

# POWER<sup>®</sup> breathe

the world's no.1 breathing trainer™

Smart Breathing Training since 1997



[www.powerbreathe.com](http://www.powerbreathe.com)



# World class breathing trainers by POWERbreathe®

**POWERbreathe breathing trainers are used world wide for improving breathing strength, stamina and reducing breathing fatigue. They are used by athletes in preparation for the Olympics and world championships, as well as by people involved in sports training, fitness, active living, performing artists, musicians and people with breathing problems – in fact they benefit anyone who breathes.**

## Trusted by scientists

Researched and developed by leading UK sports scientists at Loughborough, Birmingham and Brunel Universities, the POWERbreathe breathing trainers are Class 1 Medical Devices and use scientifically proven and clinically tested technologies for Inspiratory Muscle Training (IMT) breathing training.

## Certificate of approval

Every year POWERbreathe strives for and attains the certificate of approval for the 'Design & manufacture of medical devices for improvement of respiratory function'.

The Quality Management System of POWERbreathe International Ltd has been approved by Lloyd's Register Quality Assurance to Quality Management System Standards: ISO Certificate of Approval - 9001:2008 and ISO Certificate of Approval- 13485:2003 & 13485:2012.

## The brand with pedigree

In the 1990's the POWERbreathe CLASSIC was the first breathing trainer to be introduced into mainstream sports science for improving sports performance.

In 2006 after rigorous assessment by the NHS the POWERbreathe Medic was approved for prescription in the UK and the PLUS series was also launched as a result of new research and the latest developments in technology.

2010 saw the world's 1st hand-held intelligent digital breathing trainer, the K-Series, win Consumer Product Design of the Year.



**Breathe stronger. Perform better.  
Live life to the full.**



Matt Bottrill. Photograph by Brain Hall - Aende Photography

## The No.1 breathing trainer Scientifically proven, drug free

POWERbreathe breathing trainers use Inspiratory Muscle Training (IMT) principles, proven by sports scientists and medical professionals to exercise and strengthen the muscles you use to breathe in.

IMT works in the same way as resistance training, but for your breathing muscles. You'll feel the calibrated resistance as you breathe in through your POWERbreathe device making your breathing muscles work harder. This resistance training makes your breathing muscles stronger, reducing fatigue, improving stamina and ultimately your performance – in sports and in everyday living.

As your breathing muscle strength and stamina improves you can simply increase the resistance just as you would with any other form of muscle training. It's very simple and easy.



## Scientifically proven, drug free

POWERbreathe breathing trainers are drug-free and have no side effects or drug interactions. Their efficacy has been proven in numerous sports and medical research studies for improving sports performance, increasing inspiratory muscle strength, restoring breathing power, reducing breathlessness, improving quality of life in people with major debilitating conditions, and improving lung function and reducing consumption of medication in people with asthma.

POWERbreathe breathing trainers underwent systematic scientific testing to identify the most effective training regimen resulting in the – "just 30 breaths twice a day" recommendation. It's as easy to fit in as brushing your teeth.

## Award winning

- POWERbreathe Classic was awarded the prestigious Millennium Mark by the UK Design Council
- POWERbreathe K-Series won the 2010 Consumer Product Design of the Year award (UK)
- K-Series has been recognised as "Gold Standard" devices for quality, accuracy and reliability by leading international professionals for use by healthcare providers in daily clinical practice
- POWERbreathe is also proud to have been selected as the Inspiratory Muscle Trainer of choice, in the growing area of healthcare, medical, sports and fitness research.

## In scientific tests breathing training:

- Improved inspiratory muscle endurance by 27.8%
- Improved inspiratory muscle strength by 30 - 50%
- Accelerated recovery during repeated sprints by up to 7%
- Reduces perceived exertion

## Scientific results of IMT in specific sports:

### Rowing

- Improved rowing time trial performance by up to 2.2%, equivalent to slashing 60m in a 2km race
- POWERbreathe warm-up significantly improves rowing performance and reduces breathlessness in competitive rowers

### Swimming

- Increased swimming performance by up to 3.5%
- Improves 100 & 200 m swimming performance

### Cycling

- Improved cycling time trial performance by 4.6% - equivalent to slashing 3-minutes off a 40k time trial
- Enabled participants to cycle for 33% longer and with lower sense of effort

### Altitude

- Attenuates the increase in effort associated with ascent to high altitude
- Attenuates the impairment of inspiratory muscle strength induced by ascent to high altitude
- Reduces breathing requirement of exercise in simulated altitude by 25%

