Simulated Altitude Training Systems

PBAS completes largest Altitude Room in the UK - 230m³ for Championship Winning National Team
Welcome to the First Edition of the POWERbreathe™ Altitude Systems™ (PBAS) catalogue. We are pleased, excited and very proud to present the complete PBAS product portfolio for the first time.

The POWERbreathe Altitude Systems project has come about as a logical extension of the successful POWERbreathe™ Inspiratory Muscle Training (IMT) and Better Breathing projects, that today has presence in over 45 countries - Globally.

Simulated Altitude Training is fast becoming an integral part of the performance athlete’s training programmes worldwide; and now due to increased affordability; it has never been easier to access the performance benefits associated with Simulated Altitude Training.

POWERbreathe Altitude Systems, working with leading International Experts in Human Performance and Sports Science, as well as, Experts in Product Development and Production; all of whom have considerable knowledge and experience in the field of Altitude Simulation equipment; have developed the next generation of systems, which are more powerful, have improved airflow and use integrated technologies to facilitate improved training programmes together with easier use.

Contents:

- Mask Based Hypoxic Systems
- Tower Light (TL) Range Hypoxic Systems
- Tower Range (TR) Hypoxic Systems
- Inflatable Modules
- PBAS-h/p/cosmos Treadmill Inflatable Module Range
- Semi-Permanent Structures

Turn-Key Packages

PBAS packages: we have taken the hassle out of ordering systems by matching the relevant Room Size/Inflatable with the correct PBAS Hypoxic System.

PBAS Packages are: Easy to Understand, Extensive, Convenient and Better Value - Page 13.

PBAS Product Reference Chart

Compare which PBAS Altitude System runs the Semi-Permanent Structures and Inflatables at a glance - Page 14-15.

Education

Premium educational programmes from PBAS - Page 15.

PBAS are pleased to introduce their New, Exclusively Developed Mask Based Hypoxic Systems.

The EASY FLOW and PERFORMANCE FLOW Mask Based Hypoxic Systems have been designed by Experts in both Design & Engineering and Human Performance, to meet the everyday needs of Elite and Amateur Athletes alike. Using the latest technologies, PBAS have produced two new models to surpass any other system on the market.

POWERbreathe™ Altitude Systems™ - ... We aim to lead and let others follow.

So whether you are training to compete for Olympic Gold, or to trek up Mount Kilimanjaro, we have a training solution for you.

PBAS EASY FLOW Mask Based Hypoxic System:

The PBAS Easy Flow Mask Based Hypoxic System is simple and easy to use, making it ideal for amateur and home-use. The specification is ideal for passive pre-acclimatisation training prior to High-Altitude treks.

PBAS PERFORMANCE FLOW Mask Based Hypoxic System:

The pinnacle of Human Performance is reached by only the very few. Those who do, sacrifice so much as they endeavour to reach their goal. The PBAS Performance Flow Mask Based Hypoxic System now means the benefits associated with Simulated Altitude Training is available to all without costly, lengthy and disruptive travel overseas.

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POWERbreathe Altitude Systems ensures athletes stay ahead of the competition.
removing issues associated with external air temperatures. Furthermore, the self-contained design ensures customers can easily manoeuvre the unit to be stored away when not in use.

The RD Unit provides functional control of the system, including a visual display of the Actual Altitude (achieved altitude) and Set Altitude on the 4.2” Touchscreen Controller Display. The Controller has the following modes:

a. **Manual Mode** - Allows the general operation of the system. Start/Stop Functions and Altitude Set-Points are all available via this mode.

b. **Timer Mode** - A Seven (7) day scheduling system with 10 independent Start/Stop times and Altitude Set-Points for each day create the perfect planner, providing the customer with peace of mind the system will be at the required Altitude when needed.

c. **Maintenance Mode** - Displays the compressor maintenance profile and allows clock/date adjustments.

