

POWER[®] breathe

the world's no.1 breathing trainer™

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



Smart Breathing Training since 1997
www.powerbreathe.com



World class breathing trainers by POWERbreathe®

POWERbreathe breathing trainers are used worldwide 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 in co-operation with leading UK sports and human performance scientists at Loughborough, Birmingham and Brunel Universities, the POWERbreathe breathing trainers use scientifically proven and clinically tested technologies for Inspiratory Muscle Training (IMT).

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'.

POWERbreathe breathing trainers are Class 1 Medical devices.

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 Series were the first breathing trainers to be introduced into mainstream sports science for improving sports performance.

In 2006 after rigorous assessment by the National Health Service (NHS) the POWERbreathe Medic model was approved for prescription in the UK and the POWERbreathe Plus Series was also launched, as a result of new research and the latest developments in technology.

2010 saw the launch of the POWERbreathe K-Series the world's 1st hand-held intelligent digital breathing trainers.

2010 the K-Series, wins: "Consumer Product Design of the Year" award (UK).



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



Matt Bottrill. Photograph by Brain Hall - Aende Photography

The No.1 breathing trainer **Scientifically proven and 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, fitness and 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.



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, COPD and other conditions.

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 Series 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)
- POWERbreathe 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 proud to have been selected as the Inspiratory Muscle Trainer of choice, for sports and fitness performance improvement training by industry leaders, as well as, the Respiratory Muscle Trainer of choice in the growing area of clinical medicine and home healthcare

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 100m & 200m 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



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

What makes this a world 1st, is that with patented precision electronics you can now perform effective and efficient breathing training; monitor performance, review and analyse training and testing results – all in the palm of your hand.

The 'Gold Standard'

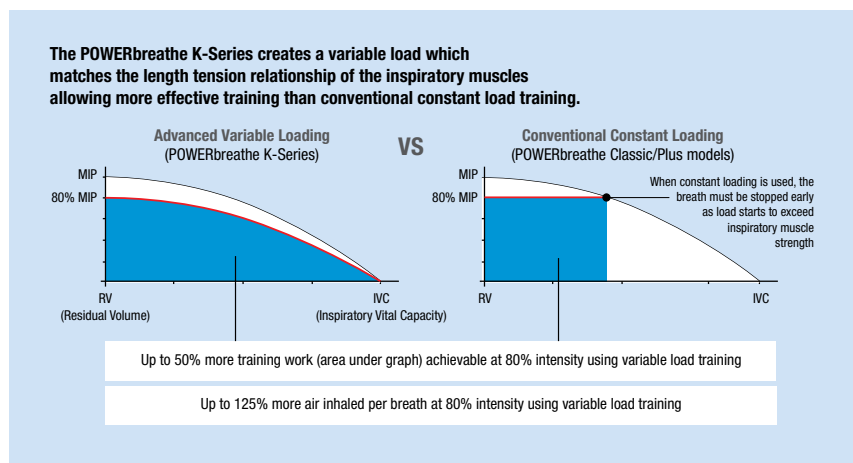
POWERbreathe K-Series was recognised as providing 'Gold Standard' results in a six nations study carried out by highly respected respiratory professionals that highlighted the quality, accuracy and reliability of these electronic hand-held inspiratory muscle trainers for use by healthcare providers in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

The patented K-Series with its advanced technology offers:

- Precise measurement of respiratory pressure and flow at 500Hz per second
- Micro-adjustments to the valve and training load at 4,000Hz per second

This advanced technology allows the K-Series auto-optimising valve system to optimise your training by automatically monitoring and adjusting the resistance to match the changes in your breathing strength during training.

No other portable, hand held, breathing trainer offers this level of training specificity.



