

THE BREATHER.

TRAINING JOURNAL

BEFORE YOU BEGIN, WATCH THIS:

www.PNMedical.com/Start

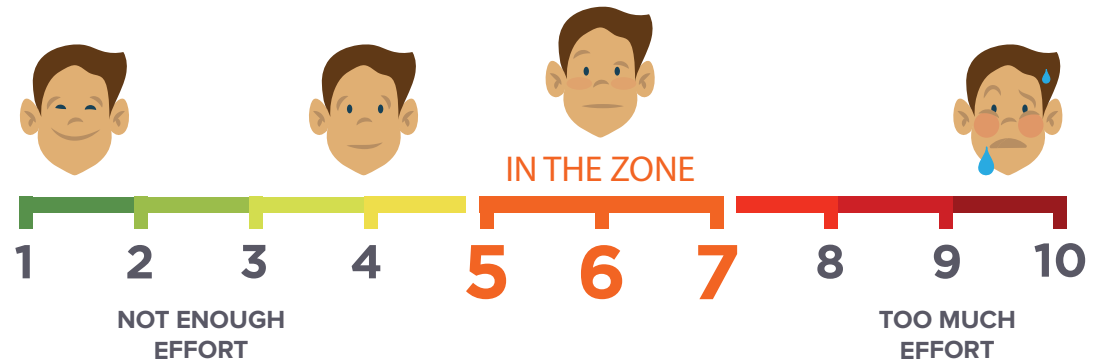
STARTING DATE: ___/___/___

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	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	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.



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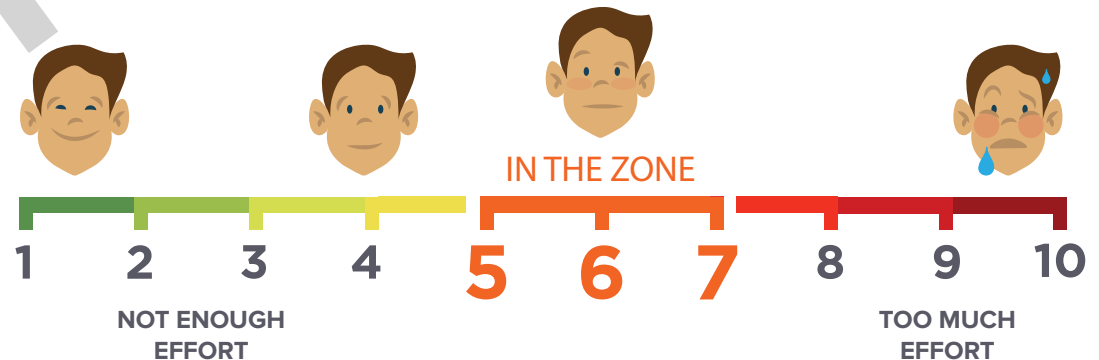
STARTING DATE: ___/___/___

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		MON		TUE		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE	/	/	1 1	1 1	1 1	1 1	1 1	1 1	2 1	2 1	2 1	2 1	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	6	6	6	5	5	7	7	6	6	6	6

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STARTING DATE: ___ / ___ / ___

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	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED														
RATE YOUR EFFORT														

WEEK 2	SUN		MON		TUE		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED														
RATE YOUR EFFORT														

WEEK 3	SUN		MON		TUE		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED														
RATE YOUR EFFORT														

WEEK 4	SUN		MON		TUE		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
INHALE/EXHALE	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED														
RATE YOUR EFFORT														