The RD units wedge shaped design helps maximise space within the inflatable module or small room.

The TL Hypoxic System’s computer has been designed for future upgrades in software and functionality, meaning customers can be safe in the knowledge they can purchase a system today and it will not be obsolete tomorrow. For Health and Safety purposes, the system has multiple levels of password protection, which can only be accessed by inputting the correct password code into the 4.2” Touchscreen Controller.

Our forward-thinking design also enables two systems to be combined to create a more powerful solution to meet your needs*. 

*Additional connection kit required.

### Tower Light Range (TL) Hypoxic Systems

<table>
<thead>
<tr>
<th>System</th>
<th>Max Altitude (m)*</th>
<th>Flow Rate (LPM @ 10% O2)</th>
<th>Recommended Max Volume (m³)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PBASTL125</td>
<td>4,000</td>
<td>125</td>
<td>12</td>
</tr>
<tr>
<td>PBASTL180</td>
<td>4,000</td>
<td>180</td>
<td>18</td>
</tr>
<tr>
<td>PBASTL250</td>
<td>4,000</td>
<td>250</td>
<td>24</td>
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<tr>
<td>PBASTL400</td>
<td>4,000</td>
<td>400</td>
<td>40</td>
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</tbody>
</table>

* Bespoke altitude range available on request.

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#### Technical Specification

**Dimensions & x W x H (in cm)**

<table>
<thead>
<tr>
<th>System</th>
<th>PBASTL125</th>
<th>PBASTL125-SL</th>
<th>PBASTL180</th>
<th>PBASTL250</th>
<th>PBASTL400*</th>
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<tbody>
<tr>
<td></td>
<td>96 x 76 x 113</td>
<td>80 x 66 x 113</td>
<td>110 x 76 x 113</td>
<td>136 x 76 x 113</td>
<td>40 x 40 x 170</td>
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</table>

**Weight (Kg)**

<table>
<thead>
<tr>
<th>System</th>
<th>PBASTL125</th>
<th>PBASTL125-SL</th>
<th>PBASTL180</th>
<th>PBASTL250</th>
<th>PBASTL400*</th>
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<tr>
<td></td>
<td>100</td>
<td>50</td>
<td>150</td>
<td>55</td>
<td>65</td>
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</tbody>
</table>

**Noise dB (A)**

<table>
<thead>
<tr>
<th>System</th>
<th>PBASTL125</th>
<th>PBASTL125-SL</th>
<th>PBASTL180</th>
<th>PBASTL250</th>
<th>PBASTL400*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>62</td>
<td>62</td>
<td>62</td>
<td>62</td>
<td>62</td>
</tr>
</tbody>
</table>

**Voltage Supply**

<table>
<thead>
<tr>
<th>System</th>
<th>PBASTL125 &amp; PBASTL125-SL</th>
<th>PBATL180</th>
<th>PBATL250</th>
<th>PBATL400*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(2.2kW 220V) 1 x 15 Amp and 2 x 10Amp</td>
<td>(3.3kW 220V) 2 x 15 Amp and 2 x 10Amp</td>
<td>(4-6kW 220V) 2 x 15 Amp and 2 x 10Amp</td>
<td>Combining ADS250 and ADS125-SL</td>
</tr>
</tbody>
</table>

* PBAS TL400 consists of combining the ADS250 and ADS125-SL

#### Performance Limitations:

Please consider the natural and physical conditions for providing a Simulated Altitude Environment in enclosed rooms. If the room sealing is not adequate in accordance to the guidelines of room installation, the performance characteristics of the system will be affected. Also, if the room volume is larger than the specified maximum, the performance to altitude characteristics will be affected.