**For study details please visit: [powerbreathe.com](http://powerbreathe.com)**

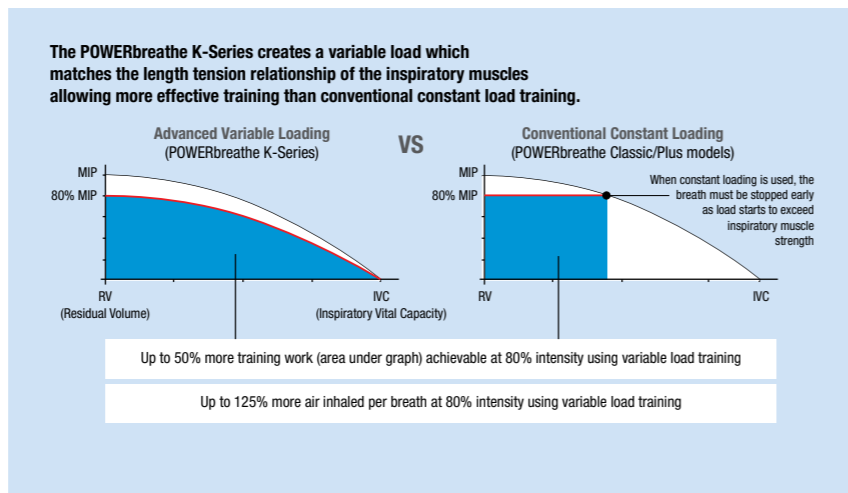


## POWERbreathe K-Series - The World's 1st Intelligent Digital Breathing Trainers

What makes this a world 1st is that with precision electronics you can now perform breathing training, performance monitoring and obtain feedback analysis – all in the palm of your hand.

### The 'Gold Standard'

K-Series was recognised as providing 'Gold Standard' results in a six nations study carried out by highly respected respiratory professionals that highlighted the quality, accuracy and reliability of these electronic hand-held inspiratory muscle trainers for use by healthcare providers in daily clinical practice.



### Consumer product design of the year

The POWERbreathe K-Series was awarded the UK Plastics Industry's most prestigious award, "Consumer Product Design of the Year".

### World champion

The patented K-Series offers intelligent technologies for personalised training e.g. the Auto-optimising IMT feature for efficient and effective training and results.

No other breathing trainer offers this level of training specificity. The K-Series auto-optimising valve system optimises your training by automatically monitoring and adjusting the resistance to match the changes in your breathing strength.

### The science

The POWERbreathe K-Series uses electronic variable threshold resistance training to provide a tapered load that will match the contraction curve of your own breathing muscles throughout your entire breath.

This enables you to complete a full breath and muscular contraction at the most optimal resistance for you.

In other words the K-Series does everything for you so there is no guesswork as to where you should start. It guides you. It is your coach.

### Your personal coach

Your age, weight, height and gender when entered into your K-Series device help to build up your personal profile.

The K-Series uses this data to estimate your predicted inspiratory muscle strength, the calculation for which is based upon scientific research that investigated the force-velocity characteristics of the inspiratory muscles.



