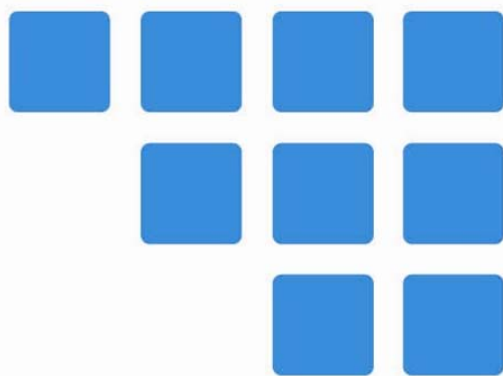


POWER[®] breathe

the world's no.1 breathing trainerSM



KINETIC





Many people think breathing is as auto-controlled as your heartbeat – but it isn't. Most of us need to learn to breathe well. It's like exercise.

POWERbreathe exercises your lungs' breathing muscles – the inspiratory muscles. These include the diaphragm and chest-expanding muscles which move up and down - rather like bellows – to draw air into the lungs and push it back out again.

But like any under used muscles, they become weak without exercise. So POWERbreathe's pressure valve means that when you breathe in through the mouthpiece, air is released only if you use enough respiratory effort to force open the valve.

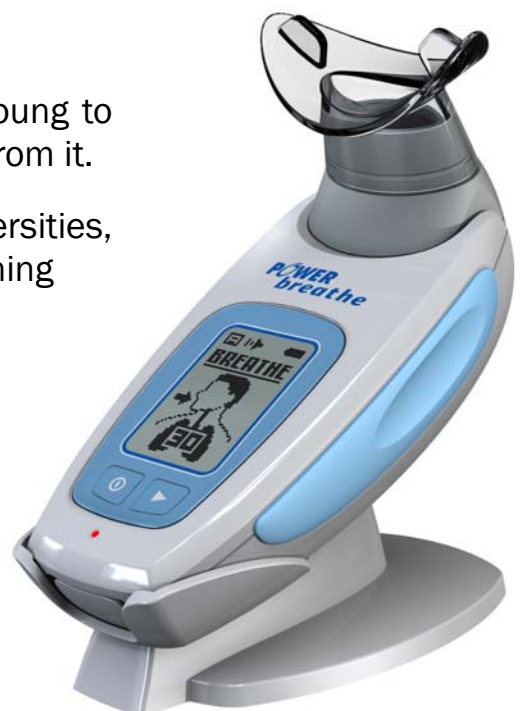
It's like weight-training for you lungs. And why POWERbreathe has often been referred to as '**dumbbells for your diaphragm**'.

What is it?

Powerbreathe is for anyone who breathes. From young to old, athletes to the disabled, everyone can benefit from it.

Developed by scientists at the UK's leading universities, Powerbreathe uses the principles of resistance training - like mini-weight training - to make your muscles work harder as you breathe in.

