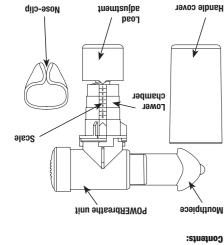


Nser manual





#### Product description

и уоиг соипиу. piease contact the pumping distributor any more questions about POWERbreathe, website (www.powerbreathe.com). If you have of POWERbreathe devices, please visit our information on the clinical effectiveness Failure. It you or your doctor, would like more conditions such as COPD, Asthma and Heart and quality of life in major debilitating о ипргиче symptoms, ехегсізе тогегалсе POWERbreathe RMT/IMT is clinically proven

sbecialist respiratory health doctor. Please remember: If in doubt, consult your COSTOCHOUGHTIS

suffered from or are likely to suffer from Do not use the Classic device if you have

Symptoms after RMT / IMT patients with worsening heart failure signs and • POWERbreathe Classic is not suitable for

euq-qisatolic volume and pressure batients with marked elevated left ventricular POWERbreathe Classic is not suitable for

Precautions

condition of the ear suffering from a ruptured eardrum or any other . Do not use the Classic device if you are

berception of dyspnoea. exacerbations or with an abnormally low berception and suffer from frequent, severe serima patients wno nave low symptom POWERbreathe Classic is not suitable for

certain conditions such as: Ciassic, is not recommended for patients with (IMT), such as training with POWERbreathe training (RMT) / Inspiratory muscle training CONTRAINDICATIONS: Respiratory muscle

surgery or have an abdominal hernia If you have undergone recent abdominal

(%46>) TMI

 Desaturation during or following LID TRACTURES

. Marked osteoporosis with history of

rarge bullae on chest x-ray

Pulmonary hypertension

гесолегу. Classic device should not be used prior to full traumatic pneumothorax and/or broken rib, the recurrence of the condition. Following a injury e.g. broken rib), as it may lead to a collapsed lung that was not due to traumatic A history of spontaneous pneumothorax (a

Classic device: medical professional, before use of the peen nigniignted to require guidance from your Additionally, the following conditions have

discomfort when training with the Classic zome users may experience slight ear immediately and consult your doctor. pain whilst using the Classic device, stop it should not be painful. If you should feel and teel resistance when inhaling but

tor children under 7 years. Classic contains small parts and is not suitable supervision from an adult. The POWERbreathe ONLY USE PUWERBYEATHER KINI / IINI WITH

usve disappeared. If in doubt, consult your

do not use your ciassic device until symptoms

respiratory tract infection, we advise that you

If you are suffering from a cold, sinusitis or

ayrinpionis persist, piease consuit your doctor.

cola: I uls is caused by inadequate equalisation

device, especially if they are recovering from a

or pressure between the mouth and ears. It

 Anyone who is under the age of 16 should other use is intended or implied. exercising your inspiratory muscles only. No • POWERbreathe Classic is designed for

· Whilst training with the Classic device you

near, cure or prevent any disease. This product is not intended to diagnose,

including tamily members. share your Classic device with other users, infections, we reconfinent that you do not To prevent the potential transmission of

without consulting your doctor. ыг ргодгатте medication or prescribed treatme · Do not make changes to any prescribed

PRECAUTIONS:

you use the POWERbreathe Classic device safely and appropriately: Please read the following - Precautions and CONTRAINDICATIONS information, to ensure that condition, please consult your doctor.

you have any doubts about the POWERbreathe Classic device's suitability or you have a medical free; suitable for almost anyone and should cause no harmful side effects when used properly. If POWERbreathe - Respiratory muscle training (RMT) / Inspiratory muscle training (IMT) is drug

Precautions

INSTRUCTION DOOKIET CARETUILY AND TAKE TIME TO GET USED TO YOUR PUWEKBREATHE. only a few minutes. To make sure you get the most from your POWERbreathe, please read this The laboratory-proven POWERbreathe training regime of 30 breaths, twice a day, typically takes

compliment these breathing techniques.

allow additional improvements in breathing strength and control. POWERbreathe will therefore breathe through your mouth as opposed to your nose, it follows similar principles and will promote the use of nasal breathing. Although training with POWERbreathe requires you to You may be aware of certain breathing techniques, such as those used in yoga, which

muscies to relax, naturally pushing the air from your lungs.

out, there is no resistance and you can breathe out normally, allowing the chest and breathing the muscles used to inhale - primarily the diaphragm and rib cage muscles. When breathing that you have to work harder to breathe in. This is the effect of resistance training acting on increase the strength of your arm muscles. When training with POWERbreathe, you will notice HIDROGES BY MAKING WERL WORK MAINER, IN MINCH WE SAME WAY AS YOU MIGHT USE WEIGHTS TO POWERbreathe uses a technique known as resistance training. This strengthens the breathing