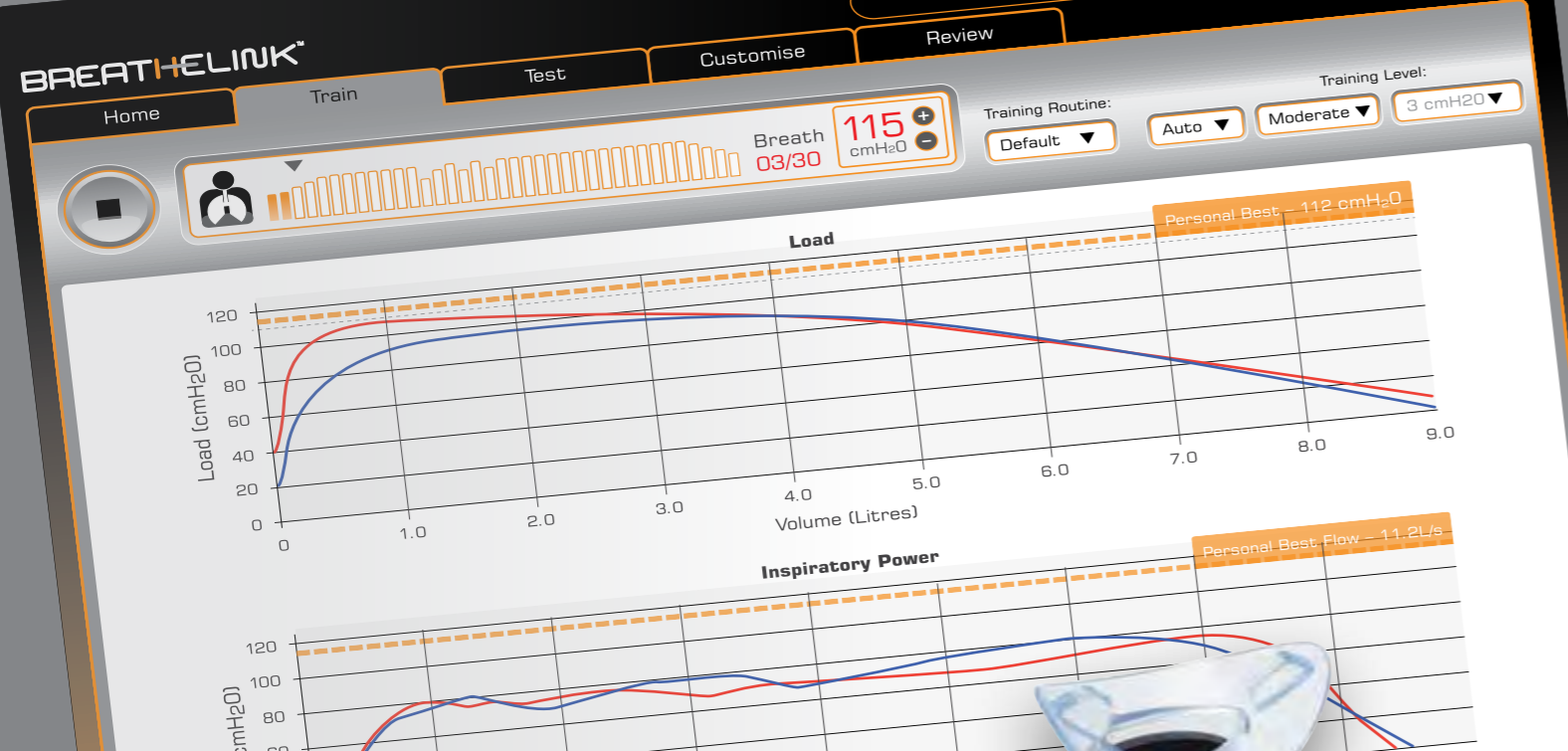
\*Availability of features dependant on model



**"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 Matthew Pinsent CBE**

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



**K5** with advanced  
**BREATHE-LINK™**  
live feedback software

REVOLUTIONARY  
**PATENTED**  
TECHNOLOGY

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

The POWERbreathe K5 is the most advanced hand-held breathing training device on the market, complete with Breathe-Link software for Windows or Mac\* that allows you to see every breath during training and then to review, analyse and compare afterwards.

The POWERbreathe K5 with Breathe-Link software has been designed with the sport scientist and performance athletes in mind.

With the professional training screen view, you can now see the most complex graphical representation of your breathing training that has ever been available, which you can also share with others.

So whether you are a sport scientist, elite athlete or someone who cares about their breathing for sports, fitness or active living, the POWERbreathe K5 with Breathe-Link software has everything you need.



### The K5 hand-held device offers you:

- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH<sub>2</sub>O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Single Breath Test
- Warm-up & Cool Down modes
- Training History
- Multi-User Option



DESIGNED AND DEVELOPED  
IN THE UK



### K5 Breathe-Link Live Feedback Software – on screen

The K5 advanced live feedback software allows you to watch your training and track your progress in real-time on your PC using Windows and Mac\* via the Breathe-Link Live Feedback Software.

And because the software allows you to store data, you can revisit your results for later analysis. Watching your training results in real time helps you to perfect your technique and harness your breathing's full potential.

