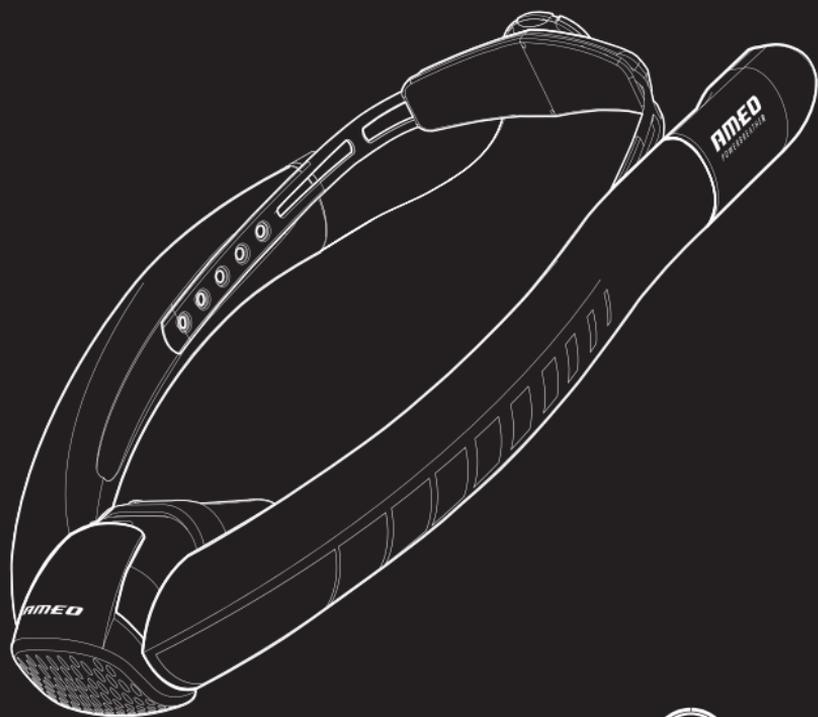


OWNER'S MANUAL

# POWERBREATHER

PB01



**AMEO**



## **CONTENT**

Welcome to the world of the AMEO POWERBREATHER! Its intelligent breathing technology turns swimming into a whole new experience. It provides many new possibilities for swimming with greater relaxation and freedom, as well as for enjoying nature or increasing the intensity of your training. We wish you lots of enjoyment and success in your endeavors.

And another thing: We want you to feel comfortable with the POWERBREATHER from your very first breath. This will probably only be the case if you read these brief instructions. That is, after all, what they were designed for.



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# POWERBREATHER PB01

## 1 AMEO FRESH AIR SYSTEM

An innovative 2-way separation system – for continuously fresh, oxygen-rich, breathable air and unblocked D-Tubes

## 2 SPEED VENT

Quick valve response times along with flexible adjustment to suit different areas of application and training objectives

## 3 EASY FIT AIR JUNCTION

Can be put on quickly with maximum fitting precision and worn with comfort

## 4 TWIST LOCK SYSTEM

Comfortable adjustment to individual head sizes

## 5 D-TUBES

D-shaped profile for comfortable, secure fit with simultaneously optimized (inner) air flow and (outer) flow resistance

