

POWER[®] breathe

the world's no.1 breathing trainer™



POWERbreathe Products

Smart Breathing Training since 1997

www.powerbreathe.com



POWERbreathe Introduction

POWERbreathe®

the world's no.1 breathing trainer™

Discover 'Smart Breathing' with POWERbreathe

Don't just accept the way you breathe. Train your inspiratory muscles (breathing muscles) to become stronger and more efficient, building stamina to help reduce fatigue – all for maximum personal gain.

Improving breathing strength, stamina and power is beneficial to everyone, including:

- Sports people and athletes to improve endurance and performance
- People with breathing difficulties such as asthma and COPD to help alleviate symptoms
- Performing artists for helping to control the breath
- Armed Forces, Police Force and Fire Service to help cope with breathing demand and breathing effort at high altitude
- Wheelchair users to help with their breathing affected by injury
- Sports people for an inspiratory warm-up, cool-down and speedy recovery



What is POWERbreathe?

POWERbreathe is a multifunctional inspiratory muscle training tool that uses a technique commonly known as resistance training.

In much the same way as you might use weights to increase the strength of your arm muscles, POWERbreathe uses a variable, calibrated, spring-loaded valve to adjust the loading your inspiratory muscles are 'lifting'.

As you train with POWERbreathe and your inspiratory muscles become stronger, you simply increase the load, as each POWERbreathe model allows for this flexible adaptation of training.

POWERbreathe Time-Efficient Training

POWERbreathe training is smart and flexible. It offers training at different intensities, and when you train at the right intensity, you'll get the benefits you're looking for. Whatever intensity you're working at, and for whatever benefit, POWERbreathe training is simple to implement and quick to reward:

- 30 breaths, twice a day (can take less than 5-minutes)
- Within a few days your inspiratory muscles will feel stronger
- Within 3 weeks you'll feel less breathless and stronger
- After 4-6 weeks your breathing strength and stamina will have improved enough for maintenance training every other day

The Science

- Researched and developed by professional sports scientists
- Is a drug-free, Class 1 Medical Device, with no side effects or drug interactions
- Uses the scientifically proven pressure threshold system
- Uses the most effective training regime, identified after laboratory testing



Personal Training Benefits – Sport and Fitness

Whatever your sport, POWERbreathe Inspiratory Muscle Training (IMT) will help you achieve your goals and get the most out of your training.



Swimming

My Goal: “To improve my 100m swimming performance”

POWERbreathe: Research showed IMT improved 100 and 200m swimming performance.

To find out more go to <http://www.powerbreathe.com/product-use/endurance-training/swimming>



Cycling

My Goal: “To improve my cycling time trial performance”

POWERbreathe: Research showed IMT improved time trial performance by 4.6% - equivalent to slashing 3-minutes off a 40K time trial.

To find out more go to <http://www.powerbreathe.com/product-use/endurance-training/cycling>



Running

My Goal: “To improve my endurance on long runs and recover more quickly”

POWERbreathe: Research showed IMT improved inspiratory muscle endurance by 27.8% and speeds up lactate clearance more effectively than traditional recovery strategies.

To find out more go to <http://www.powerbreathe.com/product-use/endurance-training/running>



Indoor Rowing

My Goal: “To improve my rowing time trial performance”

POWERbreathe: Research showed IMT improved rowing time trial performance by up to 2.2% - equivalent to slashing 60m in a 2km race.

To find out more go to <http://www.powerbreathe.com/product-use/endurance-training/indoor-rowing>

For POWERbreathe Altitude Training Systems - Please visit: powerbreathe.com

Training Benefits for Medical Conditions

POWERbreathe Respiratory Muscle Training can be used alongside mainstream treatment as it is drug-free and has no side effects or drug interactions.



COPD

- Improvements in inspiratory muscle strength of 55% (Newall et al 1998)
- Improvements in inspiratory muscle endurance of 86% (Newall et al 1998)
- Improvements in quality of life by 21% (Beckerman et al 2005)
- Improvements in dyspnoea by 36% (Beckerman et al 2005)

Asthma

- Reduced consumption of asthma medication by up to 79% (Weiner et al 1992)
- A reduction of B2-agonists consumption by up to 79% (Weiner et al 1992)
- Improved symptoms of asthma by up to 75% in 3-weeks (McConnell et al 1998)

POWERbreathe IMT has been found to be helpful for other medical conditions including chronic heart failure, postoperative pulmonary complications and inspiratory stridor.

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First generation POWERbreathe. Entry level series.



Plus – page 4

Second generation POWERbreathe. Superior and improved introductory series.



