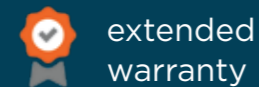


STEP 1 ACTIVATE DEVICE

▶ before you get started, **activate THE BREATHER** to unlock all of the benefits and get the best experience from your device.



extended warranty



15% off your next purchase



unique on boarding program



unlock BREATHER COACH training in app



latest research and training



video demos and instructions

to activate:

either
SCAN
THE QR CODE



or
VISIT
PNMEDICAL.COM/ACTIVATE

STEP 2 INSTRUCTIONS

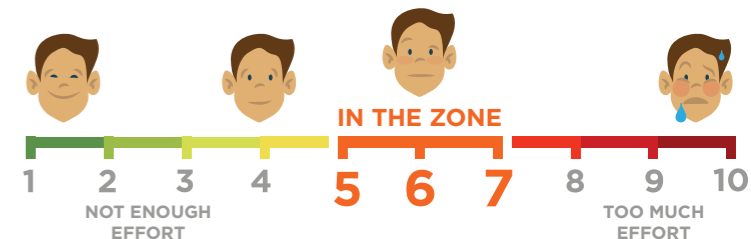
HOW TO USE: Please go to PNMedical.com/Breather for training videos and downloads.

- 1 Training Plan:** 6 days per week, 2 sessions per day (morning & evening). For each session do 2 sets of 10 breaths. Break for 1 to 2 minutes between sets.
- 2 Getting Started:** Position yourself with a straight back and hold the mouthpiece between your lips. Do not clench the mouthpiece with your teeth.
- 3 On First Use:** set Inhale and Exhale dials to setting #1. You will progressively increase dial settings as you train **IN THE ZONE**.
- 4 Important Tips For Success:** Breathe through your Breather with a controlled forceful effort. The optimal effort (**IN THE ZONE**) is **5-7** on the EFFORT SCALE shown in the chart on the next page. Lastly, use the diaphragmatic breathing technique while training. For explainer videos of these tips, go to PNMedical.com/Breather

You should start noticing benefits after your 1st week of use. We recommend you continue RMT for the rest of your life.

STEP 3 IN THE ZONE

HOW TO TRAIN IN THE ZONE: For optimal results when training with your Breather, it's important to perform your Respiratory Muscle Training sessions with effort **IN THE ZONE**. The 5-7 range on the scale below correlates to 50%-70% of your maximum effort.



INDICATIONS FOR USE - To be used as an Inspiratory / Expiratory breathing exerciser for respiratory muscle training and to assist in mucus clearance.

CONTRAINDICATION - Consult your health care provider if you have been prescribed oxygen therapy. Also, if you have a condition that impacts pressures (or tolerance of pressure changes) in your head, nose, mouth, throat, ears or chest as respiratory muscle training against resistance may impact pressures in these cavities and surrounding tissue.

WARNING - Discontinue use & consult clinician if you experience worsening of shortness of breath or excessive fatigue, dizziness or pain.

SAMPLE TRAINING JOURNAL



USE THIS JOURNAL: For best results, track your progress with our sample training journal. Record your morning and evening sessions, dial settings and effort. To download the full journal, please go to PNMedical.com/Breather

START DATE: ____ / ____ / ____

protocol: {
 ____ sets of ____ reps per session
 ____ sessions per day ____ days per week
 with effort maintained **IN THE ZONE**

For training videos and downloads:
PNMedical.com/Breather

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														



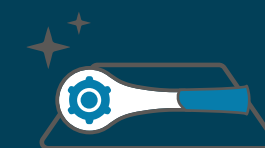
DOWNLOAD JOURNAL OR USE IN THE APP

Download free copies of the journal at PNMedical.com/Breather or get the BREATHER COACH app to track your progress digitally.

CLEANING

UP TO ONCE DAILY:

- 1 Remove the mouthpiece from **THE BREATHER**
- 2 Wash in warm water with mild dish washing soap
- 3 Rinse well & shake to remove excess water
- 4 Use a clean towel to dry surfaces, then air dry
- 5 Sharply inhale & exhale through the body to release any possible seals
- 6 Store in a clean, dry place that can ventilate



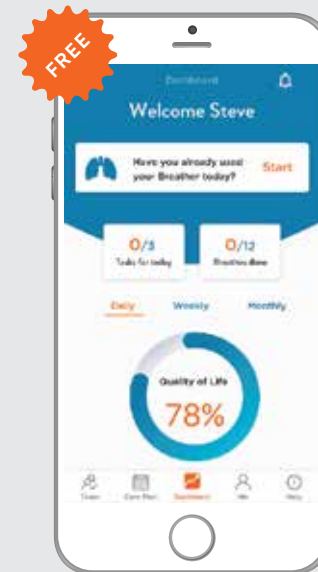
DO NOT put THE BREATHER in the dishwasher. The high heat may affect the dial diaphragms.

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BREATHER COACH APP



USE THIS APP to get free training plans and track your progress to reach optimal performance.

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- Training plans based on your individual progress
- Connect with your clinician or coach
- Get new protocols only available in this app



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Date of issue: July 2021

over 1 million breathers sold



THE
BREATHER
 respiratory muscle training device

★★★★★ (4.8)