

POWERbreathe[®]

EX1[™]

Expiratory Muscle Trainer



Compatible with

POWERbreathe[®]

Smart Adaptor



For over 20 years, the POWERbreathe brand has become synonymous with better breathing.

Our Inspiratory Muscle Training (IMT) devices have been used in over 100 medical and sports research studies and are clinically proven to alleviate breathlessness.

Combining our expertise in drug-free breathing training, scientifically-backed training protocols, as well as, the accuracy of measurement and reliability of the product, we are now proud to introduce our new Expiratory Muscle Training (EMT) devices.





What is Expiratory Muscle Training?

Expiratory Muscle Training is a component of Respiratory Muscle Training; a technique that improves the function of the breathing muscles. Expiratory Muscle Training specifically targets the expiratory muscles when exhaling to improve strength and stamina. Stronger expiratory muscles will help to force air out of the lungs. This is beneficial in improving health, relieving symptoms of a medical condition, improving general physical and breathing fitness, as well as, improving sports performance.

Benefits of Expiratory Muscle Training

Everyone who experiences the need to forcefully empty more air from their lungs than is considered 'normal', will benefit from stronger expiratory muscles.

POWERbreathe EMT will help you to breathe out forcefully by improving your expiratory muscle strength and expiratory muscle stamina, to improve:

- Cough function and flow
- Swallowing or speaking – because of a medical condition
- Singing strength and flexibility
- Sports performance – science shows that expiratory muscle fatigue impairs performance
- Age-related muscle atrophy
- Expiratory pressure and volume in woodwind players

Why Choose POWERbreathe EMT?

POWERbreathe EMT offers drug-free breathing training and the same quality and accuracy as our Inspiratory Muscle Trainers have become renowned for, worldwide.

With the launch of a new POWERbreathe EMT device, expiratory muscle training can be performed independently of inspiratory muscle training. This is advantageous because if EMT and IMT are performed simultaneously, maximal effort cannot be achieved and therefore training responses are impaired. This is because training both phases of breathing simultaneously within the same breath cycle is difficult and uncomfortable.

POWERbreathe EMT provides resistance, or breathing load, to your expiratory muscles as you breathe out through it. You can adjust the load to increase the resistance as your expiratory muscles become stronger. POWERbreathe EMT features a precisely calibrated spring that provides the breathing load to ensure an appropriate and quantifiable training intensity.





- Drug-free, hand-held device that is easy-to-use
- An ergonomic design – comfortable, easy to hold, no air flow obstruction
- Fully disassembles for easy cleaning
- Easy to read resistance scale and smooth adjustment between levels
- Resistance free in breath through the device. No requirement to remove from the mouth during training
- A soft, comfortable, mouthpiece. Allows good mouth seal. Suitable for young and old
- Typical training protocol is 25 breaths a day, 5 times a week
- Compatibility with the new POWERbreathe Smart Adaptor for real-time visualization of breathing training and IMT & EMT strength tests via the ActiBreathe® App



Four models available to cater for everyone

EX1™-Medic

- For patients who need to forcefully empty air from their lungs.
- For patients who have difficulty swallowing and speaking.
- For older adults with reduced expiratory strength due to advancing age. Adjustable load settings from 10-80 cmH₂O.

EX1™-LA

Light Resistance

- For people with health conditions that result in difficulty breathing out, coughing, swallowing and speaking.
- For everyone to improve healthy ageing and quality of life.
- For performers to improve vocal and musical strength, stability, endurance and power. Adjustable load settings from 10-80 cmH₂O.

EX1™-MR

Medium Resistance

- For amateur athletes to optimise breathing technique, sports performance and recovery.
- For wind musicians to improve breath support and control.
- For singers to improve breathing stamina for a longer air supply, greater stability and agility. Adjustable load settings from 35-175 cmH₂O.

EX1™-HR

Heavy Resistance

- For professional athletes at the highest level of competition to improve respiratory endurance.
- For professional weightlifters and freedivers to improve performance.
- For military service personnel to improve tolerance to exhaustion. Adjustable load settings from 55-220 cmH₂O.

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