

**POWERbreathe (a division of Gaiam Ltd)
Northfield Road, Southam, Warwickshire
CV47 ORD, UK**

**For UK enquiries, please call us on:
Tel: +44 (0)1926 816177
Fax: +44 (0)1926 816102
Email: enquiries@gaiam.co.uk**

**For International enquiries, please visit
our website for your local distributor:
www.powerbreathe.com**

**POWERbreathe is not a toy. This product is designed to be used
for breathing exercises only. Any other use is not recommended. This
product is not intended to diagnose, cure or prevent any disease.**

POWERbreathe is a patented product. All rights reserved.

**Specifications may change without notice due to manufacturer's
continuous programme of development. No claims are made or implied in
the use, or results by the use of equipment herein. The POWERbreathe
logo type is a registered trademark of Gaiam Ltd.**

**All POWERbreathe product names are trademarks or registered
trademarks of Gaiam Ltd. E & OE ©2006.**

All details are correct at time of going to press.

Developed, designed & manufactured
with pride in the United Kingdom

www.powerbreathe.com



Class 1
Medical Device



Design Council
Award Winner

2447 PB PLUS ©Gaiam Ltd 2006 E & OE

POWER breathe® PLUS



Built in
Antimicrobial
Technology

Dear customer,

Thank you for purchasing POWERbreathe Plus. Used properly, you should begin to enjoy the benefits of using your POWERbreathe Plus in just a few weeks. POWERbreathe Plus will make your breathing muscles stronger, reducing breathlessness during exercise or activity. This applies as much to committed athletes as it does to those who suffer from respiratory illnesses, such as asthma, emphysema and bronchitis.

POWERbreathe Plus uses a technique known as resistance training. This strengthens the breathing muscles by making them work harder, in much the same way as you might use weights to increase the strength of your arm muscles. When training with POWERbreathe Plus, you will notice that you have to work harder to breathe in. This is the effect of resistance training acting on the muscles used to inhale - primarily the diaphragm and rib cage muscles. When breathing out, there is no resistance and you can exhale normally, allowing the chest and breathing muscles to relax, naturally pushing the air from your lungs.

You may be aware of certain breathing techniques, such as those used in yoga, which promote the use of nasal breathing. Although training with POWERbreathe Plus requires you to breathe through your mouth as opposed to your nose, it follows similar principles and will allow additional improvements in breathing strength and control. POWERbreathe Plus therefore compliments these breathing techniques.

The laboratory-proven POWERbreathe training regime of 30 breaths, twice a day, takes only a few minutes. **To make sure you get the most from your POWERbreathe Plus, please read this instruction booklet carefully and take time to get used to the exercises.**

Contents

Precautions	5
Product description	6
Getting started with POWERbreathe PLUS	7
POWERbreathe PLUS training for wellness	10
POWERbreathe PLUS training for fitness and sports performance	11
POWERbreathe PLUS for warming up before exercise	12
Care and maintenance	13
Technical specifications	15
Disclaimer	

Precautions

POWERbreathe Plus is suitable for almost anyone and will cause no harmful side effects when used properly. Please read the following precautions to ensure that you use the POWERbreathe Plus safely and appropriately:

