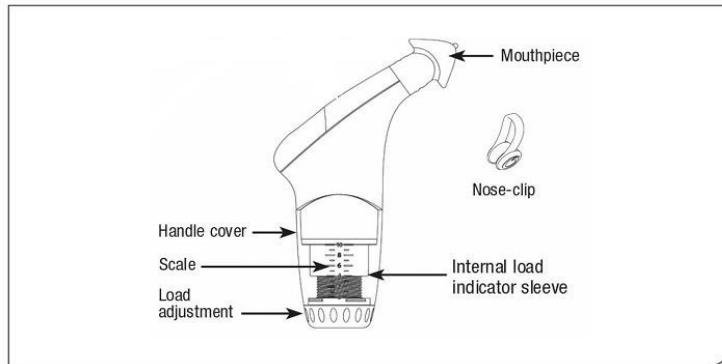




Inspiratory Training Exercise Sheet

Date: _____

POWERbreathe® Device: _____



Maximal Inspiratory Pressure	Daily Resistance Level	Warm-up Resistance Level

How to use:

1. Make sure you are sitting or standing upright
2. Put on the nose clip
3. Hold the IMT by the handle grip
4. Place the mouthpiece in your mouth, making sure you put your lips around the outer shield to make a good, airtight seal
5. Breathe out as far as you can, then take a fast forceful breathe in through your mouth. Take as much air in as you can, as quickly as possible, whilst expanding your chest.
6. Breathe out slowly and with minimal effort, letting your shoulders relax.
7. Pause, then take another fast, forceful breathe in.
8. Repeat this fast forceful breath as per table below.

Note: If you feel light-headed, slow down and pause at the end of your breath out.

Repetitions	Number of times per day