### K5 Breathe-Link Live Feedback Software - advanced features

**Breathe-Link Custom** - allows you to create and upload your own personalised breathing training sessions

**Breathe-Link Pro-View** - use this for advanced, detailed, simultaneous plotting and analysis of all IMT data

**Breathe-Link Print Session Detail** - print complete records of each session and share training history for detailed analysis

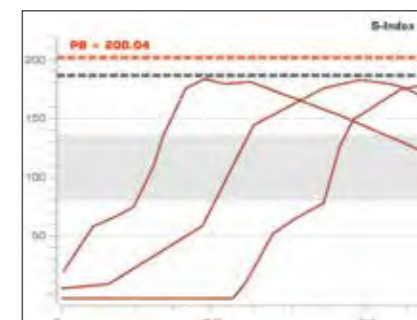
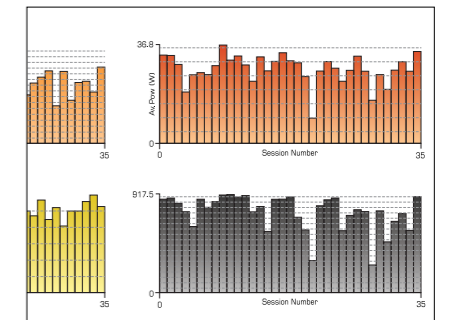
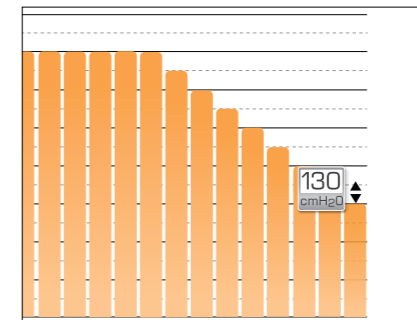
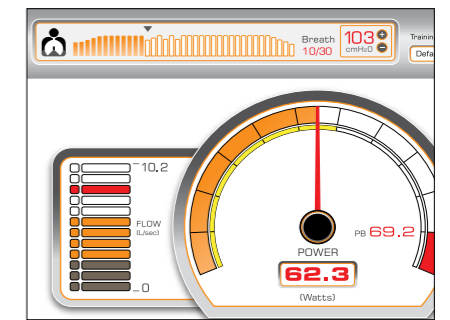
**Breathe-Link PDF Generator** - keep training history in PDF format for detailed analysis

**Breathe-Link Import and Export** - import and export .ble files between computers to allow data to be shared amongst Breathe-Link users

**Breathe-Link Graphical View** - real-time, live test feedback graphs provide enhanced visual feedback

### And as if that isn't enough

It also allows for a maximum of 30 user profiles and 1200 stored sessions per user making it an essential biofeedback tool for teams and coaches, as well as, individuals.



**"Without a doubt, the POWERbreathe K5 has helped massively with my training and racing, so many thanks for a great product!"**  
**Liz McTernan,**  
**EHC 2015 Handcycling Champion,**  
**2x IHPVA World Record Holder.**



### Advanced Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit [powerbreathe.com](http://powerbreathe.com)

\* Visit website for software requirements.



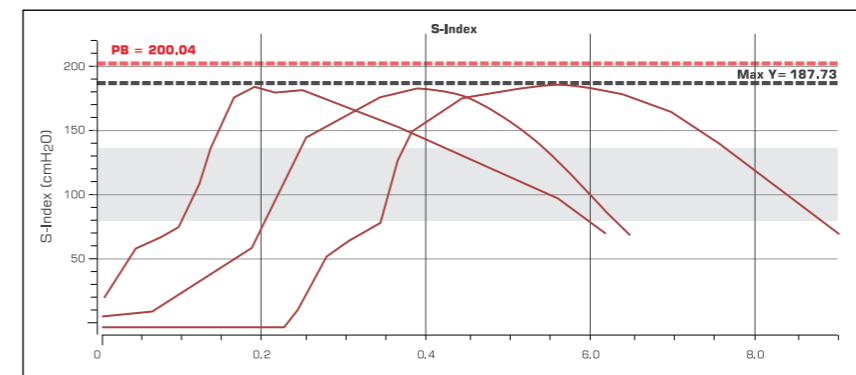
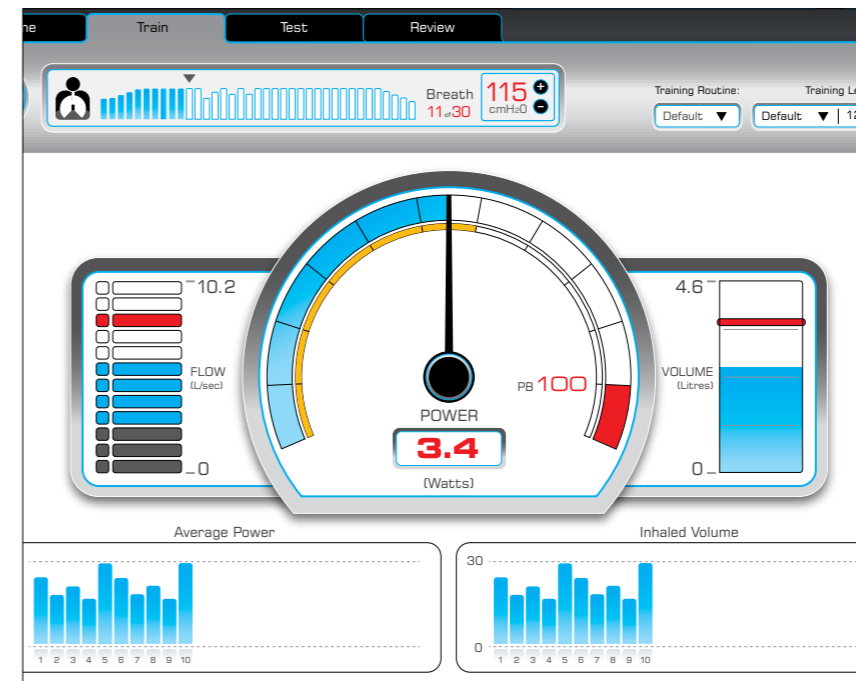
# K4 with BREATHELINK™ live feedback software