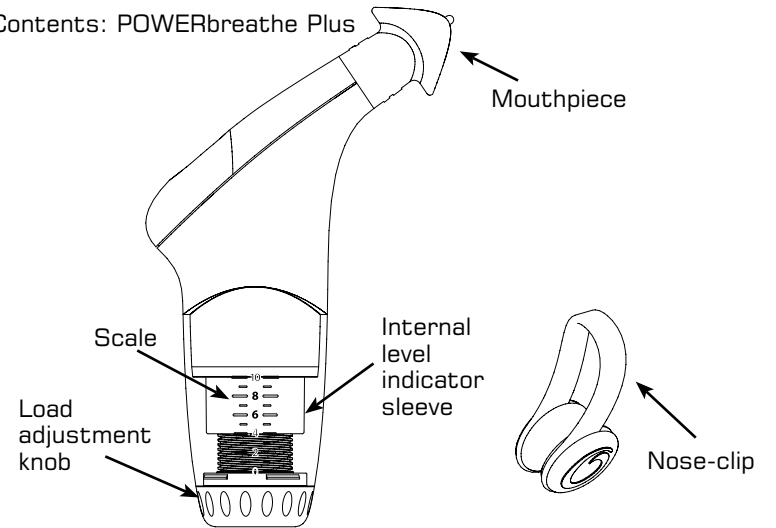
- **CONTRAINDICATIONS:** Inspiratory muscle training, such as training with POWERbreathe Plus, is not recommended for patients with a history of spontaneous pneumothorax (a collapsed lung that was not due to traumatic injury e.g. broken rib), as it may lead to a recurrence of the condition. Following a traumatic pneumothorax and/or broken rib, POWERbreathe Plus should not be used prior to full recovery.
- If you are suffering from a cold, sinusitis or respiratory tract infection, we advise that you do not use your POWERbreathe Plus until symptoms have disappeared.
- Some users may experience slight ear discomfort when training with POWERbreathe Plus, especially if they are recovering from a cold. This is caused by inadequate equalisation of pressure between the mouth and ears. If symptoms persist, please consult your doctor.
- To prevent the potential transmission of infections, we recommend that you do not share your POWERbreathe Plus with other users, including family members.

Inspiratory muscle training, such as training with POWERbreathe Plus, is clinically proven to improve symptoms, exercise tolerance and quality of life in major debilitating conditions such as COPD and asthma. If you, or your doctor, would like more information on the clinical effectiveness of POWERbreathe Plus, please consult our website (www.powerbreathe.com). If you have any more questions about POWERbreathe, please call the distributor in your country.

- Whilst training with POWERbreathe Plus you should feel resistance to inhaling but it should not be painful. If you should feel pain whilst using POWERbreathe Plus, stop immediately and consult your doctor.
- If you have any doubts about the suitability of POWERbreathe Plus, or you have a medical condition, please consult your doctor.
- Do not make changes to any prescribed medication or prescribed treatment programme without consulting your doctor.
- This product is not intended to diagnose, treat, cure or prevent any disease.
- POWERbreathe Plus is designed for exercising your inspiratory muscles only. No other use is intended or implied.
- Anyone who is under the age of 16 should only use POWERbreathe Plus with supervision from an adult. POWERbreathe Plus contains small parts and is not suitable for children under 3 years.

Product Description

Contents: POWERbreathe Plus



User manual/
warranty card



Storage pouch

Getting Started With POWERbreathe

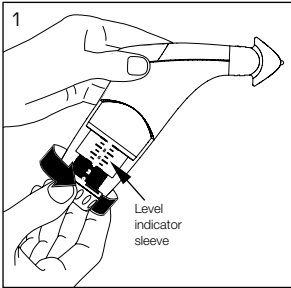


Diagram 1: Adjusting the POWERbreathe Plus

Remove the POWERbreathe Plus and nose-clip from the packaging. Holding the POWERbreathe Plus upright, practise adjusting the training level: rotate the load adjustment knob clockwise to increase the training level; rotate the load adjustment knob anticlockwise to reduce the training level. Notice that a numbered scale is visible on the side of the POWERbreathe Plus. As the load adjustment knob is rotated, the internal level-indicator sleeve will move up or down, indicating your current training level on this scale.

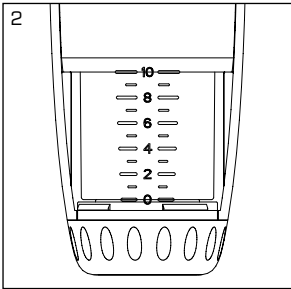


Diagram 2: Level 0

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

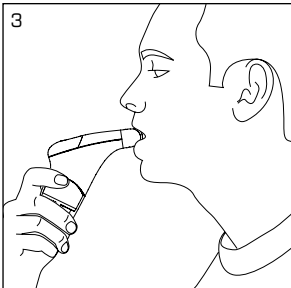


Diagram 3: Placing the POWERbreathe Plus in your mouth

Make sure you are sitting or standing upright and feel relaxed. Holding the POWERbreathe Plus 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.

