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POWER breathe EX1

User Manual



Thank you for purchasing the POWERbreathe EX1 Expiratory Muscle Training (EMT) / Expiratory Muscle Strength Training (EMST) device. Used properly, you should begin to enjoy the benefits of using your POWERbreathe EX1 in just a few weeks.

Dear Customer,

Introduction

Technical Specifications

- Mouthpiece material:.....Thermoplastic elastomers (TPE)
Handle cover .....Polycarbonate
Soft touch adjuster grip .....ABS with Santoprene overmoulding
Flap valve .....Silicone 60
O-ring .....Nitrile rubber
All other components.....ABS (Acrylonitrile Butadiene Styrene)

Load Selection Range

Table with columns: Model, Load (cmH2O), Load Setting, and rows for EX1-LR, EX1-MR, EX1-HR.



Key to Resistance Levels

- Light Resistance: Beginner level for people using EMT for the first time.
Medium Resistance: Intermediate level for people who are moderate to very fit.
Heavy Resistance: For those who have reached the top level of the EX1-MR.

The POWERbreathe EX1 is an Expiratory Muscle Trainer that is drug free, suitable for almost anyone and should cause no harmful side effects when used properly. If you have any doubts about the POWERbreathe EX1 device's suitability or you have a medical condition, please consult your doctor.

Precautions

Disclaimers

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.

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.

The POWERbreathe logo type is a registered trademark of POWERbreathe Holdings Ltd. All POWERbreathe product names are trademarks or registered trademarks of POWERbreathe Holdings Ltd.

If you are suffering from a cold, sinusitis or respiratory tract infection, we advise that you do not use your POWERbreathe EX1 until symptoms have disappeared. If in doubt, consult your doctor.

Precautions

Contact Information

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48105, USA
Telephone: +00 1 (0)734 996 5900
www.powerbreathe-usa.com

For other territories please visit: www.powerbreathe.com

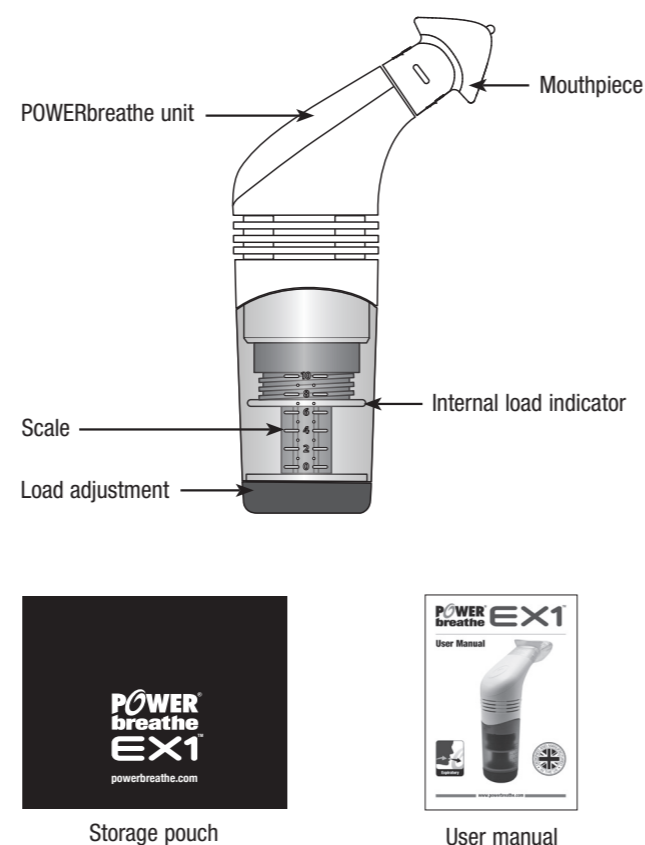
Developed, designed and manufactured with pride in the United Kingdom



## Precautions

- Do not use the POWERbreathe EX1 if you are suffering from a ruptured eardrum or any other condition of the ear.
  - POWERbreathe EX1 is not suitable for patients with marked elevated left ventricular end-diastolic volume and pressure.
  - POWERbreathe EX1 is not suitable for patients with worsening heart failure signs and symptoms after Respiratory Muscle Training (RMT).
  - Do not use the POWERbreathe EX1 if you have suffered from or are likely to suffer from Costochondritis
  - POWERbreathe EMT devices should not be used if you are suffering from excessive intraocular eye pressure. If in doubt, consult your respiratory health professional.
- For further information on the clinical effectiveness of POWERbreathe devices please visit [www.powerbreathe.com](http://www.powerbreathe.com).

## Product Description – Content



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## Finding Your Correct Training Load

Try to complete 5 breaths at load 0 using the breathing method described. Don't worry if you cannot manage to complete 5 breaths in one attempt straight away. Everyone is different and it can take time to build up your breathing muscles.

- If you can complete 5 breaths with ease, turn the load adjustment knob clockwise by one full turn to increase the training load, then repeat the exercises.
- In this way, by gradually increasing the load until you can only just complete 5 breaths, you will find the best training load for you.
- Once you have found the correct load, aim to complete 5 sets of 5 breaths a day with a minute's rest between sets and do this 5 times a week.
- Over time you will find that it becomes easy to complete 5 sets of 5 breaths a day at the load you are training at. When this happens, increase the training load by roughly a quarter turn, so that you are only just able to complete 5 sets of 5 breaths a day. Note: the scale is for guidance only – do not feel that you have to move up one entire increment each time you increase your training load. You can adjust the knob a quarter, half or a full turn depending upon your needs.

### Maintaining your breathing

After 5 weeks your breathing muscles should have improved substantially and your breathing muscles should feel stronger. At this stage you will not need to use your POWERbreathe EX1 every day to maintain your improvement. Training with your POWERbreathe EX1 device just 3 days a week should be sufficient.