## 6 SPEED VENT S

For use in swimming pools as well as in calm open water

## 7 SPEED VENT L

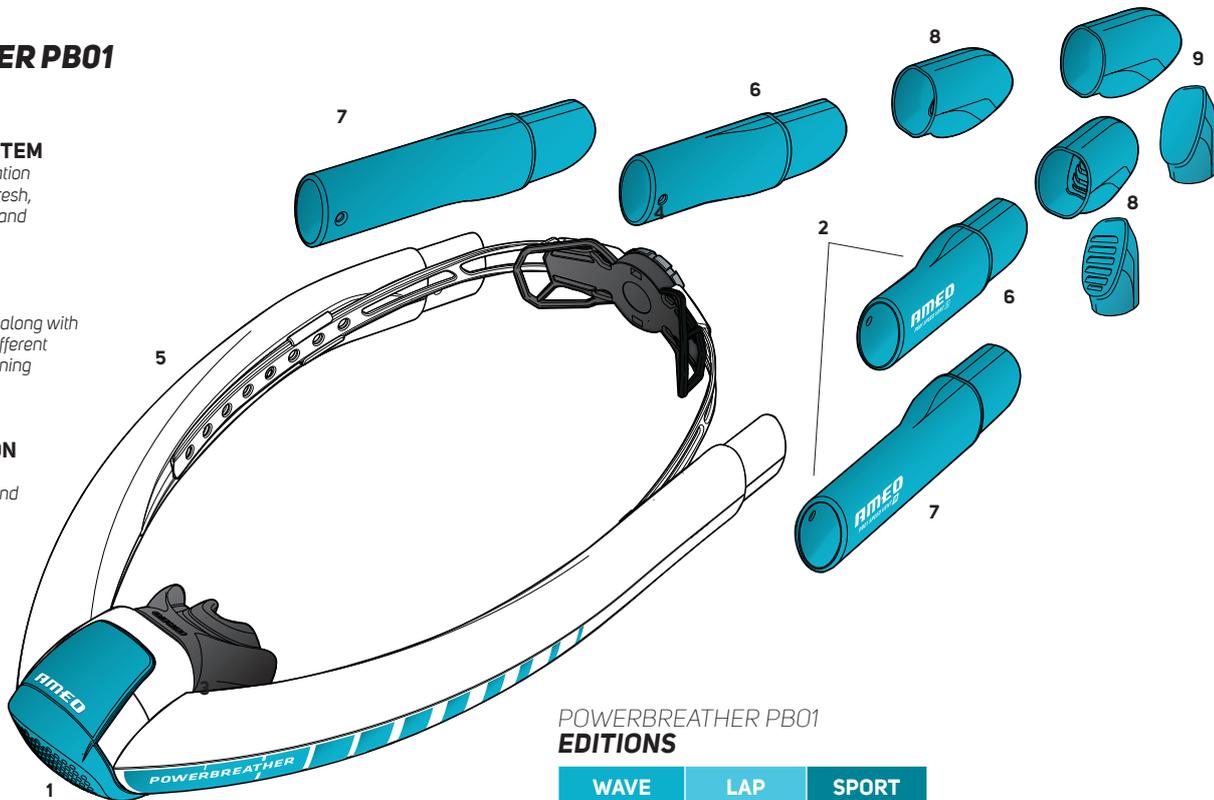
For use in turbulent open water and for deeper swimming

## 8 FLIP CAP

For flip turns as well as turbulent water conditions

## 9 BLIND CAP

For swimmers who turn strongly to one side during the flip turn



## POWERBREATHER PB01 EDITIONS

WAVE	LAP	SPORT	
■	■	■	POWERBREATHER PB01
hard case	soft case	soft case	CASE
■	■	■	SPEED VENT S
■	■	■	SPEED VENT L
■	■	■	FLIP CAP
■	■	■	BLIND CAP

## WARNING AND SAFETY NOTES

### WHAT YOU NEED TO KNOW FOR SAFETY



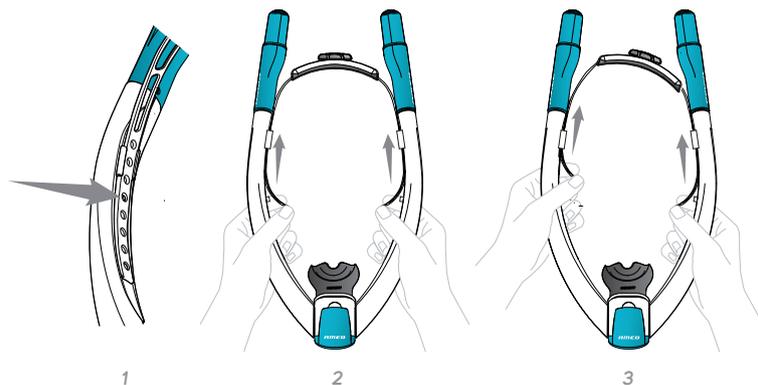
**THE POWERBREATHER IS FOR ADULT USE ONLY. CHILDREN SHOULD NOT USE THE POWERBREATHER WITHOUT ADULT SUPERVISION.**