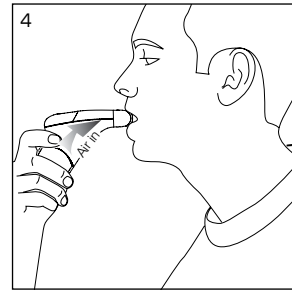


Diagram 4: Inhaling through the POWERbreathe Plus

Breathe out as far you can then take a fast, forceful breath in through the mouth. Take in as much air as you can, as quickly as you can, straightening your back and expanding your chest.

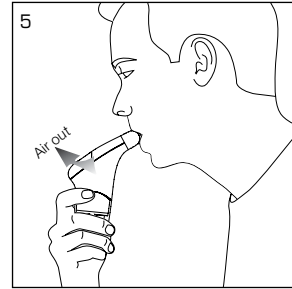


Diagram 5: Exhaling through the POWERbreathe Plus

Now breathe out slowly and passively through your mouth until your lungs are empty, letting the muscles in your chest and shoulders relax. Pause until you feel the urge to breathe again. Repeat this exercise until you feel confident about breathing through the POWERbreathe Plus. *Note: do not pant – if you start to feel light-headed, slow down and pause at the end of your breath out.*

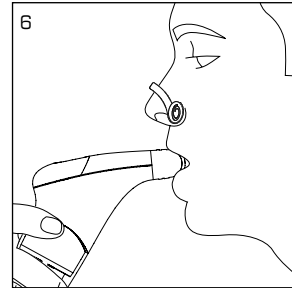


Diagram 6: Using the nose-clip

Now put the nose-clip on so that it pushes your nostrils together, as shown in the diagram. Continue to practise taking a forceful breath in then breathing out slowly and fully. *Note: the nose-clip will help you to breathe through your mouth rather than your nose. However, it is not essential and some people find it more comfortable to train without the nose-clip.*

Finding your correct training level

Try to complete 30 breaths at level 0 using the breathing method described. Don't worry if you cannot manage to complete 30 breaths in one attempt, straight away. Everyone is different and it can take time to build up your breathing muscles.

- If you can complete 30 breaths with ease, turn the load adjustment knob clockwise to increase the training level, then repeat the exercises.
- In this way, by gradually increasing the level until you can only just complete 30 breaths, you will find the best training level for you.
- Once you have found the correct level for yourself, aim to complete 30 breaths, twice a day – once in the morning and once in the evening.
- Over time you will find that it becomes easy to complete 30 breaths. When this happens, increase the training level by roughly a quarter turn, so that you are only just able to complete 30 breaths. *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.*

Maintaining your breathing

After four to six weeks your breathing muscles should have improved substantially and you should feel less breathless during activity. At this stage you will not need to use your POWERbreathe Plus every day to maintain your improved breathing. Using your POWERbreathe Plus twice every other day will be sufficient to continue to enjoy reduced breathlessness and improved exercise performance.

POWERbreathe Plus Training For Wellness

POWERbreathe Plus has an adjustable training load that starts at a level that everyone should be able to manage. If you have a respiratory condition, or are unaccustomed to physical training or exercise, you may find the lowest setting very challenging. If this is the case, we recommend that you leave the training load at level 0 for the first week. To begin with, concentrate on breathing in deeply and forcefully, and breathing out slowly and gently. Try to complete 30 breaths, twice a day. If you cannot manage to complete 30 breaths in one attempt, rest for a minute and start again, until you have reached a total of 30 breaths.

Once you are easily able to complete more than 30 breaths without stopping, increase the training level by a quarter turn. This increase may mean that next session you cannot complete 30 breaths without stopping. Continue to train at this level, and soon you should be able to complete 30 breaths in one go. Each time you find you are easily able to complete more than 30 breaths without stopping, increase the training level again. Aim to increase the training level by a quarter turn each week.

When you begin training with POWERbreathe Plus, you may find that you can easily complete more than 30 breaths at level 0. If this is the case, increase the training level by one-quarter turn each day. You will soon reach a level that is challenging and will find it difficult to complete 30 breaths in one attempt. Once you reach this level, only increase the training level further once you are easily able to complete more than 30 breaths again.

