

POWERbreathe® Load Comparison Chart

Guide to Resistance Levels

Medic Extra Light Resistance

For those who have breathing difficulties or other issues.

LR Light Resistance

Introductory level or for those who are less active.

MR Medium Resistance

For those who are moderately to very fit.

HR Heavy Resistance

Only for those who have reached the maximum loading on a medium resistance model.



The load figures below are cmH₂O. An average healthy adult's maximum load is usually between 75 - 120cmH₂O. Optimum training is usually half this load.

CLASSIC	No spring	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Medic	-	-	10	20	30	40	50	60	70	80	90	-
Light	-	-	10	20	30	40	50	60	70	80	90	-
Medium	-	-	10	30	50	70	90	110	130	150	170	-
Heavy	-	-	10	40	70	100	130	160	190	220	250	-

PLUS+	No spring	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Medic	3	9	16	23	29	36	43	50	57	64	71	78
Light	-	17	25	33	41	49	58	66	74	82	90	98
Medium	-	23	39	55	72	88	104	121	137	153	170	186
Heavy	-	29	53	78	102	127	151	176	200	225	249	274

EX1	No spring	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Medic	-	10	17	24	31	38	45	52	59	66	73	80
Light	-	10	17	24	31	38	45	52	59	66	73	80
Medium	-	35	49	63	77	91	105	119	133	147	161	175
Heavy	-	55	72	88	105	121	138	154	171	187	204	220