**Warning:** Installation, commissioning instructions and maintenance should only be conducted by PBAS trained and authorised personnel. All trainers and staff are recommended to complete and successfully pass the PBAS Foundation Course in Simulated Altitude Training. The remote access will allow the setting of the timer mode.
The PBAS TR Hypoxic Systems are designed for Commercial Facilities, such as Health and Fitness Clubs, Rehabilitation Centres or Professional Sport Teams. All PBAS TR Hypoxic Systems have an Altitude Range of 0 – 5,000m, with a fill-time to 15% oxygenation (2.880m) of 60-minutes.

The PBAS TR Hypoxic System comprises of two parts: The Air Delivery (AD) System and the Tower Frame (TF) System. As each PBAS TR Hypoxic System is a bespoke and permanent facility, a dedicated area is required to house some of the component parts of both the AD and TF systems.

### Tower Frame (TF) Systems

**PBAS TR Hypoxic Systems**

The unique ‘PBAS Modular System’ offers greater flexibility, improved performance and affordability; it offers customers the option of starting their Altitude Facility Adventure with a smaller system that can be expanded by adding modules later, when funding and user demand increases, without the need to replace the whole system.

The PBAS Tower Range (TR) Hypoxic Systems stand apart, by offering innovative design features.

**The PBAS Tower Range (TR) Hypoxic Systems**

Our expert professionals will not only discuss customers individual needs and requirements but will produce a full proposal and plan of their new Altitude Facility. PBAS prides itself on offering honest advice and will only recommend which system is required based on facts. We will not provide details for a system that is unsuitable and will not meet the demands and requirements of the customer just because it meets the budgetary requirements. We would prefer to discuss the plausibility of reducing the size of the Facility to ensure the PBAS TR Hypoxic System delivers optimal performance.

### Tower Frame (TF) Systems

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Inflatable Modules

Our Innovative, Tailor-Made and Patented PBAS Inflatable Modules, are Exclusive to POWERbreathe Altitude Systems. Designed and manufactured by experts in the field of inflatable constructions, our comprehensive collection ensures PBAS have a solution for all possible needs... and if the off the shelf range is unsuitable, PBAS can offer bespoke solutions.

High-Pressure support structures minimise the footprint, thus reducing last floor space, whilst helping to maximise the internal working area within. This design also makes the Inflatable Structure more compact and therefore lighter for transportation. Each Inflatable is supplied with a pump to easily inflate and deflate the module within a couple of minutes and the supplied storage bag makes storing the Inflatable easy when not in use. Additional storage and transport cases are also available.

The Patent Pending technology means customers cannot acquire these technologically advanced Market-Leading products elsewhere.

Sleep Module Range
The PBAS Sleep Modules are available in a variety of sizes to suit customer requirements. All PBAS Sleep Modules are designed to sit on top of mattresses, with a skirt that tucks under the mattress to create the seal.

The Sleep Modules are available in the following sizes (L x W x H in cm):
- (EXS1) Single-size Bed (190 x 95 x 100)
- (EXS2) Single-size Bed Extra Long (210 x 95 x 100)
- (EXS3) Double-size Bed (190 x 140 x 100)
- (EXS4) Queen-size Bed (200 x 160 x 100)
- (EXS5) King-size Bed (210 x 190 x 100)

Each Sleep Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

Cycle Module Range
The purpose built PBAS Cycle Modules create the perfect Altitude environment within which to undertake training or testing on a Cycle Ergometer*. The detachable floor makes positioning the Cycle Ergometer inside the Module easy. Additionally, the reinforced Double Zip Entry makes undertaking training or testing on a Cycle Ergometer*. The detachable floor makes positioning the Cycle Module Range

Swimming Module Range
Swimming Training at Altitude has never been easier with our PBAS Swimming Module Range. Our Double Lane, 25m structure floats perfectly on the water’s surface to create a seal. Supplied with four pumps, it is easy to inflate and manoeuvre into position.

