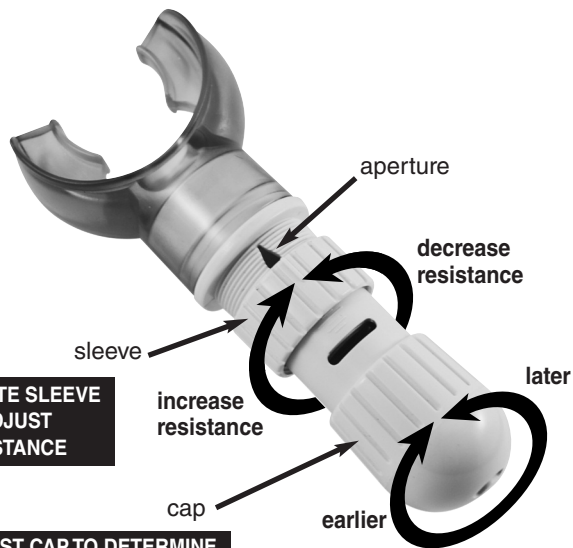


Ultrabreathe™

RESPIRATORY TRAINER



ROTATE SLEEVE TO ADJUST RESISTANCE

ADJUST CAP TO DETERMINE HOW SOON RESISTANCE IS EXPERIENCED WHEN BREATHING IN

CONTRAINDICATIONS
Used correctly, the Ultrabreathe™ can be used by almost anyone and has no harmful side effects. Very occasionally, however, there may be instances in which the creation of a large negative pressure in the chest may exacerbate an existing condition. If this happens advice should be sought from your doctor. If you are on medication, suffer from a medical condition (asthma for example), or are uncertain as to whether the Ultrabreathe™ is appropriate for you, then you should consult your doctor prior to commencing training. Above all, unless advised by your doctor, you should not stop taking any medication - the Ultrabreathe™ is intended to complement existing treatments, not replace them.

The Ultrabreathe™ is a highly effective inspiratory muscle trainer, providing an easy and convenient means of increasing the strength and durability of the respiratory muscles.

It works on the principle of resistance. As you inhale, the resistance created makes your respiratory muscles work harder, and the harder they work the stronger and more durable they become - and as your breathing power improves, the Ultrabreathe™ can be gradually adjusted to provide more resistance. Just a few minutes training a day can help...

Reduce Breathlessness. Whilst there are many underlying causes of breathlessness such as asthma, emphysema, bronchitis - or simply ageing - clinical research shows that improving the strength and durability of the inspiratory muscles can both significantly reduce the sensation of breathlessness and lead to increased exercise capability and endurance.

Boost Performance. You don't have to be unfit to benefit from Ultrabreathe training. Footballers, runners, swimmers and cyclists can all enjoy a sporting edge with improved pulmonary performance. They can also use it to supplement their warm up routine - research shows that traditional warm up techniques tend to ignore the breathing muscles.

www.ultrabreathe.com

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'Ultrabreathe' is a Trademark of Tangent Healthcare Ltd. The Ultrabreathe is the subject of Patent and Design Rights. Made in the UK.

UK

Ultrabreathe™

RESPIRATORY TRAINER

User Instructions

Please read carefully before commencing training

Step 1

1. Turn your Ultrabreathe™ upside down and check that the valve BALL is approximately in the position shown in Figure 1 overleaf - if not, rotate the CAP (clockwise or anticlockwise) until it is.*
2. Check that the SLEEVE is in its starting position as shown in Figure 2 such that the entire APERTURE is visible - if not, rotate the sleeve (clockwise or anticlockwise) until it is.

Step 2

1. Place the mouthpiece in your mouth so that the two 'wings' rest between your teeth and gums and then grip the two bits between your teeth to form an airtight seal.
2. Take a SHARP breath in through the mouthpiece and continue to breathe in as HARD AS YOU CAN until your lungs are FULL, taking care not to breathe in through your nose. The click you hear is the sound of the ball sealing the valve.
3. Finally, breathe out slowly through the mouthpiece until your lungs are completely empty.