*In just 3 weeks you'll
start to feel less breathless*



The Physiology of Breathing

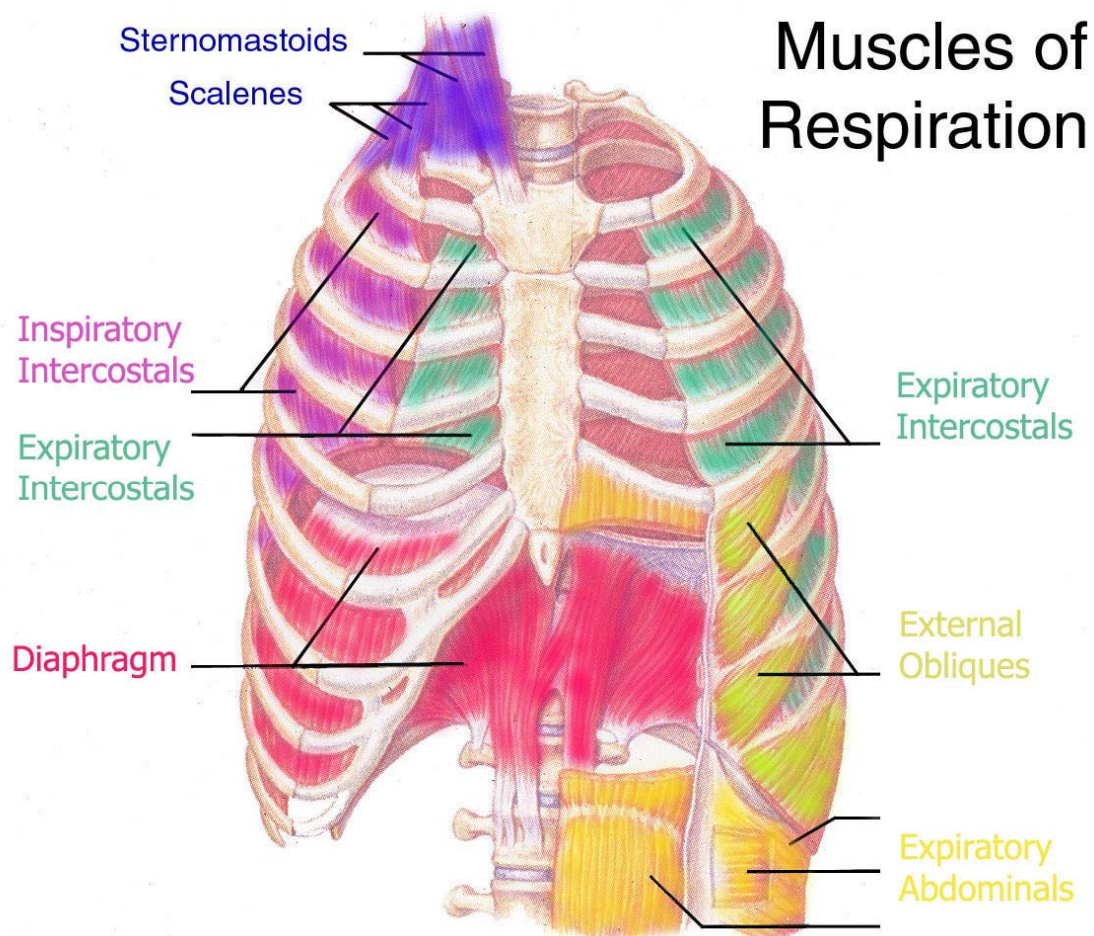
Inhalation demands a high level of muscular action and relies on the inspiratory muscles functioning well.

Expiration is normally passive (only during heavy exercise workloads does it become forced).

Inspiratory Muscles are vital for survival.

The strength of the inspiratory muscles reduce with age.

Inspiratory Muscle weakness is associated with a greater intensity of breathlessness



Inspiratory Muscle Fatigue (IMF)

What does it actually do?

There are a number of very serious repercussions of IMF:

1. IMF increases breathing and whole body effort perception – makes you feel as though you are working harder;
2. IMF leads to changes in lung diffusing capacity for oxygen – impairs oxygen transport during very heavy exercise;
3. IMF prevents maintenance of deep, efficient breathing – impairs breathing efficiency and comfort;
4. IMF causes blood flow to the exercising limbs to be restricted – impairs oxygen delivery and metabolite removal from the working muscles.



Why doesn't normal training develop our Breathing Muscles?

- The vast majority of aerobic training occurs within the inspiratory muscle 'comfort' zone, where the training stimulus to the inspiratory muscles is very modest and little training adaptation occurs.
- To undergo adaptation, the muscle must be overloaded
- Unfortunately, the zone that provides the most potent training stimulus to the inspiratory muscles (intolerable zone) is so challenging that it cannot be sustained for long enough to provide overload for long enough to be effective.
- POWERbreathe provides a quick and easy training solution

POWERbreathe KINETIC Range

The new POWERbreathe Kinetic range offers the latest in electronic breathing training technology. This innovative hand held device automatically calibrates to the users training requirements and provides personalised training sessions. Training results can then be reviewed to monitor performance improvements, including increased respiratory muscle strength and endurance.