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Fitness training programmes that combine body conditioning exercises with POWERbreathe training.



K-Series – page 6

Third generation POWERbreathe. Advanced electronic series with training feedback. K4 and K5 models with Breathe-Link training, testing, monitoring and live feedback PC software.



KH1 – page 11

Advanced electronic medical model. MIP and PIF tests and results.



Medic – page 12

Mechanical medical model. Approved for prescription in the UK and OTC in pharmacies.



Better Breathing – page 13

Quality breathing training and respiratory care products.



POWERbreathe K-Series Selector – page 14 –15

Feature list and quick comparison table, designed to help you choose the right model.





For the first step into breathing training

POWERbreathe Classic

- First generation POWERbreathe
- Entry level series
- Ideal for beginners new to breathing training
- Choose one of three resistance levels all with an adjustable load setting range: 1 to 9
- Complete with nose clip and storage pouch



Classic Level 1 **LR** Light Resistance*
Load settings 10-90cmH₂O
Product code: PB1001



Classic Level 2 **MR** Medium Resistance*
Load settings 10-170cmH₂O
Product code: PB1002



Classic Level 3 **HR** Heavy Resistance*
Load settings 10-250cmH₂O
Product code: PB1003

POWERbreathe **PLUS+**

- Second generation POWERbreathe
- A new look and modern design update on the Classic
- Ideal for beginners and those moving on with their breathing training
- 65% improvement in airflow dynamics than the Classic
- Choose one of three resistance levels all with new easy read-adjust load setting range: 1 to 10
- Complete with Antimicrobial mouthpiece, soft touch nose clip and storage pouch



Plus Level 1 **LR** Light Resistance*
Load settings 17-98cmH₂O
Product code: PB2001



Plus Level 2 **MR** Medium Resistance*
Load settings 23-186cmH₂O
Product code: PB2002



Plus Level 3 **HR** Heavy Resistance*
Load settings 29-274cmH₂O
Product code: PB2003



PLUS+
Special Edition Black

Product codes:

PB2004	Level 1	LR	Light Resistance*
PB2005	Level 2	MR	Medium Resistance*
PB2006	Level 3	HR	Heavy Resistance*



PLUS+
Special Edition Pink

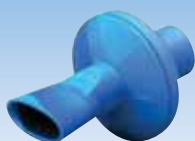
Product codes:

PB2007	Level 1	LR	Light Resistance*
PB2008	Level 2	MR	Medium Resistance*
PB2009	Level 3	HR	Heavy Resistance*

*Key to Resistance Levels

- LR** Level 1. **Light Resistance**
Introductory level for those who are less active
- MR** Level 2. **Medium Resistance**
For those who are moderate to very fit
- HR** Level 3. **Heavy Resistance**
Only for those who have reached the maximum loading on a medium resistance model

Classic and Plus Accessories



POWERbreathe Single Use
TrySafe™ Filter for Testing



POWERbreathe Classic
Antimicrobial Mouthpiece



POWERbreathe Plus
Antimicrobial Mouthpiece



POWERbreathe Plus
Nose Clip



POWERbreathe
Cleansing Tablets



The only fitness training programme to combine the benefits of inspiratory muscle training with body conditioning exercises.

- Build strength, stamina, flexibility and aerobic fitness – all in one workout
- Effective workouts in just 30-minutes a day
- No gym required – all equipment provided

ActiBreathe body conditioning programme includes:

- A POWERbreathe Plus Level 2 Model **MR**
- ActiBreathe Resistance Band with Adjuster grips
- ActiBreathe Anti Burst Balance Ball and Pump
- Deluxe full length DVD featuring the ActiBreathe CardioCurve, MuscleMix and AbsCoreMore workouts (Approx 90 minutes total)

Product Code: PBABBC



ActiBreathe AbsCoreMore Programme

A medium intensity workout that will exercise and strengthen the abs and lower back, improving muscle tone in the mid section promoting better posture and firmer, flatter abs.

Programme Includes:

- A POWERbreathe Plus Level 2 Model **MR**
- ActiBreathe Anti Burst Balance Ball with Pump
- Full length ActiBreathe AbsCoreMore work out DVD (Approx 30 minutes)

Product Code: PBABAC



ActiBreathe MuscleMix Programme

Sculpt and tone the upper body, then target the legs and butt, with a medium intensity cardio workout included in the mix to boost metabolism and calorie burn.