Remember, whether you are a top athlete, or you just want to get to the top of the stairs without getting out of breath, POWERbreathe Plus needs to be used regularly. The more effort you invest in your POWERbreathe Plus training, the greater the benefits you will enjoy. However, do not be tempted to undertake more than two sets of 30 breaths each day, or more than 30 breaths in one session. Instead concentrate on achieving the most challenging level for 30 breaths twice a day. Remember, recovery is an important part of the training process and your inspiratory muscles need time to rest and adapt between training sessions.

POWERbreathe Plus Training for Fitness and Sports

Note: the following training guidelines are quite strenuous and we only recommend them for those users who are accustomed to hard physical activity.

Training with POWERbreathe Plus is like any other kind of training – you get out what you put in, and if you stop doing it, the benefits will gradually disappear. If you are using POWERbreathe Plus to enhance your performance, you may want to push yourself a little harder, as well as ensuring that you do your POWERbreathe Plus training regularly.

When training for performance with POWERbreathe Plus, use the same “30 breaths, twice a day” training programme, but be aware that you will only achieve optimum training benefits when you train hard. In other words, breathe as deeply and as forcefully as you possibly can and aim to reach “failure” within 30 breaths. “Failure” means you are unable to complete a full breath by the time you reach 30 breaths. If you find you can manage more than 30 breaths with ease, increase your training load by a quarter of a turn. This may mean that you can achieve fewer than 30 breaths next session, but stick at it – within a few days you will be back up to 30 again. In this way you are always training at the optimum level.

The more quickly you can complete 30 breaths, the greater will be the training effect on your inspiratory muscles. For optimal training benefits, complete the 30 breaths as quickly as you can without becoming dizzy. Remember, if you start to feel dizzy, just pause at the end of the breath and wait until you feel the urge to breathe again. Do not be tempted to train more than twice a day, or for more than 30 breaths in one session. Remember, recovery is an important part of the training process and your inspiratory muscles need time to rest and adapt between POWERbreathe Plus training sessions.

POWERbreathe Plus For Warming Up Before Exercise

Research has shown that a normal pre-exercise warm-up routine neglects to warm-up the breathing muscles, leading to excessive breathlessness during the start of exercise. POWERbreathe Plus can be used to specifically warm-up these muscles prior to exercise, using a reduced load setting.

In order to do this, you first need to determine your current training setting by checking the position of the training level indicator sleeve on the numbered scale. For warm up exercises the POWERbreathe Plus resistance should be set to approximately 80% of your normal training resistance. For guidance use the following table to calculate your ideal warm up load from your current training load.

Current Training Load	Ideal Warm-up Load
LEVEL 10	LEVEL 8
LEVEL 9	LEVEL 7
LEVEL 8	LEVEL 6.5
LEVEL 7	LEVEL 5.5
LEVEL 6	LEVEL 5
LEVEL 5	LEVEL 4
LEVEL 4	LEVEL 3
LEVEL 3	LEVEL 2.5
LEVEL 2	LEVEL 1.5
LEVEL 1	LEVEL 1
LEVEL 0	LEVEL 0

Once your POWERbreathe Plus is set at the appropriate warm-up level, perform two sets of 30 breaths with two minutes rest between each set. Try to breathe in fully and forcefully. This routine should be completed within five minutes of starting your workout, training or competition.

(NOTE: one complete turn of the load adjuster moves the resistance up or down by one level.)

Precautions

POWERbreathe Plus is designed to be as robust and durable as possible. With a little care, your POWERbreathe Plus should last many years. Please read the following precautions to ensure that your POWERbreathe Plus remains in top condition:

- Do not attempt to reduce the load adjustment below level 0 – this is the minimum setting and attempting to unscrew the mechanism further may damage the adjustment thread.
- Do not attempt to separate the upper and lower portions of the main body of the device – these should remain permanently joined.
- Please store your POWERbreathe Plus in the storage pouch provided or a suitable clean and hygienic container. Always make sure that your POWERbreathe Plus is dry before storage.