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

The POWERbreathe K4 with Breathe-Link software has been designed to remove the guesswork from your breathing training. The POWERbreathe K4 utilises the same auto-optimising technology found within the K5 device and is also supplied with a simplified version of Breathe-Link live feedback software.

**The K4 hand-held device offers you:**

- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH<sub>2</sub>O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Single Breath Test
- Warm-up & Cool Down modes
- Training History
- Multi-User Option



**K4 Breathe-Link Live Feedback Software – on screen**

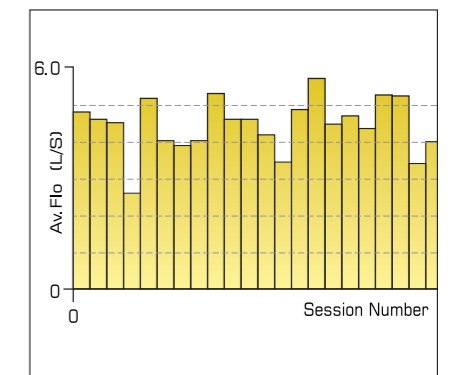
The K4 live feedback software allows you to watch your training and track your progress in real-time on your PC using Windows and Mac\* via the Breathe-Link Live Feedback Software. And because the software allows you to store data, you can revisit your results for later analysis. Watching your training results in real time helps you to perfect your technique and harness your breathing's full potential.

\* Visit website for software requirements.

**K4 Breathe-Link Live Feedback Software - features**

**Breathe-Link Import and Export** - import and export .ble files between computers to allow data to be shared amongst Breathe-Link users.

It also allows up to 10 user profiles and 1200 stored sessions per user making it an essential biofeedback tool for teams and coaches, as well as, individuals.



**"POWERbreathe offers the most effective 5 minutes of training you can do per day."**  
**Eddie Fletcher –**  
**Elite Coach / Sports Scientist**



**Smart Breathing Training Features Include:**

- Auto IMT
- Training Intensity
- Training Guidance
- Warm-up Cool-down
- Training Results
- Single Breath Test
- Breathing Energy
- Training History
- You and I Option
- Washable Valve
- Rechargeable
- Breathe-Link Software

See page 16 for a full description of the K-Series Smart Breathing Training features or visit [powerbreathe.com](http://powerbreathe.com)



## K3 Advanced Intelligent Digital Breathing Trainer

The POWERbreathe K3 is a mid-range device that is supplied without computer software.

The auto-optimising feature to set training load found in the POWERbreathe K5 and K4 is also installed in the K3, along with a warm up and cool-down feature.

- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH<sub>2</sub>O); Power (Watts); Volume (Litres); Flow (Litres/second)
- Single Breath Test
- Warm-up & Cool Down modes
- Training History
- Multi-User Option

### Everything in the palm of your hand

If you're already familiar with or simply aware of the benefits of inspiratory muscle training and would like to get more out of it, then the K3 is ideal. It not only offers the most effective inspiratory muscle training you'll ever experience, as with all the K-Series models, but also a benchmark from which you can easily assess your progress using the Single Breath Test. This measures your inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath.