Programme Includes:

- A POWERbreathe Plus Level 2 Model **MR**
- ActiBreathe Resistance Band with Adjuster Grips
- Full length ActiBreathe MuscleMix work out DVD (Approx 30 minutes)

Product Code: PBABMM



ActiBreathe CardioCurve Programme

The ActiBreathe Cardio Curve Workout Programme is a low impact medium intensity cardio-conditioning workout aimed at improving cardiovascular fitness, boosting metabolism and burning calories, helping you to lose weight and condition your body.

Programme Includes:

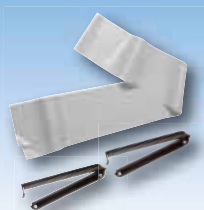
- A POWERbreathe Plus Level 2 Model **MR**
- Full length ActiBreathe CardioCurve work out DVD (Approx 30 minutes)

Product Code: PBABCC

ActiBreathe Accessories



ActiBreathe AntiBurst 65cm Ball and Pump
Product Code: PBAB25



ActiBreathe Resistance band and 2 Clips
Product Code: PBAB26



ActiBreathe AbsCoreMore Workout DVD
Product Code: PBAB22



ActiBreathe MuscleMix Workout DVD
Product Code: PBAB23



ActiBreathe CardioCurve Workout DVD
Product Code: PBAB24

The World's 1st Intelligent Digital Breathing Trainer

The new innovative POWERbreathe K-Series of electronic inspiratory muscle trainers deliver a superior breathing training experience that takes the guesswork out of your training, offering exclusive, adaptable and personalised respiratory coaching.

POWERbreathe Smart Breathing Training Technology

Breathing physiology indicates that when your lungs are empty the breathing muscles are at their strongest. However, as they fill up with air they start to lose strength and therefore at high loads they can't maintain a full contraction throughout an entire breath.

The intelligent POWERbreathe K-Series provides the user with variable valve loading to overcome this. A tapered loading resistance matches the contraction curve of the breathing muscles throughout the entire breath. This enables the user to complete a full breath and muscular contraction at an optimal resistance.

Advances in sports science are few and far between but numbered among those rarities is the discovery that breathing has such a profound influence on performance that it merits specific training //

Sir Mathew Pincent.

(Taken from the Introduction to 'Breathe Strong, Perform Better' by Alison McConnell)

K-Series Smart Features

The POWERbreathe K-Series is an exclusive, adaptable and personalised respiratory coaching system offering many unique training features:

- Personalised Auto-optimising IMT technology, that adapts specifically to users breathing function
- Advanced variable load training for improved training performance
- Performance monitoring capability for analysing breathing muscle strength, power and training volume
- Training intensity selector for creating specific and tailored training
- Breathe-Link performance monitoring software*
- Built in breathing guidance parameters to train, warm-up* and cool-down*
- Integrated pacing metronome, breath counter and end of session indicator
- Easy maintenance and user friendly design
- Small hand held device, rechargeable by both mains and PC

*Availability of features dependant on model



POWERbreathe®

the world's no.1 breathing trainer™

K-SERIES





POWERbreathe K1

Entry-level model with basic essential breathing training features.

POWERbreathe K2

Intermediate model with more advanced breathing training features.

POWERbreathe K3

Advanced model with greater breathing training features, including graphical history and warm-up and cool-down/recovery modes.

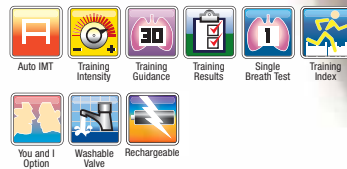
Smart Breathing Training Features Include:



Product code: PBK1

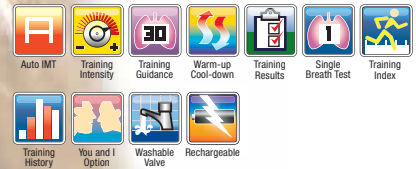
(See page 14 for a full description of the K-Series Smart Breathing Training features)

Smart Breathing Training Features Include:



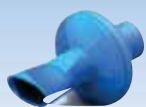
Product code: PBK2

Smart Breathing Training Features Include:



Product code: PBK3

K-Series Accessories



POWERbreathe Single Use Try-Safe™ Filter for Testing



POWERbreathe Spacer



POWERbreathe Oxygen Mask Adapter



POWERbreathe K-Series Antimicrobial Mouthpiece



POWERbreathe K-Series Nose Clip



K-Series Single Pack Valve Head



POWERbreathe Cleansing Tablets

POWERbreathe K4 with Breathe-Link Software



Award winning design

Elite training for individuals whose goal is to be at the top of their game.

Advanced model with K4 Breathe-Link software for Windows or Mac PC, allows you to see every breath in real time. Maximise breathing performance by monitoring and analysing training and test results on screen. The K4 with Breathe-Link software takes the guesswork out of your training.

