

BREATHER FIT



BREATHER FIT GENERAL PROTOCOL

Last Updated 3/01/21

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.

BEFORE YOU BEGIN

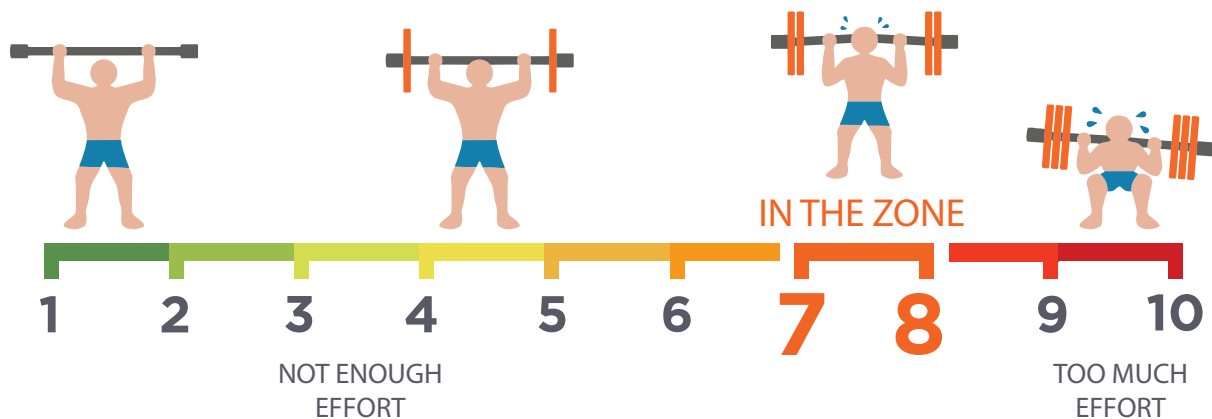
- Read the instructions found in the manufacturer's package insert.
- If access to the internet is available, it's recommended you watch the free training videos found at PNMedical.com/Fit including:
 - *How to Use Breather Fit
 - *Diaphragmatic Breathing
 - *How to Clean Breather Fit
- Begin with the easiest settings by rotating both inhale and exhale dials so the #1 is aligned with the arrow at the top of the Breather Fit device. Note: inhale and exhale dials can be changed independently.



HOW TO USE BREATHER FIT

- Sit upright and hold the mouthpiece between your lips, don't clench it with your teeth.
- Breathe in and out through the mouthpiece (not the nose) using diaphragmatic breathing.
- Inhale effortfully 2-3 seconds, pause, exhale effortfully 2-3 seconds, pause. Repeat this rhythm to complete your set.
- Aim to complete RMT with effort **IN THE ZONE** (orange section of #7-8).

How to train **IN THE ZONE**: For optimal results when training with your Breather Fit, it's important to perform your Respiratory Muscle Training sessions with effort **IN THE ZONE**. The 7-8 range on the scale below correlates to 70%-80% of your maximum effort.



- Listen for a strong 'wind' sound for inhale and exhale to indicate you are doing RMT with effort **IN THE ZONE**
- Listen to your body. Ask yourself:
 - *Am I feeling out of breath or lightheaded?
 - *Take breaks as you need them.
 - ***NOTE:** Lightheadedness that quickly goes away may occur when you first begin training. This is a normal response to the forced inhale/exhale maneuver. Take a short break as this should resolve quickly and you can get back to complete your RMT set.
- Please use Breather Fit to complete RMT 6 days per week, twice a day. One session any time in the AM hours and one session anytime in the PM hours. Aim for 3 sets of 10 full breaths at each session. Leave a good 1-2 minute or more break in between sets.
- Once 10 breaths per set becomes easy, try increasing the resistance by increasing either/both inhale and exhale dials. If you stop using your Breather for a period, you may find the need to reduce the resistances to get back to RMT.
- A recovery day from RMT following competition or strenuous exercise is recommended.
- You should start noticing positive benefits after a week or two of use. We recommend you continue RMT for the rest of your life.



CLEANING BREATHER FIT Up to once weekly

1. Separate the mouthpiece from the body of Breather Fit.
2. Wash in warm water with mild dish-washing soap.
3. Rinse both pieces well.
4. Shake out the excess water & use a clean towel to dry surfaces.

5. Air dry thoroughly (overnight is a great time).

6. Before putting the mouthpiece on, sharply inhale & exhale through the body to release any possible seals.

7. Store in a clean, dry place that can ventilate.

***Do NOT** put Breather Fit in the dishwasher. The high heat may affect the way it works or ruin it completely.

DISINFECTING BREATHER FIT Up to once weekly

1. Clean Breather Fit as outlined above in steps 1-3.
2. Soak in either 70% alcohol OR hydrogen peroxide for 5 minutes.
3. Rinse with sterile or distilled water.
4. Shake out excess water & allow to dry thoroughly.
5. Store in a clean, dry place that can ventilate.



***NOTE:** Breather Fit is a device to be used by one person. It should not be shared with others. All cleaning recommendations assume The Breather is being used by a single individual.

See Cleaning Video at [PNMedical.com/Fit](https://www.pnmedical.com/Fit)

FOR FURTHER SUPPORT

Visit: www.pnmedical.com/faq/

Contact us by phone or email: [877-414-4449](tel:877-414-4449) or care@PNMedical.com