

POWERbreathe K-Series and KH-Series Comparison Chart

The World’s first range of intelligent digital breathing training devices. Digital Dumbbells for your Lungs.

			Fitness				Health	
Icon	Features	Explanation of Features	K1	K3	K4	K5	KHP2	KH2
Standard Features								
	Multi-User Options	Personal interchangeable Valve Heads sold separately and/or single user filters available for clinical use.	●	●	●	●	●	●
	Washable Valve	The K-Series and KH-Series valve head can be removed for cleaning using POWERbreathe Cleansing Tablets (sold separately).	●	●	●	●	●	●
	Rechargeable	Rechargeable battery with auto power-off and charge indicator. KH-Series devices can also be powered via PC or mains power.	●	●	●	●	●	●
	Multi-user Filter Option	Unique spacer which allows the connection of POWERbreathe TrySafe™ filters for effective filtration of bacteria and viruses. Offers exceptional protection against cross infection.	●	●	●	●	●	●
Training Features								
	Tapered load and auto-optimising technology.	The unique electronically controlled resistance valve reduces the training load as your muscle strength naturally declines throughout your in-breath. This optimises your training, allowing you to engage your breathing muscles all the way to the end of each breathe.	●	●	●	●	●	●
	Manual training intensity option	The training intensity adjustment option allows start resistance to be manually set from 5 to 200cmH ₂ O to suit your personal training requirements.	●	●	●	●	●	●
	Breathing pacing guidance	Buzzer indicates when the user should inhale in order to optimise breathing patterns and prevent hyperventilation.	●	●	●	●	●	●
	Current training session breath counter	Displays number of breaths remaining in current training session.	●	●	●	●	●	●
	End of training session indicator	Alarm indicates that a training session is over and device shows results.	●	●	●	●	●	●
	Warm-up mode	Can be used to warm-up the inspiratory muscles prior to exercise.		●	●	●		●
	Cool-down mode	Can be used to cool-down the respiratory muscles after exercise.		●	●	●		
	Custom mode	Use the Breathe-Link Software to personalise your training session.				●		●
Training Feedback and Testing Features								
	Load (cmH ₂ O)	Measure of the resistance to inhalation and is equivalent to the weight being lifted.	●	●	●	●	●	●
	Power - current session average (watts)	Current session average power (watts).	●	●	●	●	●	●
	Inhaled volume - average per breath (litres)	Current session average volume (litres).	●	●	●	●	●	●
	PIF/Flow	Peak Inspiratory Flow (litres/sec).		●	●	●		●
	Volume	Maximum inhaled volume (litres).		●	●	●	●	●
	MIP	Maximal inspiratory muscle strength (cmH ₂ O).						●
	MIP rating	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender).						●
	Single Breath Test (Test Mode)	Measures inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath. Results shown as S-Index.		●	●	●		●
	S-Index Rating (poor, fair, average, good, excellent)	Results of the Single Breath Test are shown by comparing average population values based upon user stats (Age, Height, Weight, Gender).		●	●	●		●
	T-Index - current session (%)	Training Index (%) Measure of training session effectiveness.		●				
	T-Index rating (low, med, high)	Rating of training session effectiveness.		●				
	Breathing energy (joules)	Measures the mechanical work of breathing during your breathing training session. (Joules).			●	●	●	●
	Graphical breathing energy history (last 36 sessions)	Graph of previous 36 Breathing Energy results.			●	●	●	
	Session number	Number of training sessions completed.		●	●	●	●	
	Test mode (PIF/Flow)	Measures Peak Inspiratory Flow for inspiratory muscle assessment.		●	●	●		●
	Test mode (MIP)	Measures Maximal Inspiratory Pressure (highest 1 second average).						●
	Endurance Programme	Perform a 150-breath session to completely fatigue the inspiratory muscles.		●				●
	Graphical load history (last 36 sessions)	Graph of previous 36 training load results, average power results and average volume results allowing you to review trends and personal best results.		●	●	●	●	
	Graphical power history (last 36 sessions)			●	●	●	●	
	Graphical volume history (last 36 sessions)			●	●	●	●	
Breathe-Link Features								
	Breathe-Link software for real-time breathing measurement and analysis	PC and Mac connectivity via USB maximises training & performance testing in real time. Select specific training and testing parameters and then assess inspiratory muscle condition and training progress to try and beat previous scores. Stores results for analysis. Import and Export .ble files allowing data to be shared amongst Breathe-Link users.			●	●		●
	PC and Mac graphical view	Easy to understand live feedback analysis that monitors each breath, providing visual feedback to help improve your performance.			●	●		●
	Breathe-Link custom training mode	Allows you to create and upload your own personalised breathing training sessions.				●		●
	Training statistics review	Review the details and trends of your Breathe-Link training sessions.			●	●		●
	Breathe-Link ProView advanced analytics	For detailed, simultaneous plotting & analysis of all inspiratory muscle training data.				●		●
	Print/PDF generator	Keep detailed high resolution records of each session. Share training history for analysis in printed or PDF format.				●		●
	Live real-time performance monitoring	See real-time test and training performance live on screen.			●	●		●
	Breathe-Link Medic Patient Data	Integrated patient view showing all registered patients on the Breathe-Link Medic software. The Patient View master control panel allows you to easily access and navigate patients IMT training data.						●
Information subject to change due to manufacturers continuous programme of development.								