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## Cleaning

**Your POWERbreathe 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 POWERbreathe EX1 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 POWERbreathe EX1 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 some POWERbreathe distributors or visit [www.powerbreathe.com](http://www.powerbreathe.com)

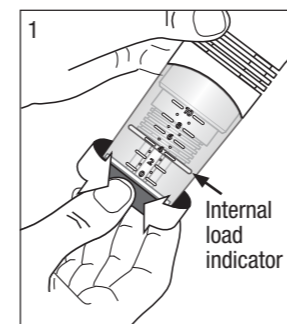
To keep your POWERbreathe EX1 in top condition, after cleansing hold it upside down under a running tap so that water can run through the device. Shake off excess water and leave on a clean towel to dry.

### Note:

- The POWERbreathe EX1 is not suitable for dishwasher use
- Do not dry on hot surfaces

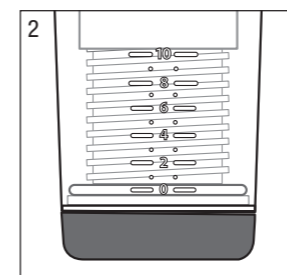
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## Getting Started With POWERbreathe EX1



### Diagram 1: Adjusting the POWERbreathe

Remove the POWERbreathe EX1 from the packaging. Holding the POWERbreathe EX1 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 POWERbreathe EX1. As the load adjustment knob is rotated, the internal white indicator band will move up or down, indicating your current training load on this scale. See page 8: Finding your correct training load to set the correct resistance for you to train at.

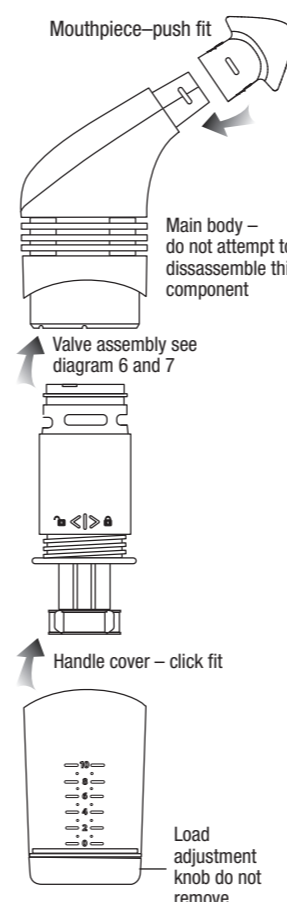


### Diagram 2: Load 0

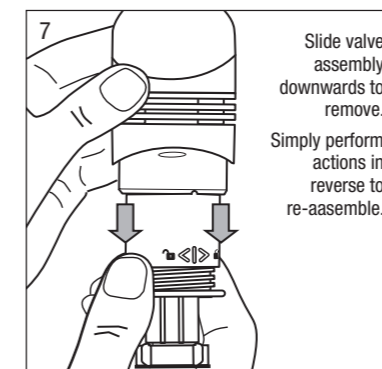
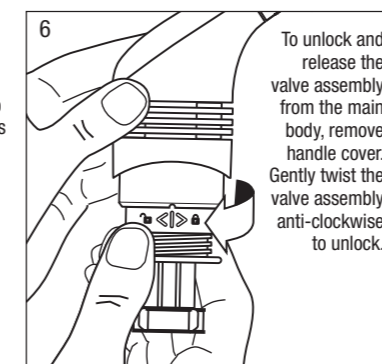
Now set the POWERbreathe EX1 to load 0. At this load the base of the internal white band should be aligned with the lowest number on the scale, as shown in the diagram. **Note: Do not attempt to reduce the load below 0 as this may damage the adjustment thread.**

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## POWERbreathe EX1 Assembly

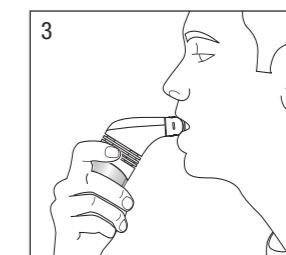


**Note:** The POWERbreathe EX1 may be disassembled further into its component parts (with the exception of the valve assembly). This is not recommended as small parts can easily be misplaced.



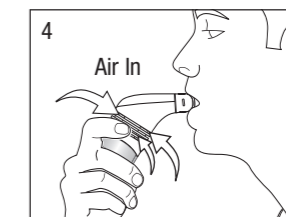
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## Getting Started With POWERbreathe EX1



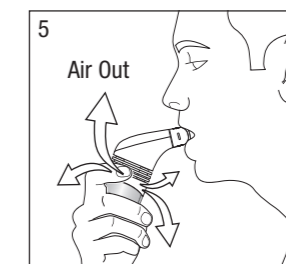
### Diagram 3: Placing the POWERbreathe EX1 in your mouth

Make sure you are sitting or standing upright and feel relaxed. Holding the POWERbreathe EX1 by the handle, place the mouthpiece in your mouth so that your lips cover the outer shield to make a seal, and the mouthpiece bite blocks are gripped between your upper and lower teeth.



### Diagram 4: Inhaling through the POWERbreathe EX1.

Firstly, breathe in slowly and passively, as far as you can, filling your lungs with as much air as possible. Hold for 1 second.



### Diagram 5: Exhaling through the POWERbreathe EX1.

Take a fast, forceful breath out through the mouthpiece, breathing out as much air as you can.

**Note: do not pant - if you start to feel light headed, slow down and pause at the end of your breath out.**

Once you have found the correct load, aim to complete 5 sets of 5 breaths a day with a minute's rest between sets and do this 5 times a week.

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## Warranty

\* 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 are 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 EX1 by visiting [www.powerbreathe.com](http://www.powerbreathe.com) Thank You.

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