With scientifically proven applications ranging from medical use (COPD, asthma, emphysema etc.) to sports performance (training and testing), the Kinetic range is now available in four different models, from the base K1 consumer model to the advanced medical KH1 model, with a maximum inspiratory testing function.



Product Features, common to all K-Series:



Washable
Valve

Washable Valve: The Valve Head can be easily removed, cleaned and soaked in POWERbreathe cleansing solution.

K1, K2, K3, K4, K5, KH1, KH2



You and I
Option

You & I Option: Interchangeable Kinetic Valve Head for use with additional users. Additional Valve Heads sold separately.

K1, K2, K3, K4, K5



Rechargeable

Rechargeable: Auto power off, rechargeable and charge level indicator.

K1, K2, K3, K4, K5, KH1, KH2

Training Technology Features:



Auto IMT

Auto IMT: The POWERbreathe Kinetic's intelligent inspiratory muscle training system automatically adapts to the users personal training requirements. Electronically controlled pressure threshold resistance valve matches the contraction profile of the inspiratory muscles for maximum training effectiveness. **K1, K2, K3, K4, K5, KH1, KH2**



Training Intensity

Training Intensity: Training session intensity and resistance can be manually set from 10- 200cmH2O to create tailored and personal training regimes. **K1, K2, K3, K4, K5, KH1, KH2**



Training Guidance

Training Guidance: Displays the number of breaths remaining in current session and informs the user when the session is complete, breathing pacing coach indicates when to breathe to optimise breathing pattern and reduce hyperventilation. **K1, K2, K3, K4, K5, KH1, KH2**

Warm-up
Cool-down

Warm-up/Cool-down mode: Automatically sets the POWERbreathe Kinetic to provide an optimal resistance for inspiratory muscle Warm-up and Cool-down. **K3, K4, K5**

Training Feedback and Testing Features:



Training Results

Training Results: Provides detailed feedback of the latest training session, load (cmH2O), power (Watts), inhaled volume (average per breath Litres). **K1, K2, K3, K4, K5, KH1, KH2**



Training History

Training History: Displays previous 36 training sessions providing detailed feedback on training effectiveness, load (cmH2O) power (Watts), inhaled volume (average per breath Litres) and Strength Index (S-Index). **K3, K4, K5**



Strength Index

Strength Index: Based on user stats measures index of inspiratory muscle strength in cmH2O, and provides comparison with population normal values. **K2, K3, K4, K5, KH1, KH2**



Training Index

Training Index: Based on user stats displays training effectiveness as a percentage & provides comparison with population normal values (Poor, Fair, Average, Good, Excellent). **K2, K3, K4, K5, KH1, KH2**

Kinetic Health Models - Specific Features:



Multi-user
Filter Option

Multi-user Filter Option: Compatible with POWERbreathe TrySafe filters for multi user testing. KH1, KH2



RMT

Respiratory Muscle Testing (RMT): Specific medical testing parameters to enable the user to determine Maximum Inspiratory Pressure (MIP) and Peak Inspiratory Flow (PIF). KH1, KH2



Kinetic Downloadable Models - Features:



PC-Sync

PC-Sync: PC connectivity via USB enables the uploading and downloading of training information. Select training parameters (e.g. load and set-up method) and initiate a training session. Monitor performance in real time per breath. Includes software. K4, K5, KH2



PC-Sync
Custom

PC-Sync Custom: Select a variety of standard training protocols or create custom training sessions, change number of breaths in training session and load for each individual breath. Custom training sessions may be used whilst connected or uploaded to the POWERbreathe Kinetic. Includes software. K4, K5



PC-Sync
Testing

PC-Sync Testing: Perform tests of inspiratory muscle strength, peak inspiratory flow, lung volume and inspiratory muscle endurance in real time. Assess inspiratory muscle condition, training progress and try and beat previous best scores and predicted normal values. Includes software. K5

POWERbreathe K1

Personal, hand-held breathing trainer.
Entry-level Kinetic breathing trainer with essential state of the art training features.