The K3 also offers additional training modes for warming-up your breathing muscles and a cool-down or 'recovery' after exercise.

**Warm-up:** research has shown that a standard pre-exercise warm-up routine fails to prepare the breathing muscles for the rigours of exercise.

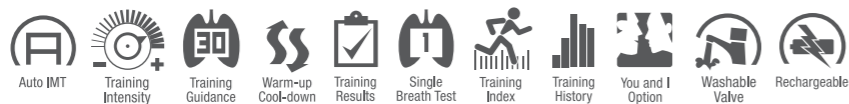


**Cool-down:** researchers have found that breathing against a small inspiratory load immediately after exercise reduces lactate by 16%.

Choosing the K3 means you're serious about improving your breathing and your performance, which is why the Training History is a must, as it provides you with a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results on the K3 handset.



### Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit [powerbreathe.com](http://powerbreathe.com)



## K2 Intermediate Intelligent Digital Breathing Trainer

The POWERbreathe K2 is the intermediate model, for people who want to experience the quality breathing training that the K-Series offers, without the in-depth analytical features.



The K2 also offers the most effective inspiratory muscle training you'll ever experience, as with all the K-Series models.

Unlike the K1 the K2 includes the Single Breath Test, which measures your inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath.

The K2 only stores data of your last training session and your last single breath test.

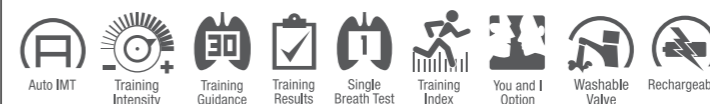
- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH<sub>2</sub>O); Power (Watts); Volume (Litres)
- Single Breath Test
- Multi-User Option

### The K2 is perfect for:

- Sports professionals, including coaches, therapists, athletes, recreational fitness and sports enthusiasts
- Uniformed services – army, navy, air force, police, fire service
- Performers, including singers, actors, musicians, public speakers and teachers
- People experiencing breathing difficulties resulting from a medical condition, sedentary lifestyle or old age



### Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit [powerbreathe.com](http://powerbreathe.com)



## K1 Entry level Intelligent Digital Breathing Trainer

If you'd like to start a programme of training that will improve your breathing strength and stamina, reduce breathing fatigue and improve your performance, then the POWERbreathe K1 is ideal, if you are looking for an excellent entry level device.

The K1 simply offers inspiratory muscle training (breathing training) – nothing more; no advanced options or software to deal with.

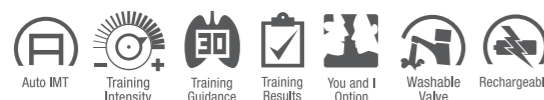
- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH<sub>2</sub>O); Power (Watts); Volume (Litres)
- Multi-User Option

As with all of the K-Series the K1 offers the most effective inspiratory muscle training you'll ever experience, with its ergonomic design, comfortable mouthpiece and easy-to-use LCD menu.

Plus you'll get all the precision electronics, the auto-optimising IMT – everything that makes the K-Series the world's 1st intelligent digital breathing trainer.



### Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit [powerbreathe.com](http://powerbreathe.com)

## PLUS+

### PLUS keeps it simple

The POWERbreathe PLUS series offers you the best experience of breathing training out of the two mechanical series of POWERbreathe breathing trainers: PLUS and Classic models.

From its comfortable mouthpiece to its simple ergonomic design, the PLUS offers a pleasant and effective breathing training experience.

The ergonomic design not only makes the PLUS an easy product to use, but it also provides a 65% improved airflow compared to the Classic.

#### Here's how it works

The PLUS uses a mechanical valve system to offer resistance to your in-breath; this is controlled by a precisely calibrated spring and can be adjusted to increase the resistance as your breathing muscles become stronger.

Stronger breathing muscles means improved stamina and less fatigue, resulting in improved performance.

#### Here's how you improve using your PLUS

It's easy to adjust your training level simply by rotating the load adjuster at the base of the unit to increase or decrease the resistance load.



#### Guide to Resistance Levels

- LR Light Resistance**  
Introductory level for those who are less active.  
Load settings 17-98cmH<sub>2</sub>O
- MR Medium Resistance**  
For those who are moderate to very fit.  
Load settings 23-186cmH<sub>2</sub>O
- HR Heavy Resistance**  
Only for those who have reached the maximum loading on a medium resistance model.  
Load settings 29-274cmH<sub>2</sub>O



The PLUS Series features a scale on it's transparent sleeve indicating training levels of 0 – 10. As the load adjuster is rotated, you can see the internal level-indicator sleeve moving up or down, indicating the training level on the scale.