K4 Breathe-Link software enables:

- Real-time breathing measurement and analysis
- Import and export of .bre files (breathing file extension) to allow data sharing amongst Breathe-Link users
- Real-time, live test feedback in a graphical display with enhanced visual feedback

Main features of the K4 Breathe-Link live feedback software:

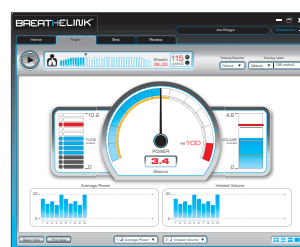
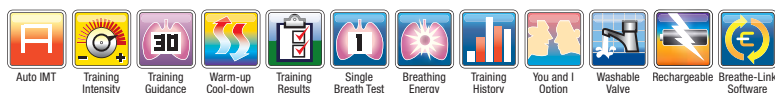
- Allows a maximum of 10 user profiles and 1200 stored sessions per user
- Breathe-Link Import and Export feature
- Breathe-Link PC Graphical View

POWERbreathe® K4
the world's 1st intelligent digital breathing trainer™
with BREATHELINK live feedback software



Product Code: PBK4

Smart Breathing Training Features:



Instant overview of training results



Instant review of training results

(See page 14 for a full description of the K-Series Smart Breathing Training features)



Award winning design

Elite training for individuals, personal trainers, groups and team coaching environment.

Advanced model with K5 Breathe-Link software for Windows or Mac PC, allows you to see every breath in real time. Maximise breathing performance by monitoring and analysing training and test results, on screen, in pdf and in print. The K5 with Breathe-Link software takes the guesswork out of your training.

K5 Breathe-Link software enables:

- Real-time breathing measurement and analysis
- Import and export .bre files (breathing file extension) to allow data sharing amongst Breathe-Link users
- Real-time, live test feedback graphical display with enhanced visual feedback
- Detailed, simultaneous plotting and analysis of data
- Detailed high resolution records of each session, generated into pdf format for printing
- Creation of your own personalised breathing training sessions

Main features of the K5 Breathe-Link live feedback software

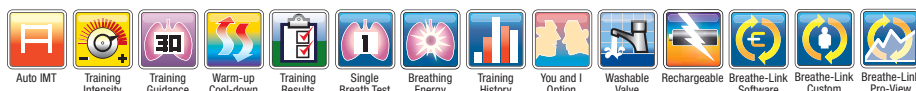
- Allows a maximum of 30 user profiles and 1200 stored sessions per user
- Breathe-Link Import and Export feature
- Breathe-Link PC Graphical View
- Breathe-Link Analytics Pro View
- Breathe-Link Print Session Detail
- Breathe-Link PDF Generator
- Breathe-Link Custom Mode

POWERbreathe® K5
the world's 1st intelligent digital breathing trainer™
with BREATHE-LINK live feedback software



Product Code: PBK5

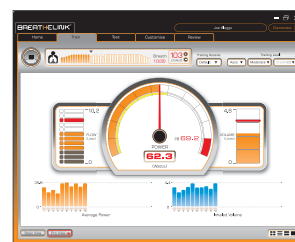
Smart Breathing Training Features Include:



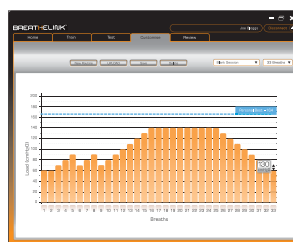
(See page 14 for a full description of the K-Series Smart Breathing Training features)



Easy to use interface



Instant overview of training results



Customise training sessions



Instant review of training results

POWERbreathe Respiratory Muscle Training - The Drug Free Solution

POWERbreathe is a Class 1 Medical Device. It is a pressure threshold loading device that is drug-free, has no side-effects or drug interactions and is clinically proven and beneficial for the following medical conditions.



COPD

The most up to date systematic review on Respiratory Muscle Training from 2011:-

Impact of inspiratory muscle training in patients with COPD: what is the evidence?

R. Gosselink, J. De Vos S.P. van den Heuvel, J. Segers, M. Decramer, G. Kwakkel

"IMT improves inspiratory muscle strength and endurance, functional exercise capacity, dyspnoea and quality of life. Inspiratory muscle endurance training was shown to be less effective than respiratory muscle strength training. In patients with inspiratory muscle weakness, the addition of IMT to a general exercise training program improved PI_{max} and tended to improve exercise performance".



POWERbreathe IMT has been widely used in patients with COPD as a standalone therapy or for pulmonary rehabilitation.

