

CREATIVE HEALTH PRODUCTS

Leading Supplier of Fitness Testing and Assessment Equipment.

7621 E Joy Rd, Ann Arbor, MI 48105

chponline.com 800-742-4478

POWER[®] breathe

The world's #1
breathing trainer

[Click Here for Video](#)



Available in **Light, Medium**
& **Heavy Resistance**

Level 1 is an entry level model for those new to breathing training and for those with breathing problems (e.g. asthma) and features an adjustable variable training load. POWERbreathe Plus light resistance load setting range: 17 - 98 cmH2O.

Level 2 is for those who are moderately fit to very fit and features an adjustable variable training load. POWERbreathe Plus medium resistance load setting range: 23 - 186 cmH2O.

Level 3 is only for those who have reached the maximum loading on a Level 2 model. POWERbreathe Plus Level 3 heavy resistance load setting range: 29 - 274 cmH2O.

POWERbreathe[®]

A revolutionary and versatile inspiratory muscle trainer and strengthener. POWERbreathe[®] assists one of the most important components in your daily life - your lungs and breathing. By breathing in through POWERbreathe[®] for only 30 breaths twice daily, your inspiratory muscles will work harder, thereby increasing their strength and endurance. This patented device has been proven by extensive research and testing and has been used in the United Kingdom by sports teams, professional athletes, respiratory therapists, fitness centers, fire departments, sports medicine facilities, etc. POWERbreathe[®] is an easy to use, drug free, hand held device with a comfortable mouthpiece. POWERbreathe[®] is available in 3 levels to suite everyone including those with asthma or other respiratory problems. Comes complete with instruction manual.

Achieve outstanding results with POWERbreathe, an essential training tool.

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POWER[®] breathe KSERIES

POWERbreathe K-Series
**Breathe Strong
Perform Better**

K-Series electronic inspiratory muscle trainers deliver a superior breathing training experience that takes the guesswork out of your training, offering exclusive, adaptable and personalized respiratory coaching.

POWERbreathe Breathing Trainers use the principles of resistance training to 'overload' the inspiratory muscles, improving their strength, power and endurance in less than 4-weeks. POWERbreathe has been scientifically proven to:

- o Reduce 40km time trial time by 3 minutes
- o Improve swimming performance by 3.5%
- o Improve running performance and perception of effort.
- o Increase inspiratory muscles strength by up to 50%



LSI-K1

Entry Level
Electronic



LSI-K2

Intermediate
Electronic



LSI-K3

Advanced
Electronic



LSI-K4

Live Feedback
Software
Electronic



LSI-K5

Advanced
Live Feedback
Software
Electronic

The POWERbreathe K-Series uses electronic variable threshold resistance training to provide a tapered load that will match the contraction curve of your own breathing muscles throughout your entire breath. This enables you to complete a full breath and muscular contraction at the most optimal resistance for you. In other words, the K-Series does everything for you, so there is no guesswork as to where you should start. It guides you. It is your coach.

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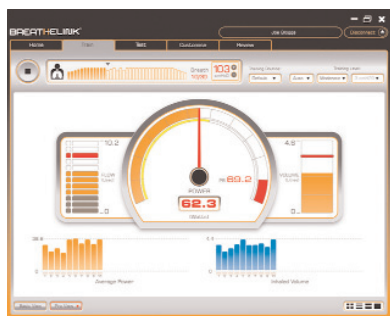
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Research has shown that the strength of the inspiratory muscles has a direct influence on how hard we can breathe and how breathless we feel while doing it.

If muscles are weakened or fatigued (inspiratory muscles can fatigue by as much as 20%) then we can't breathe as hard and breathing requires greater effort; we experience the effort as breathlessness.

Think about how much heavier a dumbbell feels on the 12th repetition than it did on the first. In the same way, if the inspiratory muscles are weakened or fatigued, breathing feels harder.

POWERbreathe Inspiratory Muscle Training will help as it exercises your breathing muscles to make them stronger and more resistant to fatigue! And because your breathing stamina increases, your sports performance will improve and you'll be able to exercise for longer with less effort.



The K5 features include:

- Personalized Auto-optimizing Inspiratory Muscle Training (IMT) that adapts specifically to users breathing function.
- Training Results: Load (cmH2O); Power (Watts); Volume (Liters); Flow (Liters/second); Energy (Jules)
- Training intensity selector to allow user to create personalized training sessions
- Single Breath Test
- Advanced Breathe-Link performance monitoring software
- Training history for previous 36 sessions can also be reviewed on K5 device
- Warm-up & Cool Down modes
- Integrated pacing metronome, breath counter and end of session indicator.
- "You and I" Multi-User Option
- Easy maintenance and user friendly design
- Portable hand held device powered by rechargeable

Elite training for individuals, personal trainers, groups, team coaching and educational environments.

The POWERbreathe K5 is the most advanced hand-held breathing training device on the market, complete with Breathe-Link software for Windows or Mac* that allows you to see every breath during training and then to review, analyze and compare afterwards.

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