#### There's a PLUS for everyone

The PLUS series is available in three variable resistance levels, light, medium and heavy providing an adjustable load setting range from 17cmH<sub>2</sub>O to 274cmH<sub>2</sub>O, dependent upon the model. (See Guide to Resistance Levels.)

#### We can help you choose

To get the best out of POWERbreathe IMT devices it is important to choose the model and resistance level best suited to your needs.

Visit [POWERbreathe.com](http://POWERbreathe.com) to find out which Breathing Trainer is best for you. Click on Breathing Trainers and select from the two statements. Our bespoke filter will do the rest and select the most appropriate model for you!

For more information and specifications, please visit: [powerbreathe.com](http://powerbreathe.com)



# CLASSIC

The POWERbreathe CLASSIC series is the pioneer of variable load breathing trainers.

Ground breaking research resulted in the introduction of IMT breathing training into mainstream fitness, active living and sports performance training.

Scientists also recognised that breathing not only presented a limitation to sports people but it also impacted on the exercise tolerance of healthy people with breathing problems, as well as patients with respiratory difficulties.

### Awarded

The CLASSIC was developed and designed as a result of research by a group of scientists and in 1998 was awarded the prestigious Millennium Mark by the Design Council of Great Britain.

### Recognised by the NHS

The POWERbreathe Medic model underwent 20 months of rigorous assessment by the National Health Service (NHS), resulting in its approval to be made available on prescription in the UK as an evidence-based, drug-free treatment for patients with a variety of medical conditions.

### There's a CLASSIC for everyone

The tried and tested CLASSIC models: light, medium and heavy resistance offer an adjustable load setting range from 10cmH<sub>2</sub>O to 250cmH<sub>2</sub>O, dependent upon the model, making the CLASSIC an ideal, cost effective solution for improving your general wellbeing or improving your level of fitness and sports performance. (See Guide to Resistance Levels.)

### Changing the load setting

Adjusting the load setting on your Classic is easy. Remove the handle cover to reveal a scale indicating load settings 1– 9. Rotate the load adjustment knob to increase or decrease the training level on the scale and replace the handle cover. You're now ready to continue training.



### We can help you choose

To get the best out of POWERbreathe IMT devices it is important to choose the model and resistance level best suited to your needs.

Visit [POWERbreathe.com](http://POWERbreathe.com) to find out which Breathing Trainer is best for you. Click on Breathing Trainers and select from the two statements. Our bespoke filter will do the rest and select the most appropriate model for you!

#### Guide to Resistance Levels

- LR Light Resistance**  
Introductory level for those who are less active  
load settings 10-90cmH<sub>2</sub>O
- MR Medium Resistance**  
For those who are moderate to very fit  
load settings 10-170cmH<sub>2</sub>O
- HR Heavy Resistance**  
Only for those who have reached the maximum  
loading on a medium resistance model  
load settings 10-250cmH<sub>2</sub>O

**"I'm 79 years-old and it's got me through several marathons, heart surgery and other ageing complaints."**

*Donald*

For more information and specifications, please visit: [powerbreathe.com](http://powerbreathe.com)

**ActiBreathe by POWERbreathe**  
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 included



### ActiBreathe: Total Body Conditioning programme includes:

- A POWERbreathe PLUS Model **MR**
- ActiBreathe Resistance Band with Adjuster grips
- ActiBreathe Anti-Burst Balance Ball and Pump
- Deluxe full length DVD includes: ActiBreathe CardioCurve • MuscleMix and AbsCoreMore workouts (Approx 90 minutes total)

Visit [powerbreathe.com](http://powerbreathe.com) to see the complete range of programmes and accessories



### 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 Model **MR**
- ActiBreathe Anti Burst Balance Ball with Pump
- Full length ActiBreathe AbsCoreMore workout DVD (Approx 30 minutes)



### ActiBreathe: MuscleMix Programme

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

#### Programme Includes:

- A POWERbreathe PLUS Model **MR**
- ActiBreathe Resistance Band with Adjuster Grips
- Full length ActiBreathe MuscleMix workout DVD (Approx 30 minutes)



### 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 Model **MR**
- Full length ActiBreathe CardioCurve workout DVD (Approx 30 minutes)



# POWERbreathe K-Series features

## Advanced Variable Load Training

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

### Training Features:

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

**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.

### 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.

**Manual Training Intensity:** The training intensity adjustment option allows resistance to be manually set from 5 to 200cmH<sub>2</sub>O to suit your personal training requirements.