The Swimming Module is available in the following size (L x W x H in cm):
- (EXL2) Swimming Module (2500 x 520 x 170)

The Swimming Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

Running Module Range
PBAS Running Modules provide versatility for a whole host of drills. From sprint testing at altitude to repeated sprint training sessions, the varying length Running Modules ensure PBAS can accommodate a variety of requirements. The weight of the inflatable structure creates a good seal on a variety of surfaces, helping to create a quite unique Altitude environment.

The Running Modules are available in the following sizes (L x W x H in cm):
- (EXR1) Single Lane 15m Running Module (1500 x 240 x 250)
- (EXR2) Single Lane 30m Running Module (3000 x 240 x 250)
- (EXR3) Single Lane 45m Running Module (4500 x 240 x 250)

Each Running Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

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Each Running Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

PLEASE NOTE
Air Conditioning Systems will be required to supplement these systems
Lounge Module Range

The PBAS Lounge Module is perfect for pre-acclimatisation and stationary work. The domed-shape design helps to minimise ‘dead-space’ and therefore making the PBAS Hypoxic System used to power the Inflatable Module more effective and efficient.

The Lounge Module is available in the following size (L x W x H in cm):

(EXL1) Lounge Module (257 x 165 x 160)

The PBAS Lounge Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

Multi-Training Module Range

The PBAS Multi-Training Module range create a larger environment within which to train at Altitude. These Inflatable Structures are ideal environments for holding team meetings whilst away on a Training Camp, or for creating an Altitude Environment to train in within an existing training facility. These larger Modules are great when space is at a premium and it is not a plausible solution to create a permanent facility.

The PBAS Multi-Training Modules are available in a range of shapes and sizes to cater for all customer needs.

The Multi-Training Modules are available in the following sizes (L x W x H in cm):

(EXM1) Multi-Training Module with outer Airlock (600 x 320 x 250)
(EXM2) Multi-Training Domed Module (1000 x 800 x 400)
(EXM3) Multi-Training Module with Airlock (1600 x 1000 x 406)

Each Multi-Training Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

NEW for 2015:

The PBAS Rowing Module Range

NEW for 2015! Our new PBAS Rowing Module’s design has Elite and Home Performance use in mind. The design has been specifically created to cater for most Rowing Ergometers and because it packs away within minutes it is easy to store away when not in use.

The Rowing Module is available in the following size (L x W x H in cm):

(TBC) Rowing Module (280 x 130 x 175)

Each Rowing Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section.

Rowing Module Range

NEW for 2015:

The PBAS Rowing Module Range

The PBAS - h/p/cosmos Treadmill Inflatable Module Range

The PBAS - h/p/cosmos Treadmill Modules are available in a number of sizes to accommodate various h/p/cosmos treadmill models, for example:

PBAS for h/p/cosmos mercury model
(L 475cm x W 200cm x H 265cm)

PBAS for h/p/cosmos quasar/pulsar model
(L 510cm x W 200cm x H 275cm)

PBAS for h/p/cosmos venus/saturn model
(L 600cm x W 300cm x H 325cm)

Each PBAS - h/p/cosmos Treadmill Module can be purchased as an individual item, or as part of a package along with the required PBAS Hypoxic System included. These are outlined in the Package Section. (Note: h/p/cosmos Treadmills or other equipment is not included)

For more information re: h/p/cosmos, visit: www.h-p-cosmos.com
Semi-permanent Structures

The PBAS Semi-Permanent Room Structures have versatility at their core. These easily assembled structures can be erected to meet training demands on any given day. The Panel system design is manufactured from extruded Aluminium with 3mm Perspex panels which are thicker than other similar options.

The toughened rubberised connection creates a strong seal between each panel, limiting leakage.