- // DO NOT USE the POWERBREATHER for diving. The POWERBREATHER is only intended for swimming and snorkeling.
- // The POWERBREATHER is intended for experienced swimmers. The POWERBREATHER is not suitable for non-swimmers and does not provide protection against drowning.
- // Prior to each time you put on the POWERBREATHER, check to make sure that the system and all of its components are free from foreign particles.
- // Do not use the POWERBREATHER under the influence of alcohol, drugs or medications that could impair your awareness or responsiveness.
- // Do not modify the POWERBREATHER or any of its components. This could, under certain circumstances, endanger safety or even your life.
- // In the event that the POWERBREATHER malfunctions, stop using it immediately, seek medical attention where necessary and contact us at [info@ameo.cc](mailto:info@ameo.cc) for service or repair.
- // Please save these instructions for future reference. Additional copies and updates are available at [www.powerbreather.com](http://www.powerbreather.com).
- // The use of the POWERBREATHER requires an exact understanding and observance of this instruction manual.
- // Prior to the very first use of the POWERBREATHER, practice putting on and taking off the POWERBREATHER.

## ADJUSTING

### THIS IS HOW TO SET THE SIZE PROPERLY

1. The lateral headbands enable you to adjust the POWERBREATHER initially to the approximate size of your head. There are eight holes on each side for this. The middle hole in each case corresponds to a medium head size (*fig. 1*).
2. To adjust the size, lift the headbands slightly at the free ends (*fig. 2*). You can now push them upward in order to increase the head size. If you pull them down, then the head size becomes smaller.
3. Always adjust both sides symmetrically.
4. You can fix the setting by clicking the buttons into the holes (*fig. 3*).



### TIP

You can check whether the headband is set correctly by completely opening the TWIST LOCK SYSTEM once. To do this, turn the wheel to the loosest setting. There should now be a finger width of space between the back of the head and the headband.

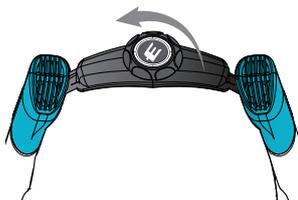


## PUTTING IT ON

### THIS IS HOW TO PUT ON THE POWERBREATHER PROPERLY

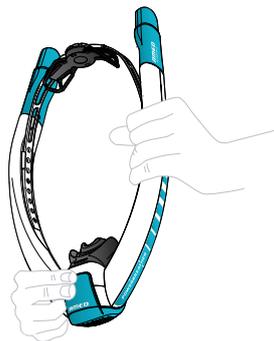
1.

If you swim with goggles, you should always put them on before the POWERBREATHER.



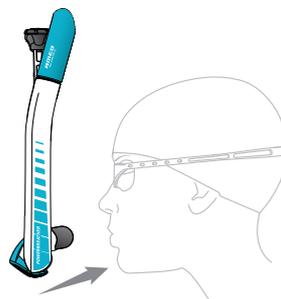
2.

Open the TWIST LOCK SYSTEM completely by turning the wheel counter-clockwise.



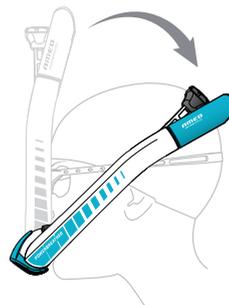
3.

Hold the POWERBREATHER in both hands like this, so that the AMEO lettering on the front end of the device points upward.



4.

Now fold the D-TUBES upward at the same time, so that they are positioned at a 90-degree angle to the mouth piece



5.

