

CAPABILITY STATEMENT

About Us

Located in Cadillac, MI, Training Mask, LLC has been in operation since 2011. Training Mask is a patented multi-level resistance breathing device that fits over the mouth and nose, and is used to train the respiratory muscles – **increasing mental focus and physical performance.**



Company Information

Training Mask, LLC.

1140 Plett Rd.
Cadillac, MI 49601
Phone: (888) 407-7555
Web: www.trainingmask.com

Point of Contact

Todd Olson, CPCM, CFCM
Federal & Military Sales Executive
PO Box 638
Cadillac, MI 49601
Phone: (231) 342-2065
Email: todd@trainingmask.com

Small Business



Registered

CAGE: 741L4
DUNS: 064716858

WAWF Registered

TAA Compliant
COTS Item

Resistance Breathing and Human Performance

- In November 1986, A Review of Biomedical Aspects of CB Masks and their Relationship to Military Performance by the US Army Research Institute showed that the military gas mask does not provide a sufficient level of airflow resistance to induce significant respiratory muscle training (RMT). However, military personnel still exercise in gas masks to increase performance and add new challenge to their exercise and training evolutions.
- An August 2012 systematic review and meta-analysis (quantitative analysis of several separate but similar studies) titled the Effect of Respiratory Muscle Training on Exercise Performance in Healthy Individuals concluded that RMT does increase human performance by as much as 11%. RMT should be part of every physical fitness routine; it's simple and cost effective.
- The Human Performance Resource Center (HPRC), a DoD initiative under the Force Health Protection and Readiness Program recommends breathing exercises for optimum performance and response. One Performance Strategy for optimizing the body's response time is regular recalibration by using a breathing protocol called Breathing Retraining for 10 to 15 minutes per day to assist warriors in modulating their body's fight/flight response system, thereby enabling them to maximize their internal resources to accomplish greater physical feats when needed.

Codes

NAICS

339920

FSC/PSC

8465

7810

Why Use Training Mask 2.0 to Improve Human Performance?

Training Mask 2.0 is a new patented (PAT.8.590.533 B2) resistance breathing device that helps condition the lungs by creating pulmonary resistance, strengthening the diaphragm and the intercostal muscles – making a workout seem like it is being held high in the mountains thus simulating altitude by breathing restriction. Born in the Ultimate Fighting Championship (UFC) and used today by mixed martial artists (MMA), NFL Players, NBA Players, MLB Players, CrossFit Enthusiasts, Soldier-athletes, Marines, and every day people. The multi-level resistance system forces the wearer to inhale fuller, deeper breaths, and **while the body adapts, it will begin to use oxygen more efficiently resulting in increased energy production, increased endurance, increased mental focus, and a better quality of life.** Information Videos: [Training Mask Review](#) & [Sean "The Muscle Shark"](#)

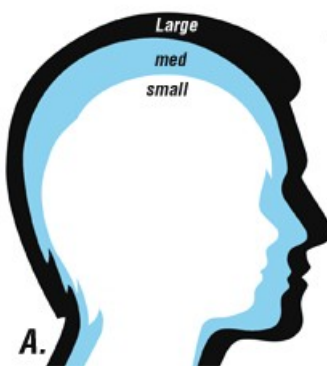
Management Capability & Past Performance

- **Management Capability:** Certified Public Accountant; Computer Information Systems Degree; Advanced Business Degree; Six Sigma Green Belt; LEAN Manufacturing; Quality Assurance Systems; Master's Certificate in Government Contracting; Certified Professional & Federal Contracts Manager; FAR; DFAR; CFR; Trade Agreement Act; Buy American Act; and Government Contract Compliance.
- **Past Performance:** Sold commercially off-the-shelf at Dick's Sporting Goods, Amazon, various online retailers, and the Marine Corps Exchange. Government direct sales include Purchase Cards, and Commercial Item Contracts.

Training Mask 2.0 – Suggested Uses to Improve Mental & Physical Performance

- CrossFit Training Sessions
- High Intensity Tactical Training (HITT)
- High Intensity Interval Training (HIIT)
- Distance Running Flat or Hilly Terrain
- Walking Flat or Hilly Terrain
- Strength Training
- Biking Flat or Hilly Terrain
- HPRC Breathing Protocols
- HPRC Breathing Retraining
- Preparing for a PFT/PRT
- Leadership Reactionary Courses
- Obstacle Courses
- Mental & Physical Readiness Drills
- Stretching and Flexibility Exercises
- Speed / Wind Sprints
- TRX Suspension Training
- Teamwork Exercises and Drills
- Martial Arts Programs
- To prepare mentally and physically for working under tactical / operational load

Training Mask 2.0 – Sizing Information



A. TRAINING MASK 2.0 SIZING CHART

ADULT SIZE LARGE - 250 Lbs to 300 Lbs
ADULT SIZE MEDIUM - 150 Lbs to 240 Lbs
ADULT SIZE SMALL - 100 Lbs to 149 Lbs

B. MASK SIZE (LEFT TO RIGHT)

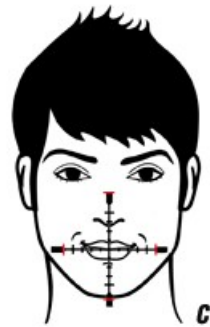
4.0 INCHES - ADULT SMALL
4.5 INCHES - ADULT MEDIUM
5.0 INCHES - ADULT LARGE

C. CENTER OF FACE MEASURING

All masks should measure
1" to 1.5" (L and R) from corner
of mouth see diagram.



B.

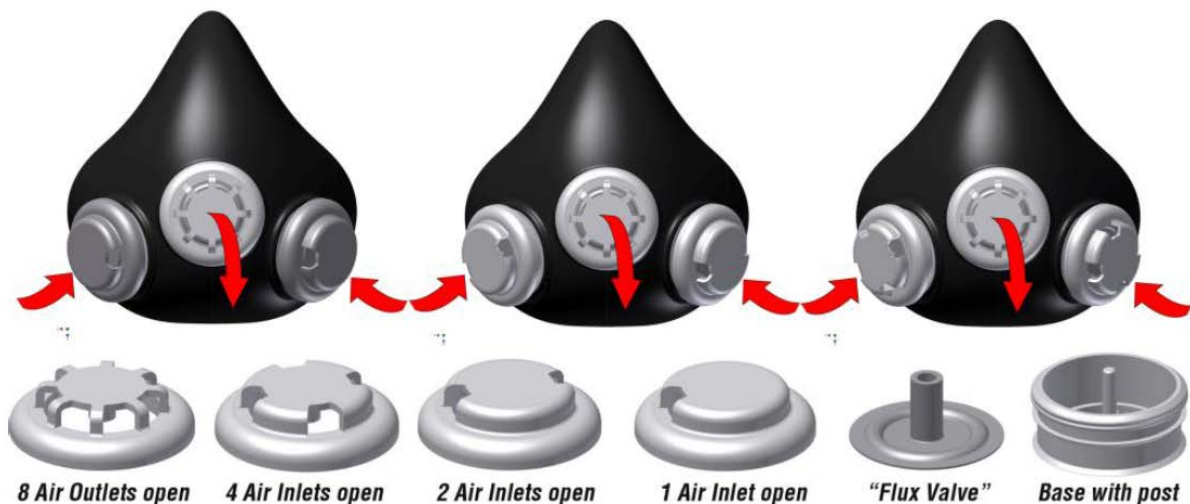


C.

Training Mask 2.0 - Properly worn with optional head strap



Training Mask 2.0 – Resistance Valves



[Training Mask 2.0 Instructional Video with Warm Up](#)