



CUSTOMER STORY

ALTIPEAK™



Have you ever considered climbing Mount Everest or Mount Kilimanjaro and thought there is no way you would be able to survive the harsh conditions? Altipeak™ in Dublin, Ireland provides a training solution to get you in the best shape to make those impossible dreams possible.

Altipeak™ has engineered a way to create optimum training conditions by creating the world's safest altitude training chambers. Whether you are a professional athlete or an amateur with a dream, there is no need to travel halfway across the world anymore as the solution could be on your doorstep!

Using certified patented Altitude machinery, Altipeak™ can replicate conditions of training for more than 5000 feet above sea level. Whereas you might have previously needed to travel to the plains of Kenya or mountains of California, USA to find a range of extreme conditions from warm and humid to cold and

oxygen bare, Altipeak™ provides an all-in-one solution. To get in your best physical shape, you need to push your body to the extreme. With these specialised chambers, you can test your body to its limit whilst being monitored every step of the way; oxygen levels, humidity, temperature and, most importantly, Co2 levels.

Training at altitude in both warm and cold conditions triggers a response called cross-adaptation. Cross-adaptation refers to the process of exposing your body to one type of environmental stress, such as heat, to promote beneficial adaptations that carry over to other environmental stressors, such as altitude. Going to altitude shocks your system into adapting to decreased oxygen availability. Your heart races, your breathing becomes more rapid, and over time you produce extra red blood cells to deliver more life-giving oxygen to your tissues. The perfect boost in endurance and performance!

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The benefits of training at altitude include:

- Increased lung capacity
- Increased lactic acid threshold
- Increased haemoglobin mass and red cell volume
- Muscles more efficient at extracting oxygen from the blood

Altipeak™ founder and CEO Noel O'Brien came up with an ingenious way to replicate harsh training environments. Through the use of a Sullair Shoptek® 22 kW 10 bar air compressor along with a heater, refrigerant and various other closely-guarded components, O'Brien has successfully created a warm training room replicating temperatures similar to the Middle East and a cold room replicating temperatures similar to Russia. These rooms enable training conditions for athletes and amateurs alike. The Sullair compressor is critical in the overall running of the operation by providing the much-needed air. Altipeak™ has some of the world's top athletes training at their facility, from the Irish rugby team to British sports athletes, and O'Brien has recently begun exporting his packaged solution around the world.

Altipeak™

Dublin, Northern Ireland

<https://www.altipeak.ie/>