You can now hold the mouth piece loosely in your mouth and pull the D-TUBES parallel over your head. The D-TUBES should run above the ears – approximately along the temples.



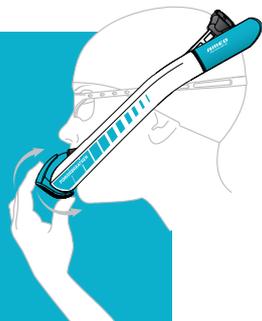
6.

Now fix the POWERBREATHER in place on the back of the head with the TWIST LOCK. To do this, turn the twist lock until the device sits comfortably but firmly in place.

## TIPS

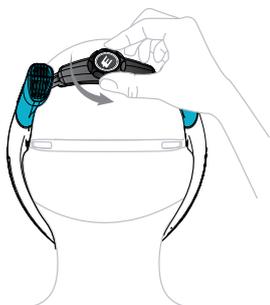
The POWERBREATHER stays in place better with a bathing cap. If you swim with goggles, then always put them on before the POWERBREATHER.

Does the mouth piece sit comfortably? If not, it can be moved up or down by slightly turning the AIR FIT JUNCTION. Ideally, it should fit without pressure on the upper and lower jaws.

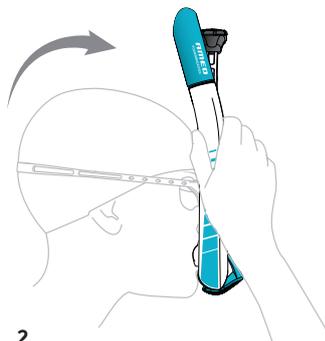


## TAKING IT OFF

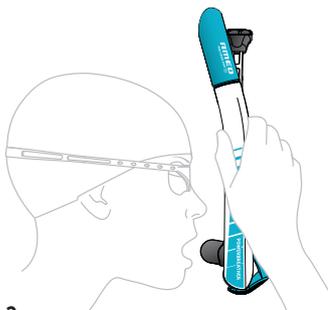
THIS IS HOW TO TAKE OFF THE POWERBREATHER PROPERLY



1. Unscrew the TWIST LOCK SYSTEM: Keep turning until you can easily remove the POWERBREATHER from your head without resistance.



2. Fold the D-TUBES forward in parallel with both hands at the same time.



3. You can now remove the mouth piece from your mouth and take off the POWERBREATHER.

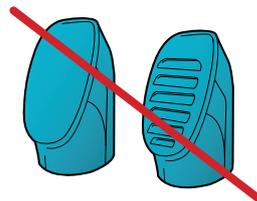
### TIPS

*Prior to the very first use of the POWERBREATHER in the water, we recommend that you practice taking off the sports equipment correctly.*

## SWIMMING

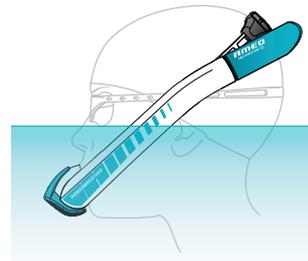
BREATHING FOR THE FIRST TIME IN THE WATER

1. When using for the first time, do not use any FLIP CAPS or BLIND CAPS.

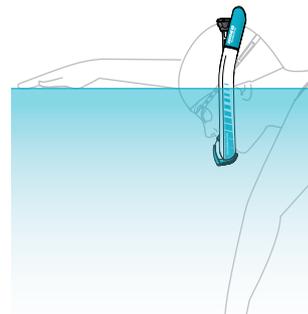


2. First, hold on to the edge of the pool or find a place with secure footing in shallow water.

3. Then sink down into the water, so that your mouth and nose are underwater. Inhale and exhale calmly through your mouth until you become accustomed to breathing with the POWERBREATHER. Only inhale through the mouth when using the POWERBREATHER. Exhaling is possible through the mouth or nose.