Step 3

1. If you found Step 2 easy (with the resistance at its lowest setting), then increase the resistance by rotating the sleeve CLOCKWISE (as viewed from the end with the cap) by one revolution and try again, once again making sure you breathe in as SHARPLY as possible.
2. Continue this process until you experience a real 'TUG' as you breathe in - this means that you are making your respiratory muscles work harder and you should use this sleeve position to start your training.

* The starting position of the ball determines how soon the resistance is experienced when breathing in. The position illustrated is a recommendation only - you may like to experiment with different positions (by rotating the cap clockwise or anticlockwise) to determine which suits you best.

Days 1 - 3

Ultrabreathe™ training is best done morning and evening. Using the established sleeve setting, your target for each session is 25 breaths in and out (as described in Step 2) which should take about 2½ minutes - however if you experience any discomfort then stop training until symptoms disappear.

Days 4 - 14

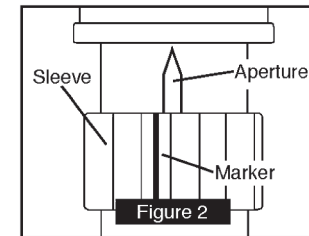
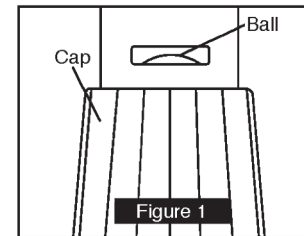
After a few days, using the sleeve marker as a guide, turn the sleeve clockwise half a revolution so as to make breathing in a little harder - don't worry if you have trouble completing the session at first. Then, as your lung power increases, continue to increase the resistance as and when you can such that you are just able to complete the required 25 breaths.

Looking ahead....

After a few weeks you should be starting to enjoy the benefits of Ultrabreathe™ training - however, continue to increase the resistance as and when you can. After a month or so just a few days training a week should be sufficient to maintain your enhanced lung function.

REMEMBER....!

- Don't expect results overnight - to make the most of your Ultrabreathe™ you will need to PERSEVERE with the training programme for a number of WEEKS.
- Make sure you are standing or sitting upright and take care not to breathe through your nose.
- Try and make each breath in as EXPLOSIVE as possible so as to place the optimum strain on your respiratory muscles - as a guide it should take you no longer than about 3 SECONDS to fill your lungs.
- If you experience lightheadedness, shortness of breath, or a noticeable increase in pulse rate then stop training until symptoms disappear - if symptoms persist then contact your doctor.



Performance Training and Warm Up

Ultrabreathe™ training can also enhance sporting performance. To train for performance simply follow the 25 breaths x 2 training regime, bearing in mind that you will achieve maximum rewards if you train hard. Additionally, you can use your Ultrabreathe™ to supplement your warm up routine - research shows that traditional warm up techniques tend to ignore the breathing muscles. To warm up your breathing muscles all you need do is complete 2 x 25 breath sessions (allowing a few minutes rest between each) prior to commencing full body workout/competition - unlike the regular training regime, however, select a resistance level so as to avoid maximum exertion.

Expiratory Training

The Ultrabreathe™ can also be used for expiratory training which exercises the muscles we use to breathe out, simply turn the cap clockwise as far as you can* so as to seal off the exhaust outlet, then with the mouthpiece in your mouth, breathe in through your nose and out through the mouthpiece. To vary the resistance experienced when you breathe out simply rotate the sleeve as described overleaf.

Cleaning your Ultrabreathe™

It is important that your Ultrabreathe™, especially the mouthpiece, is kept clean. With this in mind, twice a week bathe it in warm water for about 15 minutes, remove, and then run under warm water whilst rubbing gently with a soft cloth before leaving to dry. Then, once a week, deep clean in the same way, this time using a baby's feedbottle sterilising solution or equivalent.

* Do not overtighten the cap as this may damage your Ultrabreathe™