THE BREATHER.

TRAINING JOURNAL

BEFORE YOU BEGIN, WATCH THIS: www.PNMedical.com/Start

STARTING DATE:	/ /	
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PROTOCOL:

__ sets of __ reps per session, __ sessions per day __ days per week with effort maintained IN THE ZONE.

WEEK 1	SUN		MON		TUE		WED		THU		FRI		SAT	
	AM	PM												
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														

During respiratory Muscle Training with **The Breather** you will experience the greatest benefit if you keep your effort level **IN THE ZONE**. For more information on this check out the training videos at **PNMedical.com/Start.**



THE BREATHER.

TRAINING JOURNAL

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STARTIN	G DATE:	/	/

PROTOCOL:

2 sets of 10 reps per session, 2 sessions per day 6 days per week with effort maintained IN THE ZONE.

WEEK 1	SUN		MC	MON		TUE		WED		THU		FRI		ΔТ
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE			$\frac{1}{1}$	$\frac{1}{1}$	1	1	1	1 1	$\frac{2}{1}$	2/1	2/1	2/1	$\frac{2}{1}$	2/1
REPS/SETS COMPLETED			10/2	10/2	10/2	10/2	10/2	10/2	8 / 2	8 / 2	8 2	9 / 2	10/2	10/2
RATE YOUR EFFORT			6	9	6	6	5	5	7	7	6	6	6	6

During respiratory Muscle Training with **The Breather**, you will experience the greatest benefit if you keep your effort level **IN THE ZONE**. For more information on this check out the training videos at **PNMedical.com/Start.**



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STARTING DATE: _	/_	/_												
PROTOCOL:														
sets of reps per se	ession,	ses	ssions	per da	ау с	days p	er wee	ek with	effort	maint	ained	IN THI	E ZON	E.
WEEK 1	SU AM	N PM	MC AM	DN PM	TL AM	JE PM	WE AM	ED PM	TH AM	U PM	FF AM	RI PM	SA AM	T PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
WEEK 2	SU AM	PM	AM	DN PM	AM	JE PM	AM	ED PM	TH AM	IU PM	AM	RI PM	SA AM	PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
								_						
WEEK 3	SU AM	PM	AM	DN PM	AM	JE PM	AM	PM	TH AM	PM	AM	RI PM	SA AM	PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														
	C.	IN I		211			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	-			-		C	_
WEEK 4	SL AM	JN PM	AM	ON PM	AM	JE PM	AM	ED PM	TH AM	HU PM	AM	RI PM	SA AM	AT PM
INHALE/EXHALE														
REPS/SETS COMPLETED														
RATE YOUR EFFORT														