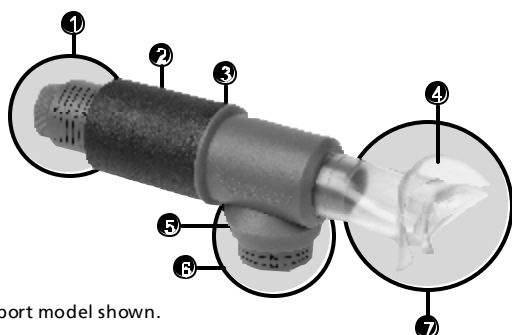




# USER GUIDE



\*Sport model shown.

## KNOWING YOUR POWERLUNG®

1. Breathing Effort Index - Inhale (BEI-I)
2. Hand Grip
3. Inhale Cell (Under Hand Grip)
4. Lip Guard
5. Exhale Cell
6. Breathing Effort Index - Exhale (BEI-E)
7. Mouthpiece

## GETTING STARTED

Take a few minutes to properly set up your PowerLung. Please review the **PowerLung Set Up** before performing any of the Training Programs.

## POWERLUNG SET UP

For your convenience the Breathing Effort Index (BEI) for Inhale (BEI-I) and Exhale (BEI-E) are set at 1, the minimum effort, at the factory. Breathing takes the least amount of effort when the BEI-I or BEI-E is set at 1. The higher the number, the more effort you feel as you breathe.

First set up for breathing in (inhale) function then set up for breathing out (exhale). Remember, the BEI-I is at the opposite end of the PowerLung from the Mouthpiece, and the BEI-E is on the bottom of the PowerLung near the Mouthpiece as shown in the diagram. The PowerLung BEI-I and BEI-E adjust independent of each other. That means it is neither necessary, nor likely, they will be set at the same level, or even adjusted at the same time, after set up.

**Remember:** breathe only through your PowerLung, not your nose.

1. Place the Mouthpiece in your mouth with the Lip Guard on the **OUTSIDE** of your lips. If you place the Lip Guard inside your lips, it may activate salivary glands. Sometimes it is helpful to watch the seconds on a clock as you train with PowerLung.
2. Perform the set up for inhale first then repeat the steps to perform the set up for exhale.

### • INHALE

Hold your head up straight, like the photo at the top of the page. Inhale forcefully and deeply through your PowerLung. You should hear a "WHOOSHING" sound as the air comes in through your PowerLung. The louder the sound, the better. Use as much as you can for 3 seconds -but not more than 4- to full your lungs as completely as possible. **DO NOT RAISE YOUR SHOULDERS OR TENSE YOUR BACK. KEEP YOUR HEAD UP AND DO NOT "JERK IT BACKWARD" AS YOU BREATHE.**

### • EXHALE

Hold your head up straight, like the photo at the top of the page and exhale forcefully and deeply through your PowerLung for up to 3 seconds -but not more than 4 seconds- until your lungs feel completely empty. Again, you should hear a "WHOOSHING" sound as the air goes through the PowerLung. **DO NOT PUFF YOUR CHEEKS OR TENSE YOUR SHOULDERS OR BACK.**

3. Pause for 1-2 seconds. Did you feel breathing effort?
  - If you did not feel effort, turn the BEI 1/8 of a turn in the **Increase** direction to increase the effort. Repeat Steps 1-3.
  - If you felt the effort in your upper chest or throat, turn the BEI 1/8 of a turn in the **Decrease** direction to decrease the effort. Repeat Steps 1-3.
  - If you felt effort between the chin and navel, preferably just below your "breastbone", you have set the BEI correctly for your personal use and you may proceed to Step 4 and Test Your Settings.
4. To Test Your Settings, try a couple of complete "breaths". It is very important to pause as indicated.

**INHALE** (3 count), **PAUSE** (1-2 count)

**EXHALE** (3 count), **PAUSE** (1-2 count)

Answer the questions in Step 3. Depending on your answers, you may need to make adjustments to the BEI-I or the BEI-E. Repeat the steps to test and set up until you can successfully complete 3 breaths in the manner described and feel it in your mid-section.