Cleaning

Your POWERbreathe Plus will be exposed to saliva during use and we recommend that you clean it frequently to keep it hygienic and in good working order:

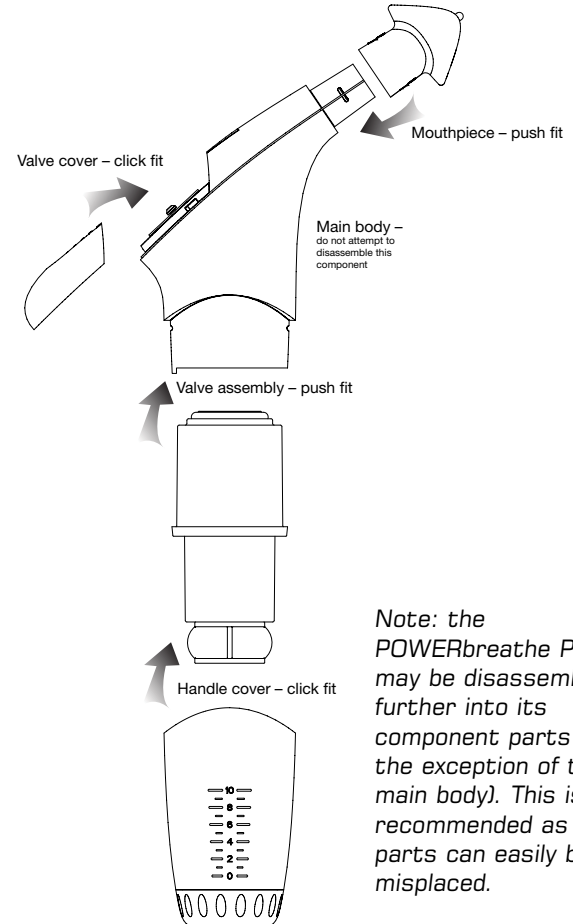
A few times a week, soak your POWERbreathe Plus in warm water for about ten minutes and then wipe it with a soft cloth under warm, running water, paying particular attention to the mouthpiece. Shake off excess water and leave on a clean towel to dry.

Once a week, perform the same procedure but soak your POWERbreathe Plus in a mild sterilising solution instead of water. The sterilising solution used must be intended for use on equipment that comes into contact with the mouth, such as that used for babies' bottles. If in doubt, ask your pharmacist or check the POWERbreathe website for further information.

To keep your POWERbreathe Plus in top condition, after sterilisation 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.

If further cleaning is necessary the POWERbreathe Plus can be disassembled into its component parts as demonstrated in diagram on Page 14. If disassembling the POWERbreathe Plus be careful not to lose any components.

Note: the POWERbreathe Plus is not suitable for dishwasher use.



Note: the POWERbreathe PLUS may be disassembled further into its component parts (with the exception of the main body). This is not recommended as small parts can easily be misplaced.

Technical Specifications

Mouthpiece	=	Latex-free PVC
Clear handle cover	=	Polycarbonate
Soft touch adjuster grip overmoulding	=	ABS with Santoprene
Flap valve	=	Silicone 60
O-ring	=	Nitrile rubber
Nose-clip rubber	=	Silicone 40
Nose-clip bridge	=	Nylon
All other components	=	ABS (Acrylonitrile Butadiene Styrene)

Note: Materials are FDA compliant with regards to composition, additives and properties, where applicable in accordance with Medical Device Directive 93/42/EEC Essential Requirements (Annex 1)

Load Selection Range

(Values are approximate and may vary between units and at different breathing rates)

Model	Load (-cmH ₂ O) @ 1l.sec ⁻¹										
	Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Wellness	17	25	33	41	49	58	66	74	82	90	98
Fitness	23	39	55	72	88	104	121	137	153	170	186
Sports Performance	29	53	78	102	127	151	176	200	225	249	274

The POWERbreathe Classic Series

POWERbreathe Classic Series, available in a choice of models from all good stores.

The original POWERbreathe models, used by people all over the world

POWERbreathe Sports Performance Model (Red)



All POWERbreathe Classic and Plus series models are available in general retailers.

POWERbreathe Fitness Model (Blue)

POWERbreathe Wellness Model (Green)

POWER breathe Medic
"makes breathing easier"™

POWERbreathe Medic...only available on prescription or via Medicare programmes

