

Intermediate: High resistance

- Set the resistance level between 3 to 5.
- Breathe in and out through the unit (long deep breaths).
- 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, introduce some gentle activity whilst you take your breaths.

It is important to maintain regular daily usage 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													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													

Patient Name:	
Patient Contact Number:	
Patient Email Address:	
Patient Address:	

Doctor or Healthcare:	
Healthcare Contact Number:	
Healthcare Email Address:	
Healthcare Address:	

Other Notes:

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