In randomised controlled trials, IMT has also been shown to deliver:

- Improvements in quality of life by 21% (Beckerman et al 2005)
- Improvements in dyspnoea by 36% (Beckerman et al 2005)
- Reduction in primary care consultations by 23% (Beckerman et al 2005)
- POWERbreathe training is 10 times more effective than oxitropium bromide for improving exercise tolerance and quality of life in patients with COPD (Oga et al., 2000; Beckerman et al., 2005).

Heart Failure

POWERbreathe IMT is clinically proven and beneficial for patients with heart failure and heart disease as a standalone therapy or for cardiac rehabilitation.

In patients with chronic heart failure, IMT has been shown to:

- Improve exercise tolerance by 19% (Laotaris et al 2004 and Dall'Ago et al 2006)
- Improve quality of life by 16% (Laotaris et al 2004 and Dall'Ago et al 2006)

Because the cardiovascular strain of POWERbreathe training is very low, it is suitable for even the most physically compromised patients, and is particularly helpful in patients who are too ill for rehabilitation.

Asthma

POWERbreathe IMT is clinically proven and beneficial for patients with asthma to help reduce inhaled therapies, for exercise induced asthma and for improvements in exercise.

Laboratory studies found:

- Asthma symptoms improved with IMT by up to 75% in 3 weeks (McConnell et al 1998)
- Patients with asthma experienced improvement of symptoms, quality of life and a reduction in the consumption of medication of up to 79% (Weiner et al 1992)

POWERbreathe for other conditions where dyspnoea is present

Because POWERbreathe IMT influences dyspnoea directly at a cortical level, it is also helpful in managing other conditions where dyspnoea is present, including:

- Elderly people
- Neuromuscular disease
- Parkinson's disease
- Prio-polio
- Spinal cord injury
- Sleep apnoea
- Exercise-induced paradoxical vocal fold motion

Visit www.powerbreathe.com for research references

POWERbreathe[®] KH SERIES

The new POWERbreathe KH1 is a revolutionary inspiratory muscle training device designed specifically for the healthcare professional. The application of POWERbreathe in the healthcare and medical markets is now widely accepted and is used in such patient groups as COPD, Asthma, Cardiac Failure, Thoracic Surgery and Neuro-muscular disease. By using the Maximum Inspiratory Pressure (MIP) test incorporated into the KH1, the patient can undertake a baseline measurement and train according to our tried and tested 30 breaths twice a day protocol and re-measure the MIP to quantify the improvement.

Technology

The patented POWERbreathe K-Series uses state of the art piezo-resistive pressure sensing technology to take precise measurements of respiratory pressure 500 times/second. The triple-aperture rotary valve system makes up to 4000 precision movements every second.

Medical classification

POWERbreathe K-Series is a Class 1 medical device as classified under the Medical Device Directive 93/42/EEC, and complies with EN 60601-1:2006 regarding medical electrical equipment.

POWERbreathe KH1 features:

- Manually adjustable variable training load (5-200cmH₂O)
- Advanced electronic variable load training
- Single breath test MIP
- Single breath test (PIF/Flow Test)
- Test results (PIF/Flow Test and MIP)
- Current training results (Inhaled Volume, Power, Load)
- Current training results (T-Index %)
- Breathing pacing guidance (audible beep)
- Interchangeable valve heads for multi-user option all with Antimicrobial mouthpiece
- Single use TrySafe™ filter option available for testing
- Compatible with oxygen adapter and facemask
- Ergonomic design for adult and paediatric use

Parameters displayed include:

- Maximal Inspiratory Pressure (cmH₂O), highest 1 second average)
- Peak Inspiratory Flow (L/s)
- Training load (cmH₂O)
- Average Power (Watts)
- Average inhaled volume (L)
- T-Index (training intensity index)



Product code: PBKH1

Major 6 Nation Multi-Centre COPD study concludes that POWERbreathe K-Series performance matches "Gold Standard" clinical laboratory system. (PubMed - PMID: 23421970)

Smart Breathing Training Features Include:



(See page 14 for a full description of the POWERbreathe KH1 Respiratory Suite features)



the world's no.1 inspiratory muscle trainer™

The POWERbreathe Medic Inspiratory Muscle Trainer was approved for prescription in May 2006 after being rigorously assessed by the Prescription Pricing Authority, for clinical evidence, patient compliance and financial savings to the NHS. POWERbreathe Medic is also available from the NHS Supply Chain Respiratory Contract.

POWERbreathe Medic IMT has been taken up by medical professionals as an adjunct to pharmacological treatments. Used both as a standalone therapy or in conjunction with pulmonary rehabilitation, POWERbreathe Medic training can be completed with or without supervision.