### Setting Up Notes:

- Remember, you may feel air in your throat as a natural part of inhaling or exhaling. Don't confuse this with effort.
- Feeling the effort of inhaling or exhaling anywhere above your "breastbone" IS NOT training even if it feels like you are working hard.
- Breathing effort felt in the chest or throat is usually due to: (a) not inhaling quickly, forcefully and deeply enough or (b) the BEI is set at a level that is too strong for your current level of respiratory fitness. Turn the BEI-E 1/8 of a turn towards 1 to decrease the effort.
- If you have not emptied your lungs at the end of an exhale, you must exhale more forcefully to be sure you empty completely. If this continues, you may have the BEI-E set too high for your current ability to exhale. Turn the BEI-E 1/8 of a turn towards 1 to decrease the effort.
- Inhaling or exhaling slowly IS NOT training even if it feels like you are working hard.
- To receive the true benefit of PowerLung, be sure you take a full, forceful deep breath for not more than 3 seconds, fill your lungs completely on inhale and exhale fully, forcefully and deeply to empty them. AND, feel the effort of the breath in your mid-section, just below your breastbone.

### POWERLUNG TRAINING PROGRAMS

Here are instructions on the most common Training Programs: Primary Training (3 by 10 by 2), Quick Start (No Excuses) and Warm Up. We have provided a series of "How Did I Do?" Questions to help you evaluate your training program. For additional information, visit <http://www.powerlung.com>

Regardless of the training program you choose, **IT IS VERY IMPORTANT TO PAUSE BETWEEN EACH INHALE AND EXHALE.** Pausing may help prevent you from feeling lightheaded during training. If you feel lightheaded, STOP. When it goes away you may begin training again. It may be easier to breathe deeper if you stand up or lie on your back and have not just eaten a meal.

For best results, do not use these programs during exercise or activity. Stand still, sit or lie on your back. Make a note in your diary, journal or log of your settings and How You Did so you can see the progress you are making.

#### PowerLung Core Training Breath™

There is a specific way to breathe when you use your PowerLung, which we call the Core Training Breath™ (CTB). You first used it when you tested your Set Up. Here is exactly how to do a CTB:

- **INHALE** (3 count), PAUSE (2 count)
- **EXHALE** (3 count), PAUSE (2 count)

All PowerLung Training Programs use CTB. Perform the above steps when you see CTB in the instructions for a Training Program.

#### Quick Start

Use this program to start at a lower level and gradually build respiratory strength or maintain training when time is short. Use the Primary Training Program as you get stronger or have more time.

**Time Required:** Approx. 90 seconds, once a day.

- Do 15 CTBs.

#### Primary Training

We call it "3 by 10 by 2" because you do 3 Groups (sets) of 10 CTBs 2 times a day. Use this program to build flexibility and strength in respiratory muscles and get the most benefit from PowerLung.

**Time Required:** Approx. 3 - 4 minutes, twice a day.

- Do 10 CTBs. Then remove PowerLung from your mouth. You may want to take a sip of water to lubricate your throat.
- Repeat Step 1 for a total of 3 times.

#### Warm Up

Use to warm up your breathing muscles before any activity: exercise, practice sessions, competitions or performances.

**Time Required:** Approx: 30 - 60 seconds, before any activity.

- Do 3-10 CTBs.
- **Variation:** Turn the BEI-E or BEI-I toward 1 to decrease effort. Do CTBs from Step 1.

### HOW DID I DO?

#### Tired, but completed Training?

- The settings are just right.

#### Tired and did not complete the Training?

- Everyone starts and develops at different rates. This is a building process. If this happens often, consider using the Quick Start Program or reducing the effort as shown in Set Up, Step 3.

#### Does not take me 3-4 minutes to complete?

- If you take longer than 3-4 minutes, remember to do CTBs as described. Quality of training is important.

#### Not at all tired and ready to do more Training?

- This is a building process. You are stronger and ready to progress. Increase the effort for Inhale or Exhale. **Remember, the BEIs adjust independently of each other.** It is neither necessary, nor likely they will be on the same setting or that you will adjust them at the same time.

#### I want to do more workouts.

- WAIT. Do the Primary Training Program for 2 weeks before changing the program. Use the Warm Up before your activities - training, performing or competing.

### TO CLEAN YOUR POWERLUNG

**DO NOT TAKE IT APART.** You may wash or rinse your PowerLung and Mouthpiece after each use. At least once a week, remove the Mouthpiece and place the PowerLung and Mouthpiece into hot soapy water to soak for about 20 minutes. It is best to use anti-bacterial soap safe for contact with your mouth. After soaking, rinse well by placing the PowerLung open end under running hot water and press on the BEI-I to allow the water to run through. Rinse the Mouthpiece and allow both to drain dry.

### DO NOT PUT POWERLUNG OR THE MOUTHPIECE IN THE DISHWASHER OR THE MICROWAVE.

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