both users share one altitude setting.
Room to progress	Build an oxygen-supported exercise routine.	Guided contrast cycles at a fixed 10,000 ft.	Guided progression from 10,000 to 22,000 ft.	The same altitude range for solo or paired training.
Best fit	Lower-cost oxygen-only exercise.	Lower-cost entry to contrast training.	**Recommended single-user system** for home and clinics.	Clinics offering paired and solo sessions.

About the benefits: Studies used other equipment/protocols, not head-to-head LiveO2 trials. Hypoxia studies involved small older-adult groups. Benefits vary; higher altitude does not guarantee better results.

Catalog photos shown; EWOT shown with an air separator. Specifications, prices and protocols: page 2.

Research: [1] Ulrich 2017 · [2] Bayer 2017 · [3] Dudnik 2018 · [4] Pramsohler 2017

LiveO2 is exercise equipment. Individual results vary. Not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before beginning any exercise or oxygen training program.

Specifications & Protocol Compatibility

Choose the training capability, then size the air supply for the people and sessions.

System detail	EWOT Standard	Adaptive Contrast	Extreme	Dual Extreme
Air & altitude	Oxygen only	Oxygen + fixed 10,000 ft altitude	Oxygen + adjustable 10,000-22,000 ft	Oxygen + adjustable 10,000-22,000 ft
Users & controls	1 user	1 user Contrast switch	1 user Contrast switch	1 or 2 users; separate switches, shared altitude
Supply & price*	Kit: **$895** 10 L/min: **$3,095**	10 L/min: **$5,150** 20 L/min: **$7,150**	10 L/min: **$7,075** 20 L/min: **$9,075**	20 L/min: **$11,825** 30 L/min: **$14,825** 40 L/min: **$18,825**
Masks / oximeters	1 mask kit 1 oximeter	1 standard mask kit 1 oximeter	1 premium + 1 standard mask kit; 1 oximeter	10 standard mask kits 2 oximeters

Included: EWOT setup/support. Contrast systems: app + New User Coaching ($500 value; one package/order).
Separators: one per 10 L/min; the EWOT kit needs your own oxygen source.

Protocols & levels your equipment supports

Protocol	EWOT Standard	Adaptive Contrast	Extreme	Dual Extreme
Whole Body O_2	Contrast required	Levels 1-3	Levels 1-3	Levels 1-3
Body Awareness	Contrast required	Levels 1-3	Levels 1-3	Levels 1-3
BrainO_2	Contrast required	**Levels 1-3**	**Levels 1-3**	**Levels 1-3**
HIIT O_2	Contrast required	**6 stages** 10,000 ft only	**All 18 stages**	**All 18 stages**
Post-Session Breathwork	1 oxygen-only level	1 level	1 level	1 level
Altitude O_2	Contrast required	**3 of 9 steps** 10,000 ft only	**All 9 steps**	**All 9 steps** 22k ft: one at a time
VO_2 Max	Contrast required	10,000-ft components	Full progression	Full progression

Levels: Body Awareness = 3/4/5 intervals. HIIT = 3 levels × 3 altitudes × 2 phases. Altitude = 3 levels × 3 altitudes (10k/15k/22k ft). VO_2 Max combines HIIT, Altitude and Breathwork. Dual levels are per user.

Access: Whole Body O_2 and Breathwork: owner access. Body Awareness and HIIT: trainer approval.
Supply: L/min is oxygen production, not mask flow; reservoirs refill during use. Solo athletes: Extreme 20 L/min. Athlete pairs: consider Dual 30 L/min with a trainer; continuous altitude together is not guaranteed.

***All prices are in USD. Prices may differ for 220-volt systems.** Checked Sep. 16, 2026.
EWOT/AC/Extreme include a frame; subtract $75 for wall/ceiling hanging. Confirm Dual mounting. Tax, shipping and options extra. Exercise equipment not included.