



WORK HARD. BREATHE EASY.

SUMMARIZED ATHLETIC PROTOCOL

Breather Fit is the first and only patented technology of its kind, and is based on almost 4 decades of clinical experience. Respiratory muscle training (RMT) is a scientifically proven method to increase muscle strength and performance capacity of your respiratory system. This will improve oxygen supply to all muscle groups, and delay time to fatigue. **Breather Fit** is suitable for all athletic disciplines, and improves performance at any level, from beginner to elite athlete.

TO USE BREATHER FIT

1. Sit upright, hold the mouthpiece between your lips.
2. Breathe in and out through **Breather Fit** using diaphragmatic (abdominal) breathing.
3. Rotate the tactile inhale (settings 1-6) and exhale (settings 1-5) dials to a setting at which you manage 10 breaths without puffing your cheeks or getting out of breath. You want to feel as if you've been giving 60% of your effort to get to the 10th breath.
4. Increase the inhale and exhale settings independently of each other if the set of 10 breaths becomes too easy. Reduce the dial settings if you have not been using your **Breather Fit** for a period of time due to illness or other reason.
5. Training: Please use **Breather Fit** 6 days per week. 2 sessions per day (mornings and evening). 2 or 3 sets of 10 full breaths per session.
6. You should start noticing positive benefits after your first week of use.
7. Duration: At least 4 to 6 weeks, continued training will gain continued benefit.
8. Remember: Avoid RMT after strenuous exercise to prevent overtraining (day off).



BENEFITS SHOULD BECOME APPARENT AFTER ABOUT 4 WEEKS OF TRAINING