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



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



Breathe-Link Pro-View



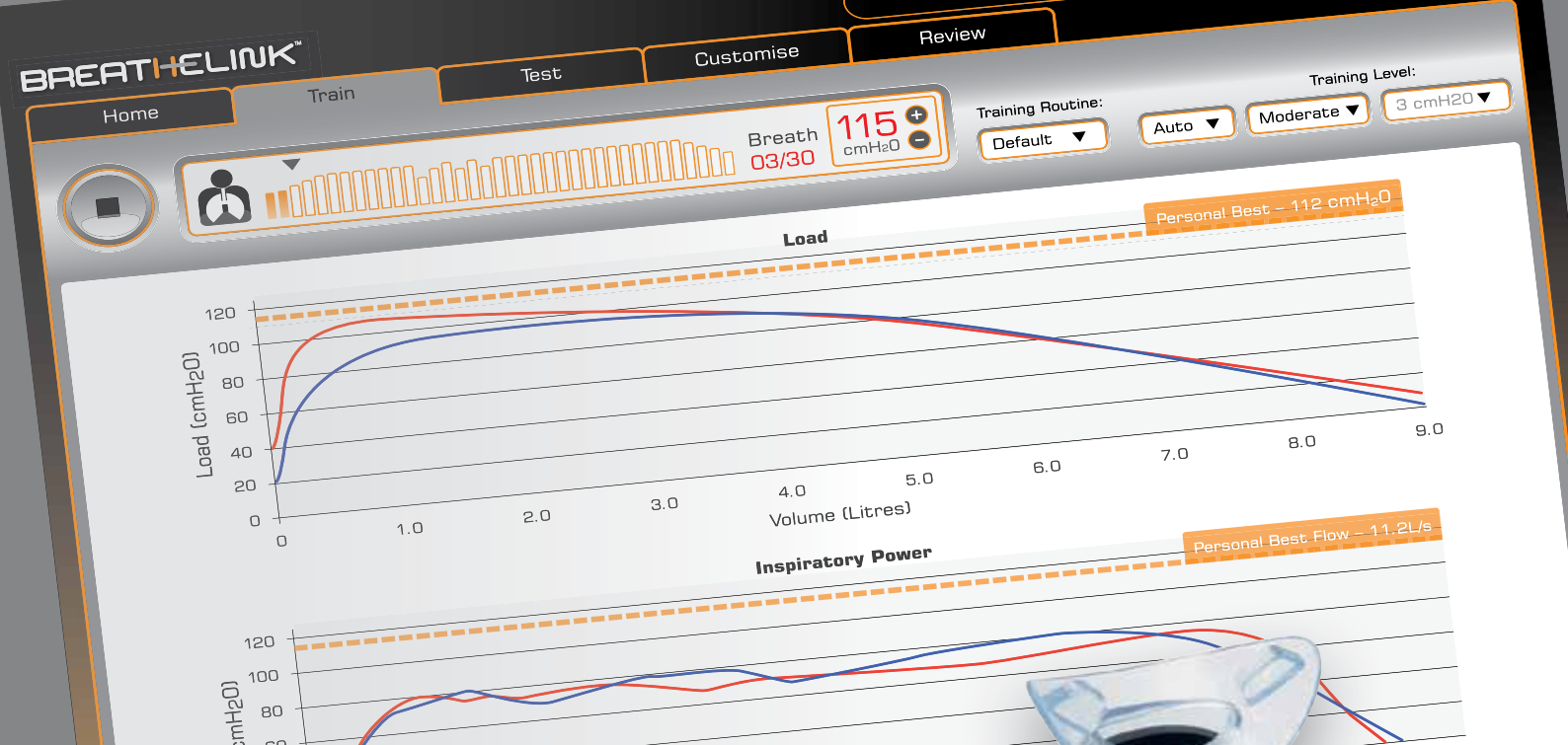
Breathe-Link Custom



“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, team coaching and educational environments.

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 following user groups in mind:

- Sports and human performance scientists
- Performance athletes and coaches
- Fitness instructors / personal trainers
- Physical education
- Health education and human science teachers
- Any individual interested in optimising their breathing to improve performance and quality of life with the benefits of tracking results and progress

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 features include:

- Personalised Auto-optimising Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function.
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Training intensity selector to allow user to create personalised training sessions
- Single Breath Test
- Advanced Breathe-Link performance monitoring software
- Training history for previous 36 sessions can also be reviewed on K5 device
- Warm-up & Cool Down modes
- Integrated pacing metronome, breath counter and end of session indicator.
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable battery and /or via mains power or PC



* Visit website for software requirements.

