



**SWEAT MORE.
BURN MORE.**



ACHIEVE GREATER
WORKOUT & RECOVERY
RESULTS AND SAVE TIME
WITH 'FEEL GREAT' RED
PHOTONIC RADIANT
INFRARED THERMAL
WORKOUTS.

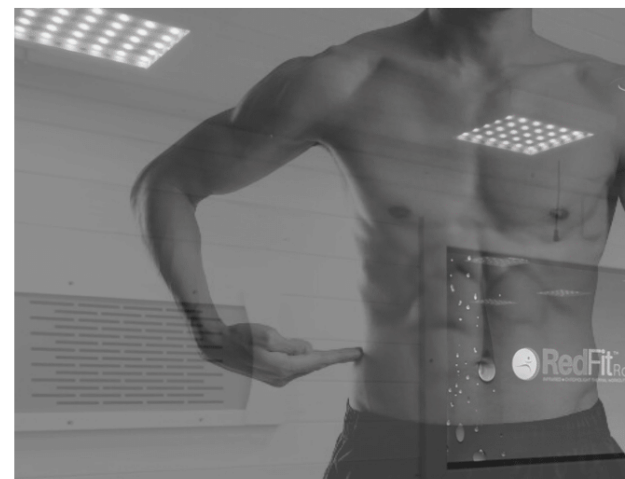
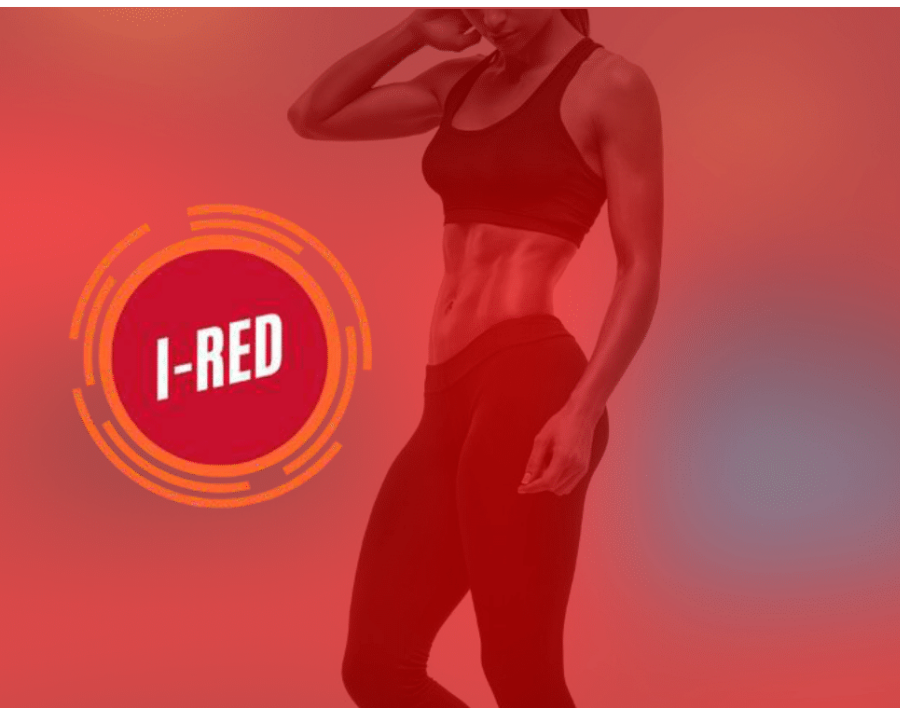
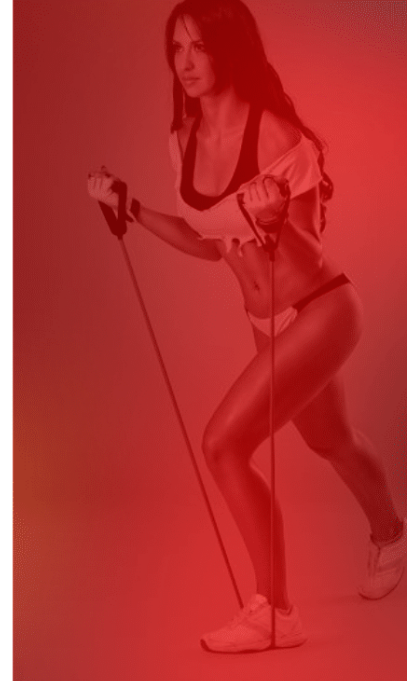


IN JUST 10-20 MINUTES THERMAL
WORKOUTS IN RED PHOTON LIGHT AND
INFRARED HEAT CAN HELP YOU
ACHIEVE UP TO TWICE THE WORKOUT
BENEFITS AND SAVE TIME WITH MORE
NATURAL SWEATING, MEASURABLE
FITNESS IMPROVEMENT & LONGER-
LASTING CALORIC BURN IN LESS TIME.





**THERMAL WORKOUTS, RELAX & RECOVER
ACTIVITIES WITH STUDIO ROOMS HAVING
VIDEOS DEDICATED TO SPECIFIC
WORKOUT AND RECOVERY ROUTINES:**



-  **I-Red Recovery Workouts**
-  **I-Red Recovery Compression Massage**
-  **I-Red Meditation & Relaxation**
-  **I-Red Yoga**
-  **I-Red Cycling**
-  **I-Red Stretching & Foam Rolling**
-  **I-Red Assisted Stretching**

GREATER RESULTS - LESS TIME



EXCUSES DON'T BURN CALORIES



 **SIZE:**

9'0" L x 7'7" W x 7'6" H
274.3cm L x 234.69cm W x 228.44cm H



FEATURES:

- Canadian Hemlock Wood** Walls & Structure
- 16 Red Light LED Station** Boxes (480 LEDs, red glow)
- 8 Ceiling LED Lights** (White)
- 2 Speakers**
- 7 Infrared Carbon & Jade Stone** Heaters with Wood Grills (250 green Jade gemstones)
- 22 Infrared Ceramic** Red Flock Grill Heaters
- 16 Himalayan Salt Tiles** (back lit - orange glow)
- Air Intake Fan**
- A built-in TV box mounted** (TV not included)
- RedFit signage** (frosted acrylic printed with logo) 60cm x 20.4cm
- "OXYGEN READY"**
(For an exterior generator to be blowing in pure oxygen)



ELECTRICITY/POWER

220V/60Hz, 240V/50Hz

Power: 6400W

NOTE: Required to use 2 (two)
20Amp x 220V dedicated circuits-
2 Power plugs necessary





BENEFITS OF THERMAL WORKOUTS

IS HEAT BETTER THAN ALTITUDE?
THE SCIENCE SEEMS TO SAY YES.

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- EXERCISING IN THE HEAT IMPROVES YOUR ABILITY TO COOL YOURSELF.**
EXERCISING IN THERMAL INFRARED HEAT CAUSES INCREASED BLOOD FLOW TO YOUR SKIN TO COOL YOUR BODY DOWN. OVER TIME, YOU WILL ADAPT, BECOMING MORE RESPONSIVE TO THE DEMANDS OF INFRARED THERMAL WORKOUTS AND COMPETITIVE EVENTS THROUGH EARLIER SWEATING AND INCREASED CIRCULATION. THIS GIVES YOU AN EDGE IN COMPETITION OR GENERAL CONDITIONING AND SIMPLY ACCOMPLISHING MORE IN YOUR DAILY WORKOUTS. IT CAN ALSO MAKE YOU MORE COMFORTABLE WHEN YOU JUST WANT TO GET OUTSIDE DURING THE HOTTER MONTHS OF THE YEAR.
 - EXERCISING IN THE HEAT PROVIDES BENEFITS THAT EXCEED ALTITUDE TRAINING!**
ELITE ATHLETES HAVE DEMONSTRATED THE BENEFITS OF ALTITUDE TRAINING. WHAT YOU MAY NOT KNOW IS TRAINING IN THE HEAT ACTUALLY PRODUCES **GREATER IMPROVEMENTS IN FITNESS THAN ALTITUDE TRAINING**. A 2010 STUDY DEMONSTRATED THAT THE PHYSIOLOGICAL ADAPTATIONS FROM HEAT ACCLIMATION INCLUDE REDUCED OXYGEN UPTAKE AT A GIVEN POWER OUTPUT, MUSCLE GLYCOGEN SPARING, REDUCED BLOOD LACTATE AT A GIVEN POWER OUTPUT, INCREASED SKELETAL MUSCLE FORCE GENERATION, PLASMA VOLUME EXPANSION, IMPROVED MYOCARDIAL EFFICIENCY, AND INCREASED VENTRICULAR COMPLIANCE. THESE THERMAL WORKOUT ADAPTATION OUTCOMES ("**HYPERTHERMIC CONDITIONING**") RIVAL THOSE OF ALTITUDE TRAINING APPROACHES AND LEAD TO IMPROVED PERFORMANCE ACROSS A RANGE OF TEMPERATURES.
 - HEAT ADAPTATION PRODUCES QUICK IMPROVEMENTS IN FITNESS.**
EXERCISING IN THE HEAT INCREASES THE STRESS LOAD OF YOUR TRAINING. WHEN YOUR BODY RESPONDS BY INCREASING CIRCULATION AND SWEATING, YOU BECOME MORE EFFICIENT AT WORKING OUT ACROSS A RANGE OF TEMPERATURES AND CONDITIONS. THIS MEANS THAT YOU'RE MORE LIKELY TO PR YOUR NEXT RACE OR LIFTING SESSION REGARDLESS OF TEMPERATURE AND CONDITION. YOU ALSO EXPERIENCE THESE BENEFITS QUICKLY. AS **LITTLE AS FIVE SESSIONS (OF THERMAL HIGH-TEMPERATURE EXERCISE)** ARE SUFFICIENT TO LEAD TO IMPROVEMENTS IN HEART RATE AND SWEAT RATE.
 - EXERCISING IN THE HEAT INCREASES YOUR LACTATE THRESHOLD.**
WHILE INCREASES IN VO2 MAX AND LACTATE THRESHOLD TAKE LONGER TO DEVELOP, ADAPTATIONS THAT OCCUR IN THE HEART AS A RESULT OF THERMAL TRAINING, **INCREASE YOUR CARDIOVASCULAR CAPACITY AND YOUR ABILITY TO DO INTENSE WORK FOR LONGER PERIODS OF TIME**. TAKE ADVANTAGE OF TRAINING IN HEAT AND SAVE TIME AND IMPROVE YOUR WORKOUT RESULTS.
 - EXERCISING IN THE HEAT INCREASES YOUR PSYCHOLOGICAL TOLERANCE FOR TOUGH WORKOUTS.**
TRAINING AND COMPETING REQUIRE GETTING COMFORTABLE WITH BEING UNCOMFORTABLE. EXERCISING IN THE HEAT CAUSES PHYSIOLOGY CHANGE AND TRAINS YOUR BRAIN AND BODY TO BE ABLE TO TOLERATE AND ACHIEVE MORE WORK WHILE YOU COMPLETE YOUR WORKOUT. EVENTUALLY THAT ABILITY TO WORK AT A THRESHOLD THAT IS "COMFORTABLY UNCOMFORTABLE" GIVES YOU THE ABILITY TO PERFORM AT A GREATER LACTATE THRESHOLD, WHICH INCREASES AND IMPROVES THROUGH THERMAL TRAINING.

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