



CVAC Bolsters Team USA Win at Endurance Lifting World Championships

CVAC™ (cyclic variations in altitude conditioning™) plays integral role in training regimen of Nick Delgado, PhD, world champion in over-50 group of world's strongest endurance men. Team USA is now number one in Endurance Lifting World Championships using 45-pound dumbbells; vertical lift, curl to press.

Temecula, CA (PRWEB) May 26, 2007

Dr. Nick Delgado, at age 52, competed in the Endurance Lifting World Championships held in London as part of the Seni Expo. Dr. Delgado, the oldest competitor in the event, lifted 45-pound dumbbells a total of 270 times, resulting in the second-highest number of lifts of all competitors of all ages.

Team USA (Dr. Delgado, his 14-year-old son, Nicholas, and Tim Nash, 33, a business executive) is now number one in Endurance Lifting World Championships using 45-pound dumbbells; vertical lift, curl to press. According to Dr. Delgado, the competitors' ages ranged primarily between the ages of 24 and 33 and they were fitness trainers or had athletic backgrounds. Team USA consists of the second-oldest competitor ever, the youngest competitor, and a business executive. His teammates recorded best-ever efforts.

"I am not only an athlete; I am president of a company, and a single father of four with an active professional and social life. The use of CVAC renewed my strength and enhanced my workouts even though I was exhausted from my hectic schedule. This recovery allows me to keep balance in my life," comments Dr. Delgado.

"We are encouraged with the evidences of metabolic enhancement in athletes (like Dr. Delgado) who use CVAC as part of their training. We anticipate that research will show that the metabolic enhancement that CVAC-using athletes experience will translate to metabolic improvements in individuals with insulin resistance, metabolic syndrome and diabetes," commented Allen J. Ruszkowski, President and CEO of CVAC Systems, Inc.

Dr. Nick Delgado is a researcher and lecturer in biochemistry and endocrinology. Dr. Delgado graduated from the University of Southern California and has continued studies at Loma Linda University, Cal State Long Beach, with endocrinology expert, Thierry Hertoghe, M.D. of Belgium, and at Rancho Los Amigos Hospital, USC. Formerly, he served as Director of the Pritikin Better Health Program of the Nathan Pritikin Longevity Center. Dr. Delgado's current activities include his work with professional golfers, mixed martial arts athletes and other peak performers; lectures on biochemistry, endocrinology, and healing and anti-aging; and his role as president of Ultimate Medical Research, LLC (<http://www.ultimatemedicalresearch.com>).

Read article at: <http://www.prweb.com/releases/2007/05/prweb528872.htm>

The CVAC Process Aids Rookie in Achieving Endurance Speed Lifting Record

The CVAC™ (cyclic variations in altitude conditioning™) process plays integral role in the training regimen of Tim Nash, new World Record holder in Endurance Speed Lifting, completed 1641 continuous lifts of 25-pound dumbbells for a timed one-hour event.

Temecula, CA (PRWEB) October 19, 2007

Tim Nash of Murrietta, California, a Communications executive at Southern California Telephone Company, broke the World Record in this category last set in 2001. The past record set by Dragan Radovic, an active fitness professional of 20 years, was 1046 lifts with 35-pound dumbbells for a total of 36,610 pounds. A rookie in this area, Tim's achievement represents a tribute to his father, as he broke the record on the anniversary of his father's birthday. On October 15, 2007 Tim held a charity event in at the Trevi Entertainment Center in Lake Elsinore, California to raise money in support of US military and other needy families within Riverside County. According to Tim, "I wanted my 15 minutes of fame to help the community."

His event helped Temecula Valley People Helping People <http://www.tvphp.org> and All From the Heart. "I cannot say I know exactly why...I can only tell you that I do perform better. My CVAC sessions help me to get greater relaxation and relief from the pains that are common after a long and hard lift," said Nash.

In Endurance Lifting, the individual lifts one dumbbell at a time from waist height to a straight-arm above the head, and then returns the dumbbell to the starting position. Tim's record-breaking 1641 lifts account for 41,025 pounds--well over his personal goal of lifting 40,000 pounds in one hour before he turns 40 years old. Tim's 40th birthday is 10/21/07.

Tim explained, "This is my rookie year. Not only am I an executive (not a professional athlete), but just over a year ago I was barely able to walk due to an injured back. My weight was 285 pounds and I was at 30% body fat. Now I am at 238 pounds and 19% body fat. CVAC has become an integral part of my training process because I know how it helps me recover."

Tim's first competition was as a member of TeamUSA at the May 2007 Endurance Lifting World Championships, wherein Tim achieved number five individual ranking using 45-pound dumbbells; vertical lift, curl to press. This effort aided Team USA in taking home the Team World Title.

Read article at: <http://www.prweb.com/releases/2007/10/prweb562214.htm>