The PBAS Semi-Permanent Structure Panels are available in the following sizes:

- PBASRP1 Side Panel 1m x 2.4m
- PBASRP1 Roof Panel 1m x 3.032m
- PBASDP1 Door Panel 1m x 2.4m
- PBASRP2 Side Panel 0.5m x 2.4m
- PBASRP2 Roof Panel 0.5m x 3.032m
- PBASDP3 Door Panel 1m x 3.2m
- PBASRP3 Side Panel 1m x 3.2m
- PBASRP3 Roof Panel 1m x 2.55m
- PBASSP3 Side Panel 1m x 3.2m
- PBASSP3 Roof Panel 1m x 2.4m
- PBASRP1 Roof Panel 1m x 3.032m
- PBASRP2 Side Panel 0.5m x 2.4m
- PBASRP2 Roof Panel 0.5m x 3.032m
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- PBASDP1 Door Panel 1m x 3.2m
- PBASRP2 Side Panel 0.5m x 2.4m
- PBASRP2 Roof Panel 0.5m x 3.032m
- PBASDP3 Door Panel 1m x 3.2m
- PBASRP3 Side Panel 1m x 3.2m
- PBASRP3 Roof Panel 1m x 2.55m
- PBASSP3 Side Panel 1m x 3.2m
- PBASSP3 Roof Panel 1m x 2.4m

There are no set designs for the Semi-Permanent Structures. Simply purchase the required number of Panels to give the perfect sized training room. The only limitation on size is based on the maximum volume the Hypoxic System can supply with hypoxic air. However, we have put together some options for customers to purchase a ‘Small Starter Package’, ‘Small Starter Package with Extra Height’, ‘Standard Package’ and ‘Standard Package with Extra Height’.

Small Semi-Permanent Room Package with Extra Height

The Small Semi-Permanent Room Package with Extra Height provides everything you get with the Small Semi-Permanent Room Package but with Extra Height. Great for when customers want that extra height clearance.

Standard Semi-Permanent Room Package

The Standard Semi-Permanent Room Package provides customers with greater versatility and should allow them to construct an area that will meet nearly all of the requirements without stepping up to a full PBAS TR hypoxic room system installation.

Note: PBAS Semi-Permanent Room Structures can be powered by both the PBAS Tower and Tower Light hypoxic systems.

PBAS Packages

PBAS have done the hard work for our customers and packaged the PBAS Inflatable Modules or Semi-Permanent Structures together with the relevant PBAS Hypoxic System.

Furthermore, clients will save money when purchasing a PBAS package, compared to purchasing items individually.

<table>
<thead>
<tr>
<th>Package Code</th>
<th>Package Description</th>
<th>PBAS Hypoxic System</th>
<th>Inflatable Structure</th>
</tr>
</thead>
<tbody>
<tr>
<td>PBASP10</td>
<td>PBAS Single Bed Sleep Package A</td>
<td>1x Easy Flow Mask-Based System</td>
<td>1x EXS1</td>
</tr>
<tr>
<td>PBASP17</td>
<td>PBAS Single Bed Sleep Package B</td>
<td>1x Performance Flow Mask-Based System</td>
<td>1x EXS1</td>
</tr>
<tr>
<td>PBASP11</td>
<td>PBAS Single Bed Extra Long Sleep Package A</td>
<td>1x Easy Flow Mask-Based System</td>
<td>1x EXS2</td>
</tr>
<tr>
<td>PBASP18</td>
<td>PBAS Single Bed Extra Long Sleep Package B</td>
<td>1x Performance Flow Mask-Based System</td>
<td>1x EXS2</td>
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<tr>
<td>PBASP12</td>
<td>PBAS Double Bed Sleep Package</td>
<td>1x Easy Flow Mask-Based System</td>
<td>1x EXS3</td>
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<tr>
<td>PBASP19</td>
<td>PBAS Double Bed Sleep Package</td>
<td>1x Performance Flow Mask-Based System</td>
<td>1x EXS3</td>
</tr>
<tr>
<td>PBASP13</td>
<td>PBAS Queen-Sized Bed Sleep Package</td>
<td>1x Easy Flow Mask-Based System</td>
<td>1x EXS4</td>
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<tr>
<td>PBASP20</td>
<td>PBAS Queen-Sized Bed Sleep Package</td>
<td>1x Performance Flow Mask-Based System</td>
<td>1x EXS4</td>
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<td>PBASP14</td>
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Sleep Packages

