





## EX1 Comparison Chart

The **POWERbreathe EX1** is an expiratory muscle training (EMT) device. It is available in 4 models to offer the widest range of breathing loads in the market. Each model features an adjustable, variable expiratory load setting to allow for variations in expiratory pressure.

Feature	EX1 MODELS			
	EX1 Medic 	EX1 LR 	EX1 MR 	EX1 HR 
Expiratory Muscle Training (EMT)	✓	✓	✓	✓
Calibrated Spring Load	Light	Light	Medium	Heavy
Expiratory Load Range (cmH2O)	10 - 92	10 - 92	39 - 203	63 - 262
	<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>

The POWERbreathe EX1 is designed to improve your expiratory muscle strength, function, and endurance. To achieve this, it creates resistance to your out-breath using a precisely calibrated, spring-loaded 'expiratory pressure threshold' valve.

Expiratory pressures are measured in cmH2O (centimetres of water). CmH2O is the most used unit of pressure for measuring breathing on ventilators and respirators. CmH2O is also the unit of measurement for monitoring athletic performance.

Expiratory load is easy to increase and decrease using the adjustable resistance level indicator on the EX1. There are 11 adjustable levels: 0 – 10. This makes it easy to tailor the training for everyone.