(chronic obstructive pulmonary disease) and asthma.

much to committed athletes as it does to individuals with respiratory illnesses, such as COPD muscies stronger, leading to reduced prestriessness during exercise or activity. I his applies as of using your POWEAbreathe in just a few weeks. POWEAbreathe will make your breathing Thank you for purchasing POWERbreathe. Used properly, you should begin to enjoy the benefits

near customer,

Introduction

## Disclaimer. warranıy. Contact Information rosa seiction range. Technical specifications Care and maintenance. POWERbreathe for warming up before exercise POWERbreathe training Getting started with POWERbreathe. Product description.. Precautions. introduction .

Contents

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Warranty (Please retain this information for your records)

\* This warranty gives the purchaser specific legal rights. The purchaser may also have other statutory rights. POWERbreathe International Ltd. hereby warrants to the original purchaser whose name shall be duly registered with it that the product sold by it is free from defects in the material and workmanship. The obligations of POWERbreathe International Ltd. under this warranty are limited to the repair and replacement of such part or parts of the unit as shall be found upon inspection to be defective in material or workmanship. Misuse, abuse or accidents negligence of the precautions, improper maintenance or commercial use, cracked or broken cases is not covered under this warranty. During the two year warranty period, the product will be either repaired or replaced (at our option without charge). Warranty does not cover damage or consequential damage caused by service not authorised by POWERbreathe International Ltd.

The warranties contained herein are expressly in lieu of any other warranties including implied warranty of merchantability and / or fit for purpose.

> To Activate Your Warranty Please ensure that you register the purchase of your POWERbreathe Classic by visiting www.powerbreathe.com Thank You

#### Disclaimer

POWERbreathe devices are not toys. This product is designed to be used for breathing exercise only. Any other use is not recommended.

Always seek the advice of your doctor or other health provider with any questions you may have regarding a medical condition. This product is not intended to diagnose, cure or prevent any disease. Individual results may vary. No claims are made or implied in the use or results by the use of the equipment herein.

Always read the user manual before use. The material in this manual is for information purposes only

POWERbreathe devices contain small parts and are not suitable for children under 7 years.

Note: This product is sealed to maintain hygiene and cannot be returned if the seal is broken.

POWERbreathe International Ltd makes no representations or warranties with respect to this manual or with respect to the products described herein. POWERbreathe International Ltd shall not be liable for any damages, direct, indirect or incidental, consequential or special, arising out of or related to the misuse or deviations from the intended use of this material or the products

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POWERbreathe Holdings Ltd. E & OE © 10/2022

# POWER CLASSIC **breathe** makes breathing easier<sup>ss</sup>



Developed, designed and manufactured with pride in the United Kingdom







ENG Classic User Manual English
PB075 JN3779 V8 © 10/2022 E & 0E

www.powerbreathe.com

#### **Getting Started With POWERbreathe**

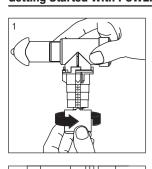


Diagram 1: Adjusting the POWERbreathe Classic Remove the Classic device, handle cover and nose-clip from the packaging. Holding the Classic device upright, practise adjusting the training load: rotate the load adjustment knob clockwise to increase the training load; rotate the load adjustment knob anticlockwise to reduce the training load. Notice that a numbered scale is visible on the side of the Classic device, giving you guidance when selecting a training load. Note: do not over tighten the adjustment knob beyond load 9 as this may cause damage to the mechanism.

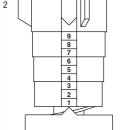


Diagram 2: Load 1

Now set the Classic device to load 1. At this load, the tip of the arrow on the load adjustment knob should be aligned with the lower edge of the scale, as shown in the diagram.

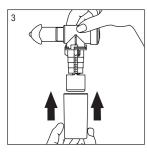


Diagram 3: Replacing the handle cover Push the handle cover onto the Classic device. covering the scale and load adjustment knob Note: always ensure the handle cover is in position before breathing through the Classic device, as this allows the mechanism to function correctly.

## **POWERbreathe Training**

Note: The following training guidelines are quite strenuous and we only recommend them for those users who are accustomed to hard physical activity.

Training with POWERbreathe Classic is like any other kind of training - you get out what you put in, and if you stop doing it, the benefits will gradually disappear. If you are using POWERbreathe Classic to enhance your performance, you may want to push yourself a little harder, as well as ensuring that you do your POWERbreathe training regularly.

