

Altipower's ground level mountain air therapy

London's **Altitude Centre**, which provides sessions in Intermittent Hypoxic Training (IHT), has added a brand new personal training device to its range of units.

IHT is a form of simulated altitude training said to make you more efficient with the oxygen you breathe. Target groups include athletes aiming to improve their performance and mountaineers looking to pre-acclimatise to a high altitude trip.

The company supplies a range of training units, from the High Performance Hypoxicator which can simulate altitudes of up to 5100m, to its new Altipower® system.

Two models of Altipower are available, the Advanced and the



Uses natural breathing

Professional, the latter including a portable pulse oxymeter which allows fine tuning of an IHT session.

The system works by using a person's natural breathing process to produce reduced oxygen - hypoxic - air. Continuous breathing using Altipower gradually decreases the oxygen content of the breathing air, this in turn replicating the conditions of high altitude and the benefits of mountain-like air. Training sessions are claimed to be pleasant and easy.

Both models are supplied with two breathing cartridges, enough for 20 hypoxic sessions.

leisure-kit keyword: Altitude
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Golf in lots of new areas

A quicker way of getting your round in

A unique new idea in the sport, **Compac Golf** aims to let both existing golfers and new recruits play in places and at times which have never been possible before.

Compac Golf courses are built using the same materials and to the same standards as traditional sites but need as little as 6 acres for a course with par 3 holes. With about 15 acres, a full-size 6,500yd facility with par 5 holes can be created, typically costing less than £350,000 to design and build.