

## Beginner: Exhale Only

- Set the resistance level to 1 or 2.
- Concentrate on just the exhale of breath through the unit. Inhale air normally (not through the inexo device).
- Take 20x breaths out through the device. Then:
- If you have access to a peak flow meter, test yourself and note the results on page 2 of this training program.
- Take a deep breath and hold it for as long as is comfortable. Take note of how long you held it for.
- Use the space provided to note any difficulties or observations about your breathing and overall health.
- Repeat this exercise twice daily for 2 weeks.

Please read the User Manual for full safety instructions. Stop use immediately if you feel dizzy.

It is important to keep in regular contact with your GP or a healthcare professional. Contact them immediately if you feel your symptoms worsen.



Step 1




Step 2

## Progress and improvement

If after a period of time you feel comfortable to make the exercise harder, progress to using a harder difficulty setting (3-5).

It is important to maintain regular daily useage and use the device for a number of weeks. Performance gains rely on continued use.

Morning							Afternoon						 <small>Benchmark in aerobic resistance and rehabilitation</small>
Day	Difficulty (1-5)	Inhale (Y/N)	Exhale (Y/N)	Breath Count	Peak Flow	Hold Breath (sec)	Difficulty (1-5)	Inhale (Y/N)	Exhale (Y/N)	Breath Count	Peak Flow	Hold Breath (sec)	
<i>example</i>	<i>1</i>	<i>N</i>	<i>Y</i>	<i>20</i>	<i>250</i>	<i>20</i>	<i>1</i>	<i>N</i>	<i>Y</i>	<i>20</i>	<i>230</i>	<i>30</i>	
1													
2													
3													
4													
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11													
12													
13													
14													

<b>Patient Name:</b>	
<b>Patient Contact Number:</b>	
<b>Patient Email Address:</b>	
<b>Patient Address:</b>	

<b>Doctor or Healthcare:</b>	
<b>Healthcare Contact Number:</b>	
<b>Healthcare Email Address:</b>	
<b>Healthcare Address:</b>	

<b>Other Notes:</b>

<b>Description of exercise:</b> <i>(example: Walking laps of the room, example: Sit to stand from a chair, example: Raising arms up and down).</i>