



Dominique Gisin

Ski Alpin

2nd Place in 2007 World Cup Downhill in
Altenmarkt, Austria
5th place in 2007 World Championship
Downhill in Are, Sweden

Ski racing is not known to be an exclusively endurance driven sport. This is why I have to give special thanks to my conditioning coach, Christian Szepessy who introduced me to the SpiroTiger training device. In my SpiroTiger training program I focus mainly on training my trunk muscles as well as train for rehabilitation and high altitude simulations.

Since I have been doing this type of training, my trunk muscles have become noticeably stronger and my endurance capability has jumped up a few levels as well. The biggest joy for me is that after my potentially career ending knee injury, I was able to work out because the SpiroTiger allowed me to get the training intensity I needed without putting more strain on my joints and ligaments. Thanks to the increased strength in my torso, my upper body has become more stable and this makes a huge difference to how I stand on my skis. Being more stable on my skis allows me to ski faster. I am able to recuperate better and faster than ever before which is a huge advantage in our almost crazy year-round calendar.

I train with the SpiroTiger on a daily basis and can recommend it with a great deal of confidence.



Karin Thürig

Road Cycling

2005 Time Trial World Champion

Olympic Bronze Medallist 2004

2004 Time Trial World Champion

I used the SpiroTiger® for the first time towards the end of 2003. After the first SpiroTiger® training I realized what breathing really means and how limited my respiration system really was. As I saw how dependant my performance is it became clear: time for specific training! Today my respiration functions more efficiently and I feel my entire upper-body is involved in my breathing. Today, after a series of basic trainings, I use all the various training methods. This focused respiratory endurance training is already firmly implanted into my daily training routine.



Franco Marvulli

Road Cycling

2004 Olympic Silver Medallist

Silver 2004 World Championships

The SpiroTiger® has been part of my training plan for some time now. At the beginning SpiroTiger® training was surprisingly difficult. Today I train for 20 □ 30 minutes and I can feel myself breathe easier and rejuvenate my energy supply. Not only do I use the SpiroTiger® in the pre-season, but it accompanies me throughout my race season. Before every race I use the SpiroTiger® for a short training of 4 □ 5 minutes to prepare my respiratory system for the upcoming stress.



Phonak Cycling Team

Numerous members of the Phonak cycling team train with a SpiroTiger® to gain extra power.



Nicola Spirig

Triathlon

Junior World Champion
Olympic Participant 2004

Every athlete follows a program consisting sport specific training supported by recovery methods and special nutrition. To be the first competitor to cross the finish line one must decide what is else can I do? I try to use my entire potential. With SpiroTiger® respiration training I have found a way to increase my performance even more!



Jean-Claude Scherrer

Tennis Player

<http://www.jcscherrer.ch/>

Six Swiss Champion Titles
Multiple wins over ATP Top 100 Players
European Men's Team Champion 1998
Currently 2nd ranked doubles player in Switzerland



Urban Schumacher

Triathlon

Expo Gigathlon Winner 2002

As an athlete I recommend the SpiroTiger® to everyone that takes their training seriously. This type of respiratory endurance training is an important part of my competitive preparation.



Marc Christen

Inliner

World Cup Winner Nizza 2004

<http://www.skaterduo.ch/index.htm>



Andrea Clavadetscher

Extreme Athlete

24h World Record Holder

Winner of the XXALPS Extreme 2004

Winner of the Race across America 2001



Sibylle Matter

Triathlon / Long Distance Runner

Silver Medallist Swiss Championships 2004

□ Triathlon

Winner of Half-Iron man England 2004

Swiss Champion 2003 □ Triathlon

Olympic Competitor Sydney 2000



Vroni König-Salmi

Orientation Runner

Relay Team World Champion 2003

Sprint World Champion 2001