

POWER[®] breathe

Product Features Chart



Features	Explanation of Features	CLASSIC	PLUS	EX1	K-SERIES	KH-SERIES	SMART ADAPTOR
		The original POWERbreathe - our entry-level inspiratory muscle trainer.	The World's No. 1 Breathing Trainer - our bestselling inspiratory trainer.	The POWERbreathe expiratory muscle trainer, offering the widest resistance range on the market.	Take the guess work out of the equation with our electronic inspiratory muscle trainers.	Our electronic inspiratory muscle training devices, clinically validated for professional & patient use.	Links your Plus & EX1 via Bluetooth®, to the ActiBreathe® App. for training guidance and feedback.
Mechanical Device (Spring loaded valve) ▲		0	0	0			
Electronic Device (Electronic valve) ▲					0	0	0*
Does it train your inspiratory muscles?	Inspiratory Muscle Training (IMT) works your diaphragm and intercostal muscles, to help relieve breathlessness, improve fitness and stamina, and boost your quality of life.	0	0		0	0	0*
Does it train your expiratory muscles?	Expiratory Muscle Training (EMT) will work the muscles involved with exhalation and can strengthen cough and swallow function, beneficial for individuals with conditions like Parkinson's Disease, Stroke and those looking to improve breath control like singers and musicians.			0			0*
Training guidance, Results and Feedback with Statistics shown on screen or via USB connected Software					0	0	
Training guidance, Results and Feedback with Statistics shown on App via Bluetooth connection			0*	0*			0*
Provides guidance on which resistance level to use			0*	0*	0	0	0*
Resistance levels are manually adjusted		0	0	0			0*
Automatically works out and sets the most appropriate resistance level to train at					0	0	
Comes in a range of resistance levels - Light, Medium, Heavy and Medic	The Mechanical POWERbreathe devices are available in Medic, Light, Medium and Heavy resistances. Light is suitable for the majority of people. If you are very fit and healthy, try a Medium resistance. Heavy is only suitable for individuals who have reached maximum on a Medium resistance device (very few ever do!) The Medic device is suitable for individuals with a medical condition.	0	0	0			
Resistance Range (cmH ₂ O)		See Load Comparison Chart	See Load Comparison Chart	See Load Comparison Chart	5-200cmH ₂ O	5-200cmH ₂ O	N/A
Constant Resistance with no change throughout the breath		0	0	0			0*
Resistance automatically adjusts with your breath, for more efficient breathing training. This is known as tapered resistance, an auto-optimising system unique to POWERbreathe	Your lung muscles naturally weaken as you breathe in. Using a mechanical breathing trainer means you would stop each breath just over half way through when weakening muscles can't continue. The K-Series devices gradually decrease resistance towards the end of each breath, allowing you to train through the entire breath.				0	0	
Perform a Breathing Strength Test, using global measures to evaluate your lung strength.			0*	0*	0	0	0*
Class 1 Medical Device?		0	0	0	0	0	

* Applicable when a Plus / EX1 device is connected to a Smart Adaptor

▲ POWERbreathe uses a pressure threshold resistance system - your breath must generate enough force to open a valve and keep it open. This makes it easy to measure progress and much like weight lifting, resistance can be increased gradually to increase the training difficulty. This is in contrast to a flow resistance system, where air is restricted by making a hole bigger or smaller. Training with POWERbreathe, often called 'dumbbells for your lungs', is more reliable, controlled and measurable compared to flow resistance devices.