Technology features:



Includes FREE Instructional DVD



Includes portable carry case and cleansing tablets – making it ideal for travel (K2, K3, K4 & K5 Models also include these)

POWERbreathe K2

Personal, hand-held breathing training and monitoring system.

Cutting edge POWERbreathe testing technology enables performance monitoring to maximize training performance.

Technology features:



Additional Features

Includes FREE Instructional DVD














POWERbreathe K3

Includes
FREE
Instructional
DVD

Personal, hand-held breathing training system with advanced performance monitoring.

Take breathing training to the next level, review and monitor breathing training over 36 days and utilize specific breathing warm-up and cool-downs to boost performance.

Technology features:

 Auto IMT	 Training Intensity	 Washable Valve	 Training Guidance	 You and I Option
 Rechargeable	 Training Results	 Strength Index	 Training Index	 Training History
				 Warm-up Cool-down

Additional Features



POWERbreathe K4 Downloadable

Includes
FREE
Instructional
DVD

Personal, hand-held breathing training system with advanced performance monitoring and downloadability.

Maximize POWERbreathe training with superior performance monitoring software and PC interface.

Technology features:

 Auto IMT	 Training Intensity	 Washable Valve	 Training Guidance	 You and I Option	 Warm-up Cool-down
 Rechargeable	 Training Results	 Strength Index	 Training Index	 Training History	 PC-Sync
					 PC-Sync Custom

Additional Features

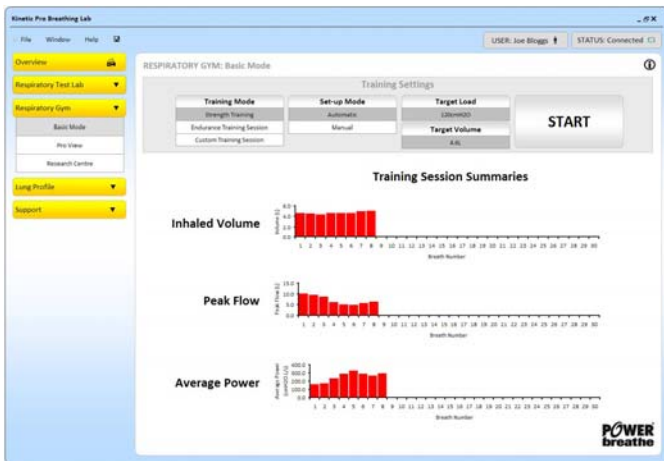


POWERbreathe K5 Ironman Downloadable

Ironman special edition, hand-held breathing training system with advanced performance monitoring and downloadability.

The ultimate in breathing training technology. Upload, manage and store customised training routines and utilise specific performance testing parameters.

Technology features:



Downloadable Information




Includes FREE Instructional DVD



POWERbreathe KH1

Advanced, electronic inspiratory muscle training and testing system designed specifically for the healthcare and/or medical professional.

Technology features:

 Auto IMT	 Training Intensity	 Washable Valve	 Training Guidance	 Multi-user Filter Option
 Rechargeable	 Training Results	 Strength Index	 Training Index	 RMT Additional Feature

Includes FREE Instructional DVD



KH1 & KH2 include portable carry case – making it ideal for off site patient care

POWERbreathe KH2

Personal, hand-held breathing training and monitoring system.

Cutting edge POWERbreathe testing technology enables performance monitoring to maximize training performance.

Technology features:

 Auto IMT	 Training Intensity	 Washable Valve	 Training Guidance	 Multi-user Filter Option	
 Rechargeable	 Training Results	 Strength Index	 Training Index	 RMT	

Additional Features

 PC-Sync	 PC-Sync Medical
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