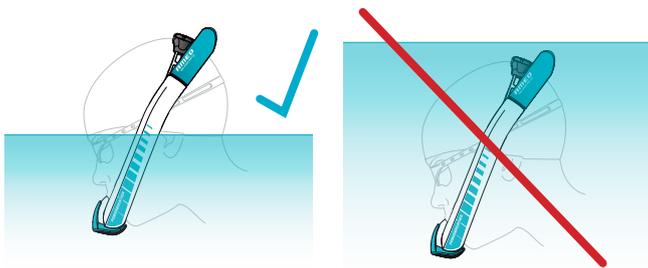


4. Start with an easy crawl or breast-stroke. Inhale only through the mouth when doing this. Exhaling is possible through the mouth and nose. Allow your head to lie quite calmly in the water. Turning to the side to inhale – as is otherwise the case with the crawl – is no longer necessary with the POWERBREATHER.



# SWIMMING

## BREATHING FOR THE FIRST TIME IN THE WATER



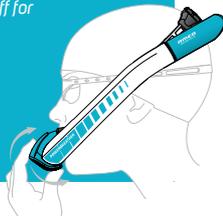
**5.** Only inhale with the POWERBREATHER if the valve system of the D-TUBE is completely above the surface of the water.

**6.** You can gradually increase the intensity of the swimming training. Have fun!

### TIPS

At first you may be aware of a slight resistance via the membrane as you breathe in. That is normal, and the feeling goes away by itself over time.

The mouth piece can be easily turned upward in the direction of the nose as needed, such as during breaks, in order to be able to speak. The entire POWERBREATHER does not need to be taken off for this.



# FLIP TURN

## THIS IS HOW TO COMPLETE THE TURN

You should master this fully before you first attempt a flip turn with the POWERBREATHER. For this reason, first practice the flip turn several times without the POWERBREATHER. When performing flip turns with the POWERBREATHER, exhale primarily through the mouth. Never actively exhale when you are positioned on your side or back. The following instructions are only intended for those with practice!



1. First, clip the two FLIP CAPS onto the SPEED VENTS on both sides (fig 1). If your POWERBREATHER edition does not include Flip Caps, they can be ordered as extra accessories at [powerbreather.com](http://powerbreather.com) at any time.
2. As always, you should take a deep breath before you start the flip turn.
3. Throughout the entire turning movement, you should only allow a part of the air to flow out, primarily through your mouth. Never actively

exhale when you are positioned on your side or back.

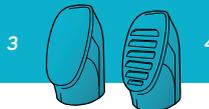
4. Only breathe the remaining air out once you are again in the face-down position. This ensures that the moisture from breathing, and occasional water, cannot be discharged into the D-TUBES (fig. 2).



### TIPS

Some swimmers turn strongly to one side. The BLIND CAP (fig. 3) has been developed with them in mind. This is mounted instead of the two FLIP CAPS (fig. 4), on the side that points down during the flip turn (in other words, the side on which you turn). The other valve system remains open. The Blind Cap can also be individually ordered as an accessory.

No powerful exhaling is necessary with the POWERBREATHER, as some swimmers are familiar with from flip turns using a snorkel. Very little water enters the system during a flip turn, and therefore no powerful exhaling is necessary. In addition, it would have a counteractive effect on the innovative valve system.

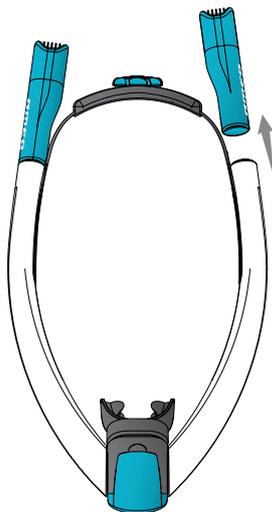


## CARE

### THIS IS HOW TO GET LONG-LASTING ENJOYMENT FROM YOUR POWERBREATHER

*The POWERBREATHER is a piece of technical sports equipment that requires a certain amount of basic care. Only in this way can it maintain its optimum functioning in the long term. Make sure that the POWERBREATHER is not subjected to heat, particularly from heater fans or prolonged periods in the sun. Heat can damage the POWERBREATHER!*

1. Rinse out the POWERBREATHER and the valve system with clean water after each use.
2. For this purpose, the SPEED VENTS and any Caps used are pulled upward to remove them.
3. Allow the POWERBREATHER and all of the other parts to completely dry off prior to storage in the AMEO case or the AMEO cover.
4. Store the POWERBREATHER in the product packaging. This offers the best protection. Any residual moisture is able to evaporate through the ventilation holes.



