



TRAINING JOURNAL

Start Date: __/__/__

BREATHING RESET: Lay down on your back or recline back in a comfortable position. Place one hand over your chest and the other over your belly. Try to breathe through your nose, keeping your mouth closed. Draw each breath from deep in your belly and relax to let the air escape on exhale. Focus your attention on your breath and ride the wave as you inhale and exhale gently. Each inhale should be 4-5 seconds long with each exhale equally 4-5 seconds long. Aim for up to 10 minute sessions twice a day.

WEEK 1	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
AM								
PM								

WEEK 2	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
AM								
PM								

BREATHER RECOVER.

TRAINING JOURNAL

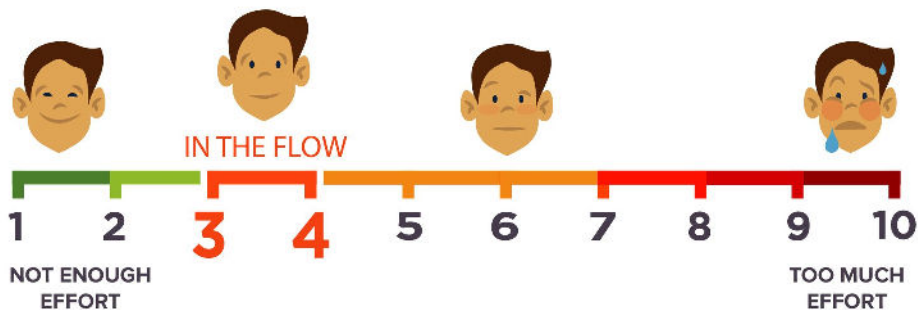
Start Date: __/__/__

Protocol:

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

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														

During this training plan, aim to keep your effort **IN THE FLOW**, the 3-4 range of this scale which correlates to 30-40% of your maximum effort. You should be able to maintain this gentle effort consistently when training with your Breather Recover device.



CLEANING BREATHER RECOVER

Up to once daily

1. Separate the mouthpiece from the white portion of the **Breather Recover** device
2. Wash in warm water with mild dishwashing 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 Recover in the dishwasher. The high heat may affect the way it works or ruin it completely.



DISINFECTING BREATHER RECOVER

Up to once weekly

1. Clean **Breather Recover** 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 Recover is a device to be used by one person. It should not be shared with others. All cleaning recommendations assume Breather Recover is being used by a single individual.

See Cleaning Video (STEP 3 video) at [PNMedical.com/Breather](https://www.pnmedical.com/Breather)

FOR FURTHER SUPPORT

Visit: www.pnmedical.com/fag/

Contact us by phone or email: 877-414-4449 or
care@PNMedical.com