When training for performance with the Classic device, use the same "30 breaths, twice a day" training programme, but be aware that you will only achieve optimum training benefits when you train hard. In other words, breathe as deeply and as forcefully as you possibly can and aim to reach "failure" within 30 breaths. "Failure" means you are unable to complete a full breath by the time you reach 30 breaths. If you find you can manage more than 30 breaths with ease. increase your training load by a quarter of a turn. This may mean that you can achieve fewer than 30 breaths next session, but stick at it - within a few days you will be back up to 30 again. In this way you are always training at the optimum load.

The more quickly you can complete 30 breaths, the greater will be the training effect on your inspiratory muscles. For optimal training benefits, complete the 30 breaths as quickly as you can without becoming dizzy. Remember, if you start to feel dizzy, just pause at the end of the breath and wait until you feel the urge to breath again. Do not be tempted to train more than twice a day, or for more than 30 breaths in one session. Remember, recovery is an important part of the training process and your inspiratory muscles need time to rest and adapt between POWERbreathe training sessions.

#### Getting Started With POWERbreathe

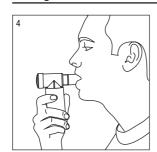


Diagram 4: Placing the Classic device Make sure you are sitting or standing upright and

the outer shield to make a seal.

feel relaxed.

Holding the Classic device by the handle cover, place the mouthpiece in your mouth so that your lips cover



Diagram 5: Inhaling through the Classic device

Breathe out as far as you can then take a fast, forceful breath in through the mouth. Take in as much air as you can, as quickly as you can, straightening your back and expanding your chest.



Diagram 6: Exhaling through the Classic device Now breathe out slowly and passively through your mouth until your lungs are empty, letting the muscles in your chest and shoulders relax. Pause until you feel the urge to breathe again.

Repeat this exercise until you feel confident about breathing through the Classic device. Note: do not pant - if you start to feel light-headed, slow down and pause at the end of your breath out.

#### POWERbreathe For Warming Up Before Exercise

Research has shown that a normal pre-exercise warm-up routine neglects to warm-up the breathing muscles, leading to excessive breathlessness during the start of exercise. POWERbreathe Classic can be used to specifically warm-up these muscles prior to exercise. using a reduced load setting.

In order to do this, you first need to determine your current training setting by removing the handle cover and checking your training load on the numbered scale. For warm up exercises the resistance should be set to approximately 80% of your normal training resistance. For guidance use the following table to calculate your ideal warm up load from your current training load.

	T				
Current	Ideal				
Training Load	Warm-up Load				
9					
9	7				
	1 .				
8	6				
7	5,5				
	3.3				
6	4.5				
	1				
5	4				
4	3				
4	3				
3	2				
2	1.5				
1	1				
	<u> </u>				

Once your Classic device is set at the appropriate warm-up load, perform two sets of 30 breaths with two minutes rest between each set. Try to breathe in fully and forcefully. This routine should be completed within five minutes of starting your workout, training or competition.

Note: one complete turn of the load adjuster moves the resistance up or down by one load.

#### **Getting Started With POWERbreathe**

#### Using the nose-clip

Now put the nose-clip on so that it pushes your nostrils together. Continue to practise taking a forceful breath in then breathing out slowly and fully Note: the nose-clip will help you to breathe through your mouth rather than your nose. However, it is not essential and some people find it more comfortable to train without the nose-clip.

#### Finding your correct training load

Try to complete 30 breaths at load 1 using the breathing method described. Don't worry if you cannot manage to complete 30 breaths straight away. Everyone is different and it can take time to build up your breathing muscles.

- If you can complete 30 breaths with ease, remove the handle cover and turn the load adjustment knob clockwise to increase the training load. Replace the handle cover and repeat the exercises.
- In this way, by gradually increasing the load until you can only just complete 30 breaths, you will find the best training load for you.
- Once you have found the correct load for yourself, aim to complete 30 breaths twice a day once in the morning and once in the evening.
- · Over time you will find that it becomes easy to complete 30 breaths. When this happens, increase the training load by roughly a quarter turn, so that you are only just able to complete 30 breaths. Note: the scale is for guidance only - do not feel that you have to move up one entire increment each time vou increase vour training load.

#### Maintaining your breathing

After four to six weeks your breathing muscles should have improved substantially and you should feel less breathless during activity. At this stage you will not need to use your Classic device every day to maintain your improved breathing. Using your Classic device twice every other day will be sufficient to continue to enjoy a better lifestyle and improved performance.