COPD

In their 2005 study of the benefits of a 12 month programme of POWERbreathe training, Beckerman et al observed significant reductions in the use of healthcare resources.* POWERbreathe reduced hospital bed days by 29% and GP consultations by 23% compared with placebo.*

Asthma

Weiner et al observed an 86% reduction in hospitalisations/emergency room visits following inspiratory muscle training in moderate/severe asthmatics (from 1.4 to 0.2 per 3 months per patient).* In three separate studies, Weiner et al. observed an average 51% reduction in β_2 -agonist consumption (from 3.9 to 1.6 puffs per day) after inspiratory muscle training, and in one study, corticosteroid use decreased ~80%.*

Inspiratory Muscle Training – Benefits

- Inspiratory muscle strength up by 27%*
- Improves exercise tolerance up to 28%*
- Reduces breathlessness up to 36%*
- GP visits reduced by up to 23%*
- Improves quality of life up to 21%*



POWERbreathe Medic:

- Available for prescription in the UK
- Pressure threshold training
- Mechanically adjustable variable load settings (10-90cmH₂O)
- POWERbreathe saves the NHS money and resources

Product code: PB1000



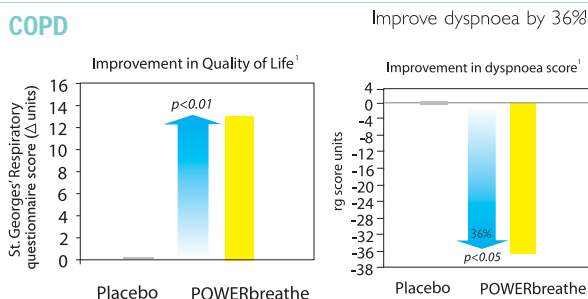
Medic Plus:

POWERbreathe Medic Plus incorporates the latest developments in technology together with comfortable ergonomic design to deliver:

- 65% improvement in airflow dynamics
- Easy to adjust resistance
- Easy to ready resistance gauge
- Lower entry load to suit i.e. COPD users
- Variable load settings 0 – 10 levels
- Variable load range 5 – 80cmH₂O
- Anti-bacterial mouthpiece
- Anti-scratch materials
- Simple disassembly for cleaning
- Soft touch nose clip
- New mouth piece design is suitable for Ages 7 and upwards

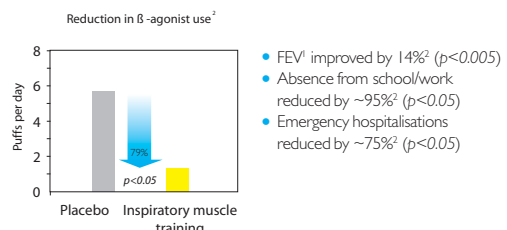
Product code: PB2000

COPD



Asthma

Reduce β_2 -agonists consumption by up to 79%



*References cited above may be accredited at www.powerbreathe.com

Medical Accessories



Oxygen Masks for Classic and K-Series



POWERbreathe continues to expand its range of quality 'Better Breathing' training and respiratory care products by teaming up with leading researchers and developers to service the needs of consumers and professionals involved in Healthcare, Sport, Fitness, Education, Research, Corporate Fitness, Occupational Health, Uniformed Services, Life Coaching/Stress Management, Sleep Therapy, Wind Musicians, Singers to name a few.



Shaker Classic

Personal Mucus Clearance Device

- Offers simple and convenient relief from excessive mucus
- Can be used for chronic conditions such as COPD, asthma, emphysema and acute problems like chesty coughs, flu and bronchitis
- Affordable, easy to use single user model which can be used at home or on the move

Product code: PBSD



Shaker Deluxe

Personal Mucus Clearance Device

- Respiratory device for mobilising pulmonary secretions such as mucus and catarrh
- Uses the latest innovative design technology
- Produces vibrations in the chest cavity to 'shake' stubborn mucus loose
- Aids expectoration, increases lung efficiency, helping to reduce breathlessness and fatigue
- Affordable, easy to use single user model, ideal for home healthcare or on the go

Product code: PBSD



Shaker Plus: for Hospitals / Clinics

Simple relief from excessive mucus and its associated problems

- Autoclaveable to 134°C (273°F), multi-user, reusable, easy to use and affordable
- Improved air flow for higher intensity vibrations, produces positive expiratory pressure (PEP) to open the airways
- Increases expectoration, improves lung function and reduces dyspnoea
- For conditions such as COPD, Cystic Fibrosis, bronchiectasis and bronchitis