POWERbreathe 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 to analyse later. 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

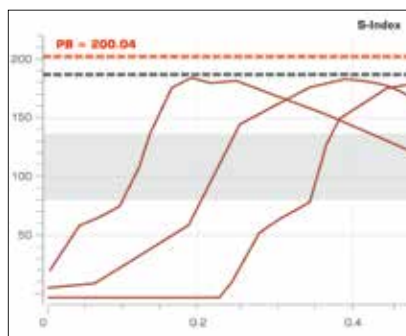
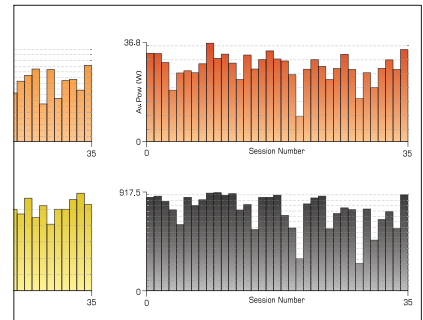
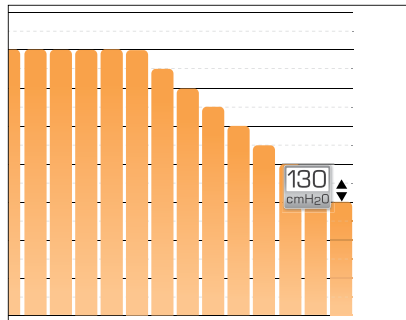
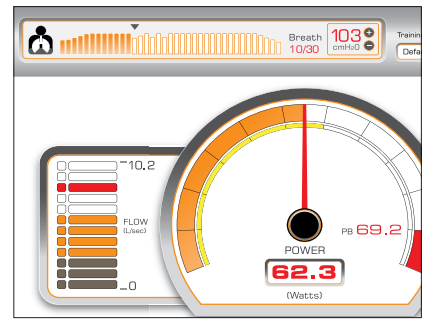
Breathe-Link PDF Generator - keep training history in PDF format for detailed analysis

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

The POWERbreathe K5 Breathe-Link Software also allows for up to 30 user profiles and 1200 stored sessions per user, making it an essential biofeedback tool for sports teams, fitness and educational groups, 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:

-  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
-  Breathe-Link Pro-View
-  Breathe-Link Custom

See page 16 for a full description of the K-Series Smart Breathing Training features or visit powerbreathe.com



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.

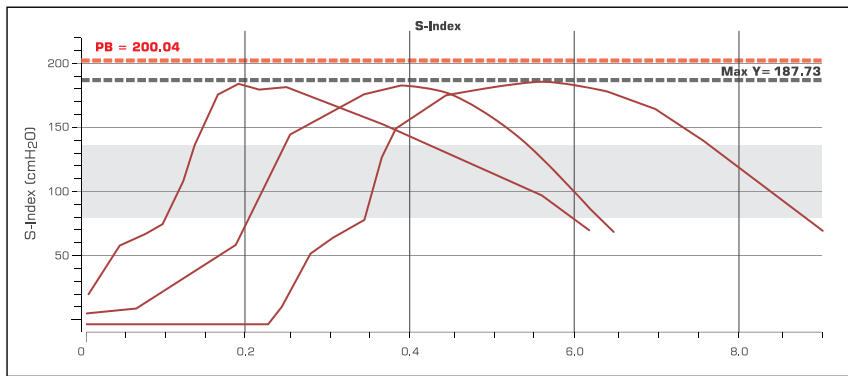
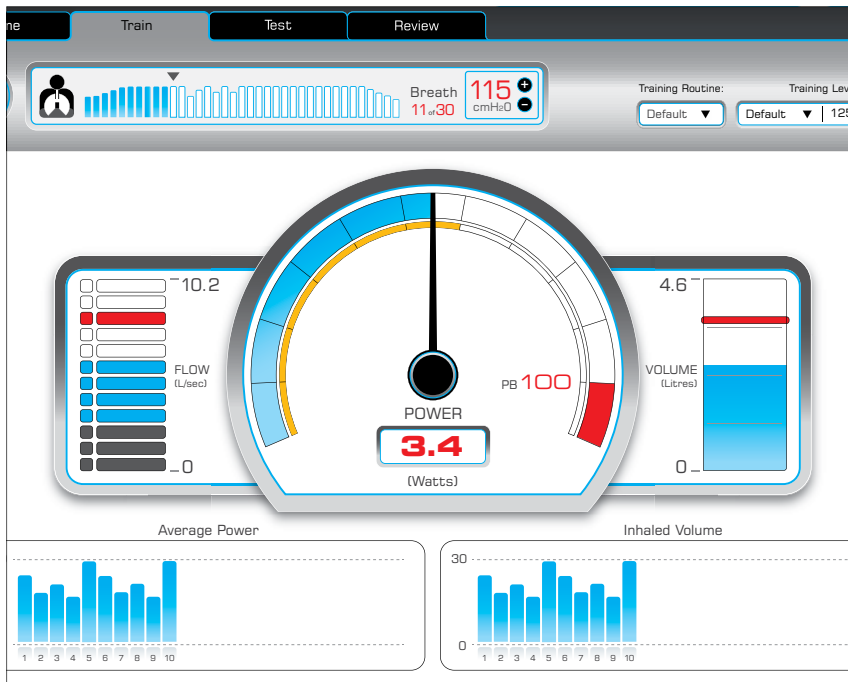
The K4 features include:

- Basic Breathe-Link performance monitoring software excludes: Pro-View, print/pdf and custom function
- Personalised Auto-optimising Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Training intensity selector to allow user to create personalised training sessions
- Single Breath Test
- Training history for previous 36 sessions can also be reviewed on K4 device
- Warm-up & Cool Down modes
- Integrated pacing metronome, breath counter and end of session indicator
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable battery and/or via mains power or PC



* Visit website for software requirements.

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



K4 Breathe-Link Live Feedback Software – on screen

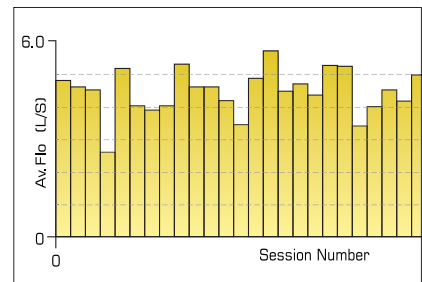
The K4 live feedback software allows you to watch your training breath by breath and track your progress in real-time on your PC using Windows and Mac* via the Breathe-Link Live Feedback Software. And because the software allows you to store data, you can revisit your results for analysis later. Watching 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 POWERbreathe 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.



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



K3 Advanced Intelligent Digital Breathing Trainer

The POWERbreathe K3 is a popular mid-range non-downloadable device supplied without Breathe-Link software.

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

The K3 features include:

- Auto-optimising Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Single Breath Test
- Training history for previous 36 sessions can also be reviewed on K3 device
- Warm-up & Cool Down modes
- Integrated pacing metronome, breath counter and end of session indicator
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable battery and/or via mains power

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.

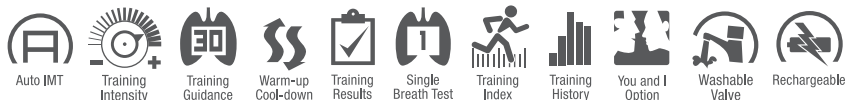


Cool-down: researchers have found that breathing against a small inspiratory load immediately after exercise reduces lactate by 16%.

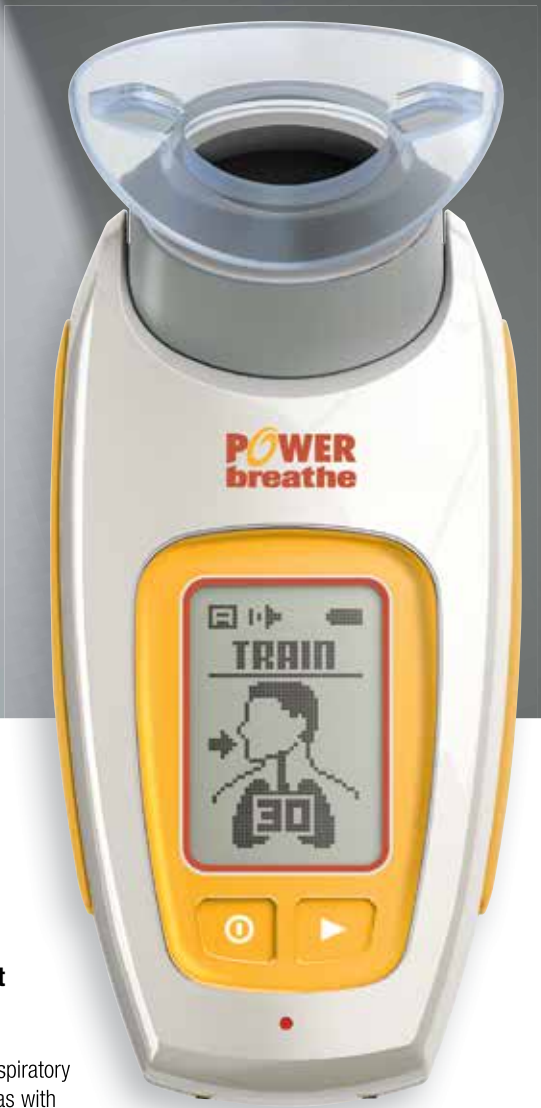
Choosing the K3 means you're serious about improving your breathing and your performance, which is why the Training History is a must, as it provides you with a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results on the K3 handset.



Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit powerbreathe.com



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 (cmH₂O); Power (Watts); Volume (Litres)
- Single Breath Test
- Multi-User Option



The K2 features include:

- Auto-optimising Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres); Flow (Litres/second); Energy (Joules)
- Single Breath Test
- Training history can be viewed for last session only
- Integrated pacing metronome, breath counter and end of session indicator
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable battery and/or via mains power



Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit 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.

The K1 features include:

- Auto-optimising Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres)
- Training history can be viewed for last session only
- Integrated pacing metronome, breath counter and end of session indicator
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable battery and/or via mains power

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



PLUS+
Special Edition Black
LR MR HR

PLUS+
Special Edition Pink
LR MR HR



LR

MR

HR

Guide to Resistance Levels

- LR Light Resistance**
Introductory level for those who are less active.
Load settings 17-98cmH₂O
- MR Medium Resistance**
For those who are moderate to very fit.
Load settings 23-186cmH₂O
- HR Heavy Resistance**
Only for those who have reached the maximum loading on a medium resistance model.
Load settings 29-274cmH₂O

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 model series.

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.



The Plus Series features a scale on its 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 17cmH₂O to 274cmH₂O, 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 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



LR

MR

HR



CLASSIC

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

Ground breaking research at Loughborough and Birmingham Universities resulted in the introduction of variable load IMT breathing training into mainstream sports performance, fitness, active living and healthcare.

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

Awarded

The POWERbreathe Classic model was developed and designed as a result of research by a group of leading 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 10cmH₂O to 250cmH₂O, 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 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!

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

Donald

Guide to Resistance Levels

- LR Light Resistance**
Introductory level for those who are less active
load settings 10-90cmH₂O
- MR Medium Resistance**
For those who are moderate to very fit
load settings 10-170cmH₂O
- HR Heavy Resistance**
Only for those who have reached the maximum loading on a medium resistance model
load settings 10-250cmH₂O

For more information and specifications, please visit: powerbreathe.com

ActiBreathe™

by POWERbreathe

ActiBreathe by POWERbreathe

The only fitness training programme to combine the benefits of inspiratory muscle training with total 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 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

The patented technological advances developed and applied to the POWERbreathe K-Series devices, offer precision measurement of inspiratory pressure and flow at 500Hz per second and micro-adjustment to the valve and training load at 4,000Hz per second. As a result, the electronically controlled variable pressure threshold resistance is optimised to match the strength profile of the users' inspiratory muscles, to achieve maximum personalised 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.

Standard Features:



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. K-Series devices can also be powered via PC or mains power.

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 and training progress to 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.

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

POWERbreathe K-Series comparison chart

Icon	Features	Explanation of features	K-Series				
			K1	K2	K3	K4	K5
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)		●	●	●	●
	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		●	●	●	●
	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		● ¹	● ¹	● ¹	● ¹
	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 .ble 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 ● 1 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).

For more information and specifications,
please visit: powerbreathe.com

Books and Accessories

POWERbreathe K-Series Accessories



POWERbreathe Single Use Try-Safe™ Filter for Testing (Spacer also required)



POWERbreathe Spacer



POWERbreathe Oxygen Mask Adapter



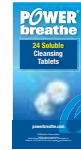
POWERbreathe K-Series Mouthpiece



POWERbreathe K-Series Nose Clip



K-Series Single Pack Valve Head



POWERbreathe Cleansing Tablets

POWERbreathe Classic and Plus Series Accessories



POWERbreathe Single Use TrySafe™ Filter compatible with Classic, Plus and Shaker Deluxe devices



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, drug free '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



Respirom 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



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 smokers and anyone with breathing difficulties
- Colours vary

For more information and specifications, please visit: powerbreathe.com

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POWERbreathe, drug free, healthcare, medical and related Better Breathing products information available at powerbreathe.com



Clinically
Proven Gold
Standard
Device



POWERbreathe
KH-Series

POWERbreathe
Medic Plus

Shaker Medic Plus
by POWERbreathe