## TIPS

*The best way to dry the POWERBREATHER is to place or hang it with the openings of the D-TUBES pointing vertically down. The SPEED VENTS should be placed with the opening pointing down on an absorbent cotton or paper towel. Blow-dryers for hair or hands are not suitable for drying the equipment. Heat can damage the POWERBREATHER!*

## LIMITED PRODUCT WARRANTY

The liability of AMEO SPORTS GMBH („Manufacturer“) shall be limited to the foreseeable damages typical of such contracts. Exceptions to this Limitation of Liability are (i) damages resulting from injury to life, limb or health involving intentional or negligent violation of duties on the part of the Manufacturer or its vicarious agents, (ii) other damages involving intentional or grossly negligent violation of duties on the part of a legal representative or vicarious agents of the Manufacturer, and (iii) damages according to the German Product Liability Act.

The Manufacturer warrants that for a period of one (1) year from the date of purchase (“Warranty Period”), the POWERBREATHER and its components shall be free from material defects in assembly, manufacturing, and workmanship (“Limited Product Warranty”). A customer making a claim under this Limited Product Warranty must send a request in writing, by fax, email, or pre-paid first class postage to the manufacturer at the following address:

AMEO Sports GMBH  
Attn: Jan v. Hofacker  
FICHTENWEG 1A  
82319 STARNBERG | GERMANY  
FAX +49 (0)8151 44 77 443  
INFO@AMEO.CC  
POWERBREATHER.COM

The customer must provide notice of a claim during the Warranty Period and within a reasonable time of discovery that a POWERBREATHER does not comply with the Limited Product Warranty. Customer, at the request of AMEO Sports GmbH, shall return the POWERBREATHER to AMEO Sports GmbH for inspection and analysis. AMEO Sports GmbH shall pay the cost of shipment. The Limited Product Warranty shall not apply to and be void if any non-conformity or defect is caused by or arises due to:

1. Customer’s making any further use of a POWERBREATHER after giving a notice of a claim under the Limited Product Warranty;
2. Customer’s failure to follow the instructions as to the use or storage of the POWERBREATHER;
3. Customer’s altering the POWERBREATHER; or
4. Any abuse or normal wear and tear, willful damage, negligence, or abnormal training conditions.

EXCEPT AS EXPRESSLY SET FORTH HEREIN, AMEO MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY THAT THE PRODUCTS ARE NON-INFRINGEMENT, ARE OF MERCHANTABILITY QUALITY, OR THAT THE PRODUCTS SHALL BE FIT FOR ANY PARTICULAR PURPOSE.

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3. IN NO EVENT SHALL AMEO OR ANY OF ITS AFFILIATES, OR THE MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, REPRESENTATIVES, LICENSORS OR LICENSEES BE LIABLE TO A CUSTOMER OR ANY THIRD PARTY FOR DAMAGES OF ANY KIND ARISING OUT OF THE USE, INABILITY TO USE, OR IMPROPER USE OF THE POWERBREATHER (INCLUDING, BUT NOT LIMITED TO, ANY DIRECT, INDIRECT, SPECIAL, PUNITIVE, INCIDENTAL OR CONSEQUENTIAL DAMAGES), AND REGARDLESS OF THE FORM OF ACTION, WHETHER IN CONTRACT, TORT, OR OTHERWISE.

[WWW.POWERBREATHER.COM](http://WWW.POWERBREATHER.COM)



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