Product code: PBSP



RespiroN

Home Therapy for Breathing Difficulties

- Fully adjustable resistance level
- Exercises and strengthens the breathing muscles
- Helps prevent bronchial and pulmonary infections
- Encourages deep breathing, which can aid in relieving excess mucus
- Excellent for lowering stress levels
- Easy to use and clean

Product code: PBRES



Flow Ball

Breathing Exercising Device

- Exercises your breathing muscles
- Increases control and the stability of your exhaled breath
- Easy to use, effective and great fun
- Popular with children
- Great for adults and musicians

Available in 2 colours – Blue and Yellow

Product code: FLOWBB (Blue)
FLOWBY (Yellow)

POWERbreathe Music and Vocal Fitness Training Products



Breath Builder Classic

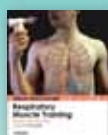
Build energy into each breath – ideal for musicians and vocalists

- Exercises lungs and diaphragm muscles
- Helps you control inhalation and exhalation
- Builds a strong breathing mechanism
- Also beneficial to athletes, smokers and anyone with breathing difficulties
- Colours vary

Product code: PBBBB1

Better Breathing Publications

Respiratory Muscle Training Book



The "everything-you-need-to-know" guide to respiratory muscle training (RMT) by Professor Alison McConnell.

- Contents include:
- 1) an introduction to respiratory physiology+training theory; 2) how disease affects the respiratory muscles + the mechanics of breathing; 3) an insight into the disease-specific, evidence-based benefits of RMT;
 - 4) advice on the application of RMT as a standalone treatment, and as part of a rehabilitation programme;
 - 5) guidance on the application of functional training techniques to RMT.

Product code: PB904

Dynamic Breathing for Asthma Book



Internationally recognised experts Dinah Bradley and Tania Clifton-Smith using the BradCliff Method have made

this, the asthma sufferer's indispensable companion. In recent years, asthma patients may have been well informed about their drug management but less emphasis has been placed on physical coping skills and the importance of the correct use of the muscles of breathing. take you through a step by step breathing retraining process, which can help you to reduce medications, reduce stress levels, exercise comfortably and most importantly - breathe effectively.

Product code: PB903

Breathing Matters Book



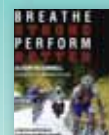
Breathing Matters is a revolutionary book written by Dr. Jim Bartley, one of New Zealand's top Ear, Nose and Throat surgeons, who believes that good

breathing patterns can dramatically improve the lives of people with major diseases such as heart disease, asthma, depression and migraine. Breathing well helps us relax, normalises body biochemistry, reduces muscle pain and allows the re-establishment of normal posture and movement.

Co-authored by Internationally recognised authority on breathing disorders - Tina Clifton-Smith Dip Phys

Product code: PB903

Breathe Strong, Perform Better Book



Breathe Strong, Perform Better explains how anyone, from everyday exercisers to elite athletes, can use breathing training to increase power and breathing efficiency to

improve performance, accelerate recovery and reduce injury risk. Includes easy-to-use programmes and sport-specific workouts, to help achieve efficient breathing and peak fitness. Professor Alison McConnell, shows you how to apply the latest scientific research and case studies to optimize training and performance. Includes detailed instruction, practical advice and easy-to-use, time efficient sample protocol programmes, for you to – Breathe Strong, Perform Better.

Product code: PB902

Advanced Variable Load Training

The electronically controlled resistance valve provides a variable pressure threshold resistance, optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness.

Training Features:



Auto IMT: The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.



Manual Training Intensity: The training intensity adjustment option allows resistance to be manually set from 5 to 200cmH₂O to suit your personal training requirements.



Training Guidance: The K-Series training guidance system provides breathing pacing guidance, displays the number of breaths remaining in your training session and informs you when the session is complete.



Warm-up & Cool-down mode: Automatically sets the optimal resistance for inspiratory muscle warm-up and cool-down.

Training Feedback and Testing Features:



Training Results: Provides detailed breathing training feedback including Load (cmH₂O), Power (Watts) and Inhaled Volume (Litres).



Strength Index (S-Index): Calculates your inspiratory muscle strength (cmH₂O) based upon your peak inspiratory flow. Strength index is rated in comparison with your predicted value.



Single Breath Test: Measures inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath. Rates inspiratory muscle strength (Poor, Fair, Average, Good, Excellent) in comparison with your predicted value.



Training Index (T-Index): Displays the percentage effectiveness and effectiveness rating (Poor, Fair, Average, Good, Excellent) of your breathing training session based upon the amount of work you achieved.