**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.

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

**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.

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

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

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

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

### Standard Features:

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

### Training Feedback and Testing Features:

**Training Results:** Provides detailed breathing training feedback including Load (cmH<sub>2</sub>O), Power (Watts) and Inhaled Volume (Litres).

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

**Strength Index (S-Index):** Calculates your inspiratory muscle strength (cmH<sub>2</sub>O) based upon your peak inspiratory flow. Strength index is rated in comparison with your predicted value.

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

**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.

### POWERbreathe Customer Care

When you buy a POWERbreathe device you get so much more than what's in the box. We'll be here to help you maximise the benefit of your purchase by providing guidance and assistance to help you get the most out of your training. Visit [powerbreathe.com](http://powerbreathe.com)

# POWERbreathe K-Series comparison chart

			K-Series				
Icon	Features	Explanation of features	K1	K2	K3	K4	K5
<b>Training Features</b>							
	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 <sub>2</sub> 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					●
<b>Training Feedback and Testing Features</b>							
	Load (cmH <sub>2</sub> 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)		●	●	●	●
	S-Index	Index of inspiratory muscle strength (cmH <sub>2</sub> 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		●	●	●	●
	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		● <sup>1</sup>	● <sup>1</sup>	● <sup>1</sup>	● <sup>1</sup>
	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			●	●	●
<b>Breathe-Link Features</b>							
	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 .bile 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.				●	●

● Indicates Features Included ●<sup>1</sup> Note1: for K2, K3, K4 and K5 models, peak flow result is output following an S-Index test. (Information subject to change due to manufacturers continuous program of development).

## Books and Accessories

### POWERbreathe K-Series Accessories



POWERbreathe Single Use Try-Safe™ Filter for Testing



POWERbreathe Spacer



POWERbreathe Oxygen Mask Adapter



POWERbreathe K-Series Mouthpiece



POWERbreathe K-Series Nose Clip



K-Series Single Pack Valve Head



POWERbreathe Cleansing Tablets

### POWERbreathe Classic and Plus Accessories



POWERbreathe Single Use TrySafe™ Filter for Testing



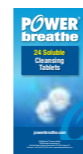
POWERbreathe Classic Mouthpiece



POWERbreathe Plus Mouthpiece



POWERbreathe Plus Nose Clip



POWERbreathe Cleansing Tablets

### ActiBreathe Accessories by POWERbreathe



ActiBreathe Anti burst 65cm Ball and Pump



ActiBreathe Resistance band and 2 Clips



ActiBreathe AbsCoreMore Workout DVD (Approx 30 minutes)



ActiBreathe MuscleMix Workout DVD (Approx 30 minutes)



ActiBreathe CardioCurve Workout DVD (Approx 30 minutes)

### Better Breathing Publications

#### 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 optimise training and performance. Includes detailed instruction, practical advice and easy-to-use, time efficient sample protocol programmes, for you to – Breathe Strong, Perform Better.

**Recommended** to anybody who breathes and is interested in learning about better breathing to improve sports and fitness performance, as well as, active and healthy living.

#### 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.

**Recommended** particularly to healthcare and medical professionals wanting to improve their Respiratory Muscle Training (RMT) knowledge.

#### 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. This book takes 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.

**Recommended** to physiotherapists, respiratory therapists and other healthcare and medical professionals interested in learning about drug free breathing training methodology including RMT.

#### 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

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## POWERbreathe Better Breathing Products

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 and others.



#### 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



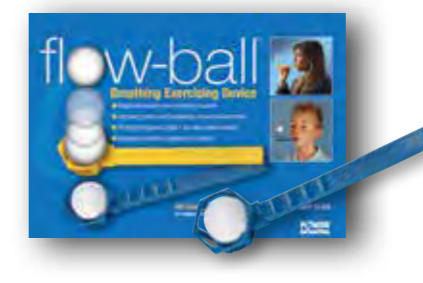
#### Shaker Deluxe Personal Mucus Clearance Device

- 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



#### 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



#### 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

#### 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

For more information and specifications, please visit: [powerbreathe.com](http://powerbreathe.com)

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