



Discover the Power of Proper Breathing!

The Frolov breathing device is based on exercising your breathing while utilizing resistance to inhalation and exhalation. As a result, the resistance in the lungs increases air pressure and more oxygen begins to circulate through the blood. An increase in oxygen provide the following health benefits:

Improve Sleep

Deep breathing is one of the best ways to lower stress in the body and improve the quality of sleep. Exercising with the Frolov Breathing System improves lung ventilation and oxygen supply to all cells of the body. This provides more oxygen to the brain. As a result, quality of sleep is improved.

Boost Metabolism

After exercising with the Frolov Breathing System, the body receives more oxygen. An increase in oxygen improves aerobic metabolism in cells. Our breathing technique improves lymph circulation and toxin elimination from the body, which is very important for a safe increase of efficiency in the metabolism.

Reduce Body Fat

With the Frolov Breathing System, increased oxygen intake burns fat, or in scientific language, oxidizes. This keeps the metabolism working properly and efficiently.

Increase Energy

Oxygen deprivation is a leading cause of persistent fatigue. Increased supply of oxygen with the B Frolov Breathing System allows Frolov Breathing System to help improve the oxidative processes and build more ATP. As a result, the body is naturally energized.

Relieve Stress

Slow, rhythmical breathing with an extended exhalation causes a relaxing effect in the body. The Frolov Breathing System increases oxygen supply to the brain, which helps eliminate stress. Our patented breathing method utilizes the diaphragm. As a result, heart rate is safely reduced and the body and mind become relaxed.