Breathing Energy: Measures the mechanical work of breathing during your breathing training session. Breathing energy combines the force exerted by your inspiratory muscles and the volume of air inhaled.



Respiratory Muscle Testing (RMT): Maximum Inspiratory Pressure and Peak Inspiratory Flow tests for inspiratory muscle assessment.



Training History: Displays a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results.



You and I Option: Interchangeable Valve Head option for multiple users (Additional valve heads sold separately).



Washable Valve: The K-Series valve head can be removed for cleaning using POWERbreathe Cleansing Tablets (sold separately).*



Rechargeable: Rechargeable power system with auto power-off and charge level indicator.

Breathe-Link Features:



Breathe-Link Software: PC and Mac connectivity via USB enables real time training and performance testing. Select specific training and testing parameters and then assess inspiratory muscle condition, training progress and try and beat previous scores.



Breathe-Link Custom: Allows you to create and upload your own personalised breathing training sessions.



Breathe-Link Pro-View: Use the Breathe-link Pro-View for advanced, detailed, simultaneous plotting and analysis of all inspiratory muscle training data.

KH-Series Health Features:



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.

POWERbreathe Customer Care

When you buy a POWERbreathe you get so much more than what's in the box. We'll be there to help you maximise the benefit of your purchase by providing advice and assistance for your training, around the world.

- Manufacturer's warranty
- Extensive helpdesk support

To the best knowledge of POWERbreathe International Ltd the specifications, descriptions and illustrative material contained herein are believed to be accurate at the time of printing. Specifications may change without notice due to manufacturers continuous programme of development. No claims are made or implied in the use, or results by the use of equipment herein.

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POWERbreathe K-Series Comparison Table

			K-Series					
Icon	Features	Explanation of features	K1	K2	K3	K4	K5	KH1
Training Features								
	Advanced variable load training	The electronically controlled resistance valve provides a variable pressure threshold resistance, optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness.	•	•	•	•	•	•
	Auto-optimising IMT technology	The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.	•	•	•	•	•	•
	Manual training intensity option	The training intensity adjustment option allows 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 training session is over	•	•	•	•	•	•
	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	Personalise your training session created using Breathe-Link PC software					•	
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)						•
	S-Index	Index of inspiratory muscle strength (cmH ₂ O)		•	•	•	•	•
	S-Index Rating (poor, fair, average, good, excellent)	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)		•	•	•	•	•
	Test mode (S-Index - Single breath test)	Measures inspiratory muscle Strength Index		•	•	•	•	• ¹
	T-Index - current session (%)	Training Index (%) [Measure of training session effectiveness]		•	•			•
	T-Index rating (low, med, high)	Rating of training session effectiveness		•	•			•
	Graphical T-Index history	Graph of previous 36 Training Index results			•			
	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		• ²	• ²	• ²	• ²	• ²
	Test mode (MIP)	Measures Maximal Inspiratory Pressure (highest 1 sec average)						•
	Graphical load history (last 36 sessions)	Graph of previous 36 training load results			•	•	•	
	Graphical power history (last 36 sessions)	Graph of previous 36 average power results			•	•	•	
	Graphical volume history (last 36 sessions)	Graph of previous 36 average volume results			•	•	•	
Breathe-Link Features								
	Breathe-Link PC software for real-time breathing measurement and analysis	Real-time breathing measurement & analysis software for PC and Mac. Maximises training & test performance in real-time. Stores results for analysis. Import and Export .bre files allowing data to be shared amongst Breathe-Link users.					•	•
	PC graphical view	Easy to understand live test, feedback graphs to monitor each breath, with 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 a 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.					•	•
KH-Series Features								
	Bacterial/viral filter spacer	Allows the connection of POWERbreathe TrySafe™ bacterial/viral filters for multi-person use/testing.	• ³	• ³	• ³	• ³	• ³	•

• Indicates Features Included

•¹ Note 1: For the KH1 model, S-Index test result is output following a PIF test.

•² Note 2: for K2, K3, K4 and K5 models, peak flow result is output following an S-Index test.

•³ Note 3: POWERbreathe spacer is included with KH1 but not with the other K-Series models.

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POWERbreathe in the media



RUNNERS WORLD: Women's/Men's Consumer: Health and Fitness



H2O: Women's/Men's Consumer: Swimming



PROCYCLING: Men's Consumer: Cycling



MED-TECH: Trade: Medical



ZEST: Women's Consumer: Health and Fitness



H2O: Women's/Men's Consumer: Swimming



220 TRIATHLON: Men's/Women's Consumer: Triathlon



TRAVEL ADVENTURE: Men's/Women's Consumer: Outdoor