#### **Care and Maintenance**

POWERbreathe Classic is designed to be as robust and durable as possible. With a little care, your Classic device should last many years. Please read the following precautions to ensure that your Classic device remains in top condition:

- Do not over-tighten the load adjuster knob: the maximum load is when the arrow on the adjuster covers the number 9 on the scale.
- Do not over-loosen the adjuster knob: when loosening the adjuster, try not to go lower than load 1 (described earlier) as this will unscrew the adjuster from the threaded section. If this happens, simply screw the adjuster back onto the threaded section, ensuring that the spring is in the correct position.
- . Do not remove the end cap. This may allow the one-way flap valve to come loose.
- Please store your Classic device in the pouch provided or a suitable clean container. Always make sure that your Classic device is dry before storage.

Your Classic device will be exposed to saliva during use and we recommend that you clean it frequently to keep it in good working order.

A few times a week soak your Classic device in warm water for about ten minutes and then wipe it with a soft cloth under warm, running water, paying particular attention to the mouthpiece. Shake off excess water and leave on a clean towel to dry.

Once a week perform the same procedure but soak your Classic device in a mild cleansing or approved cleaning solution instead of water. The cleansing solution used must be intended for use on equipment that comes into contact with the mouth, such as that used for babies' bottles. POWERbreathe cleansing tablets are available from retailers nationwide or visit www.powerbreathe.com for further details.

After cleansing hold it upside down under a running tap so that water can run through the device. Shake off excess water and leave on a clean towel to dry.

#### **POWERbreathe Training**

POWERbreathe Classic has an adjustable training load that starts at a load that everyone should be able to manage. If you have a respiratory condition, or are unaccustomed to physical training or exercise, you may find the lowest setting very challenging. If this is the case, we recommend that you leave the training load at 1 for the first week. To begin with concentrate on breathing in deeply and forcefully, and breathing out slowly and gently. Try to complete 30 breaths, twice a day. If you cannot manage to complete 30 breaths in one attempt, rest for a minute and start again, until you have reached a total of 30 breaths.

Once you are easily able to complete more than 30 breaths without stopping, increase the training load by a quarter turn. This increase may mean that next session you cannot complete 30 breaths without stopping. Continue to train at this load, and soon you should be able to complete 30 breaths in one go. Each time you find you are easily able to complete more than 30 breaths without stopping, increase the training load again. Aim to increase the training load by a quarter turn each week.

When you begin training with the Classic device, you may find that you can easily complete more than 30 breaths at load 1. If this is the case, increase the training load by one-quarter turn each day. You will soon reach a load that is challenging and will find it difficult to complete 30 breaths in one attempt. Once you reach this load, only increase the training load further once you are easily able to complete more than 30 breaths again.

Remember, whether you are a top athlete, or you just want to get to the top of the stairs without getting out of breath, POWERbreathe Classic needs to be used regularly. The more effort you invest in your POWERbreathe training, the greater the benefits you will enjoy. However, do not be tempted to undertake more than two sets of 30 breaths each day or more than 30 breaths in one session. Instead concentrate on achieving the most challenging load for 30 breaths twice a day. Remember, recovery is an important part of the training process and your inspiratory muscles need time to rest and adapt between training sessions.

#### **Technical Specifications**

Mouthpiece material: . PVC not made with natural rubber latex or nhthalates Flap valve material: ...... Silicone rubber Nitrile rubber O-ring material: ...... Spring: Stainless steel Reinforced nylon 66 Tensioner: Handle Cover. Main Body. Lower Chamber. End Cap, Load Adjuster and Nose-clip: ......Polypropylene

### **Load Selection Range**

Precise load settings may vary due to: (1) the analogue nature of the calibrated spring tensioner and the precision with which the load is selected; (2) a small effect of inspiratory flow rate upon spring compression such that high inspiratory flow rates lead to greater spring compression, and a small increase in load (Caine & McConnell, 2000). This effect is common to all spring loaded devices, and its size is magnified by increasing spring range (it is larger in a spring with a maximum range of 90cmH20 compared with one with half this range), it is also greater at lower absolute load settings (Caine &

Caine MP & McConnell AK. (2000). Development and evaluation of a pressure threshold inspiratory muscle trainer for use in the context of sports performance. Journal of Sports Engineering 3, 149-159.

Model	Load (- cmH2O)									
Load Setting										
	1	2	3	4	5	6	7	8	9	
LR	10	20	30	40	50	60	70	80	90	
MR	10	30	50	70	90	110	130	150	170	
HR	10	40	70	100	130	160	190	220	250	





RESISTANCE RESISTANCE RESISTANCE





Introductory level for new users For those who are moderate to very fit