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<td>PBAS Double Cycle Package</td>
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<td>PBASP25</td>
<td>PBAS Quad Cycle Package</td>
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<td>PBASP16</td>
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Large Tunnel Packages

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<td>PBASP26</td>
<td>PBAS Swimming Pool Package</td>
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<td>PBASP27</td>
<td>PBAS Single Lane 10m Running Package</td>
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<td>PBASP29</td>
<td>PBAS Single Lane 45m Running Package</td>
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Cycle and Lounge Packages

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Multi-Training Packages

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<td>PBASP02</td>
<td>PBAS h/p/cosmos Quasar/Pulsar Module Package</td>
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<td>PBASP03</td>
<td>PBAS h/p/cosmos Venus/Saturn Module Package</td>
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PBAS - h/p/cosmos Treadmill Inflatable Module Packages*

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Semi-Permanent Room Packages

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<td>PLEASE NOTE</td>
<td>Air Conditioning Systems will be required to supplement these systems</td>
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*Note: h/p/cosmos Treadmills or other equipment is not included.
### PBAS Product Reference Chart

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<th>CODE</th>
<th>DESCRIPTION</th>
<th>Max Volumes (m³)</th>
<th>3m³</th>
<th>4m³</th>
<th>8m³</th>
<th>12m³</th>
<th>18m³</th>
<th>24m³</th>
<th>40m³</th>
<th>45m³</th>
<th>80m³</th>
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- **Optimal/Recommended System**
- **Suitable/Alternative System**

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**PBAS Education**

PBAS have teamed up with Altitude First International (AFI) to provide PBAS Educational Programmes.

AFI have established market leading eLearning and workshop based Altitude Education Courses over many years and were therefore chosen by PBAS as the partner to deliver World Class Quality - PBAS Education Modules, to support clients and the “Best in Class” PBAS Equipment Packages.

PBAS eLearning uses a contemporary learning management system (LMS) that is both user friendly and adheres to eLearning Best Practice.

Courses available include:
- The Altitude Advantage
- Simulated Altitude Training (SAT) Basics
- Foundation Course in Simulated Altitude

The foundation course in simulated altitude training (SAT) is designed for accredited fitness industry professionals and strength and conditioning coaches with an interest in the theoretical and practical application of simulated altitude training for their clients and athletes.

The foundations course includes an overview of the history of SAT, terminology, physiological adaptations to SAT in response to a variety of training conditions, client screening and assessment, SAT progression, integration and periodisation, workout structure and session planning.

The foundation course uses AFI’s eLearning platform and concludes with a practical face to face assessment by the regions PBAS master trainer. Industry recognised professional development credits are available depending on your location.

---

Simulated Altitude Training (SAT) Basics (Online)

A short online course providing the student with a basic knowledge of simulated altitude technology and its applications. Facilitated by AFI’s eLearning platform this interactive course uses multimedia to engage and test the knowledge of the student with video, quizzes and resources available to download for future reference.

Foundation Course in Simulated Altitude (Online and face to face practical assessment)

The foundation course in simulated altitude training (SAT) is designed for accredited fitness industry professionals and strength and conditioning coaches with an interest in the theoretical and practical application of simulated altitude training for their clients and athletes.

The foundations course includes an overview of the history of SAT, terminology, physiological adaptations to SAT in response to a variety of training conditions, client screening and assessment, SAT progression, integration and periodisation, workout structure and session planning.

The foundation course uses AFI’s eLearning platform and concludes with a practical face to face assessment by the regions PBAS master trainer. Industry recognised professional development credits are available depending on your location.

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AFI (Altitude First International) is a provider of the highly regarded AFI Simulated Altitude Training programme.

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