



TRAIN HARD BREATHE EASY

SUMMARIZED ATHLETIC PROTOCOL

Last Updated on 10/19/2020

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 70% 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 over-training (day off).



BENEFITS SHOULD BECOME APPARENT AFTER ABOUT 2 WEEKS OF TRAINING

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BREATH^{ER}.



THE
BREATH^{ER}.



BREATH^{ER}
FIT



BREATH^{ER}
VOICE



CLEANING YOUR DEVICE

Your device will be exposed to saliva during use. We recommend cleaning it daily, or even after every session. Do not use in the dishwasher or use boiling water, as this may damage your device and will void your warranty.

CLEANING STEPS

1. Add a few drops of dish soap in a bowl of warm water
2. Separate body section of device from mouthpiece
3. Swirl both sections in a soapy water solution
4. Rinse well
5. Shake off, then tap the device 3-5 times against your palm to dispel extra moisture
6. Set dials to 1 and 1, and inhale and exhale sharply to release moisture seal.
7. Towel dry outer surfaces
8. Air dry, and store in non-humid location



EASIER OPTION

Watch the cleaning video

www.TheBreather.com/Cleaning

WWW.PNMEDICAL.COM

877-414-4449 | CARE@PNMEDICAL.COM

DEEP CLEANING

Deeper cleaning is recommended on an as needed basis if your device has been exposed to a large amount of saliva or other debris, seems blocked, or if you have a respiratory infection.

1. Place in 1 part vinegar, 3 parts warm water
2. Let soak for 5 minutes (no more than 15 minutes!)
3. Rinse and air dry as recommended above
4. Store in non humid location



ADVANCED STERILIZATION

This cleaning method is advised for those with depressed immune systems or when their device is used in a hospital setting.

To reduce risk of infection, disinfect your breather at least once per week, in addition to daily cleaning with warm soapy water.

TO DISENFECT:

1. Clean the device first as normal with warm soapy water.
2. Soak in 3% hydrogen peroxide for 20 minutes.
3. Rinse well with distilled, autoclaved, or filtered water.
4. Tap dry and air dry in a clean environment.

