

Additional Uses for your IsoBreathe® Lung Exerciser

ATHELETES

Using the **IsoBreathe®** provides benefits for athletic training. Using the **IsoBreathe®** during warm-up and cool downs can enhance the physical gains of training. Breathe in and out through your **IsoBreathe®** 25 times prior to the warm up, and just after the cool down, for best effects. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

MUSICIANS

Artists who utilize wind instruments may also benefit from the **IsoBreathe®**. Breathe in and out through your **IsoBreathe®** 25 times prior to and after practicing with your instrument. We do not suggest using the **IsoBreathe®** before a performance. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

EXPIRATORY TRAINING

Your **IsoBreathe®** can also be focused on the muscles used when breathing out. To use your **IsoBreathe®** for expiratory training, turn the cap clockwise as much as you can. Now use your **IsoBreathe®** by inhaling through your nose out through your mouth. As with other uses, you should breathe in and out 25 times per session. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

PLEASE NOTE: As with all fitness related activities, it is strongly advised that you consult with a physician prior to using the **IsoBreathe®**

Frequent Questions

How do I know that the IsoBreathe® is working?

Do not expect quick results. Increased lung functioning will require repeated sessions over the course of two weeks, four weeks, or even longer. Please consult with a physician if you feel any pain or discomfort while using the **IsoBreathe®**.

Should I feel light headed or dizzy when using the IsoBreathe®?

Though some light headedness is normal due to increased oxygen intake, you should not feel dizzy. Stop using the **IsoBreathe®** until the feeling passes. If the feeling persists, stop using your **IsoBreathe®** and consult with your physician.

Should breathing be more difficult after a session with the IsoBreathe®?

No. If you are experiencing any shortness of breathe during or immediately following a session with the **IsoBreathe®**, stop using your **IsoBreathe®** and consult with your physician.

Is my heart rate supposed to increase when using the IsoBreathe®?

A slight increase is normal. However, if your heart starts beating rapidly stop using the **IsoBreathe®** immediately. Do not use the device until directed to do so by a physician.

How do I clean my IsoBreathe®?

After each session, use warm, soapy, water to clean your **IsoBreathe®** and then rinse the device with warm water before drying with a clean soft towel. You may also clean your **IsoBreathe®** in the top rack of a dishwasher.



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Toll Free Customer Service: 1-888-737-1017 • Email: store@isobreathe.com
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IsoBreathe®

Lung Exerciser

For Customer Assistance or More Information
Please Contact Us!

<https://www.isobreathe.com>
store@isobreathe.com
Toll Free 1-888-737-1017

Please read instruction manual prior to use.
Not a medical replacement.

Thank you for purchasing the **IsoBreathe®!**

Whether a musician, athlete, or simply a person wishing to live a more active lifestyle, the **IsoBreathe®** can assist you in your goals.

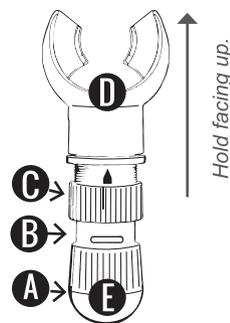
Please read this instruction manual carefully. If you are experiencing an issue with your lungs, or have difficulty breathing, you must consult with a doctor prior to use.

Inhaling through the **IsoBreathe®** for just a few minutes twice a day is all you need to do to increase your endurance and stamina. Within a short period of time you will be well on your way to feeling the wonderful effects of stronger, healthier lungs! Breathe deeply with the **IsoBreathe®**.

Your **IsoBreathe®**

Please take a moment to familiarize yourself with your **IsoBreathe®**. The device has five important parts: **(A)** the cap, **(B)** the body, **(C)** the resistance ring, **(D)** the mouthpiece, and **(E)** the ball (not visible in diagram).

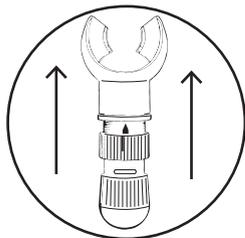
*As with all fitness related activities, it is strongly advised that you consult with a physician prior to using the **IsoBreathe®**.*



IsoBreathe® - Getting Started

As with all fitness related activities, it is strongly advised that you consult with a physician prior to using the **IsoBreathe®**.

1. Hold your **IsoBreathe®** so that the mouthpiece is facing up as in **[fig.1]**.



Hold facing up. FIG.1

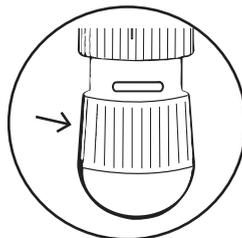


FIG.2

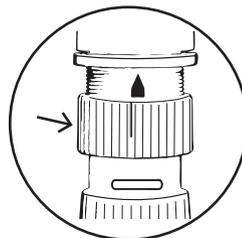


FIG.3

2. Rotate the **cap** Left or Right until cap is in or near position shown in **[fig.2]**.
3. Rotate the **ring** Left or Right until ring is in or near position shown in **[fig.3]**.

IsoBreathe® - Setting Resistance

When using the **IsoBreathe®**, only breathe through your mouth. Do not breathe through your nose, unless doing the “Expiratory Training” as explained later.

STEP 1: Place mouthpiece in your mouth. Inhale quickly until you feel as though your lungs are full. Please note that a clicking sound is normal.

STEP 2: If Step 1 was *difficult* then maintain this level of resistance until you find inhaling to be easier. If you accomplished Step 1 with little or no difficulty then you should increase resistance. Hold the **IsoBreathe®** with the mouthpiece facing you and rotate the ring counter-clockwise one full turn.

STEP 3: Repeat Steps 1 and 2 until you find a resistance level that makes inhalation of breath difficult, but not overly strenuous.

IsoBreathe® - Conditioning and Use

FIRST TWO WEEKS: Use your **IsoBreathe®** twice per day. During each session, you should breathe both in and out through your **IsoBreathe®** 25 times. It should only take between 2 – 3 minutes to accomplish 25 breathes. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

THE NEXT TWO WEEKS: By now you should be experiencing some benefits from using the **IsoBreathe®**. The current resistance setting is likely too easy for you now and should be increased. Increase the resistance of your **IsoBreathe®** by holding the device with the mouthpiece facing you and rotating the resistance ring counterclockwise one half of one full turn. Continue using your **IsoBreathe®** twice per day, inhaling and exhaling 25 times per session. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

AFTER THE FIRST MONTH: By now you should be experiencing the benefits of using your **IsoBreathe®**. Continue to increase the resistance to your **IsoBreathe®** every two weeks. Once you have achieved full resistance, and can no longer turn the resistance ring of your **IsoBreathe®**, you will only need a few sessions per week to maintain enhanced lung function. If you experience any pain or discomfort, stop using the **IsoBreathe®** immediately and consult with a physician before using again.

Continue to increase your **IsoBreathe®** resistance approximately every two weeks. Remember, inhalation *should be difficult, but not overly strenuous*. It may take some time to achieve full resistance. **STICK WITH IT!** Getting the most out of your **IsoBreathe®** requires a commitment. It may take several weeks before the resistance ring can no longer be turned. Once you have achieved full resistance, you will still need a few sessions per week to maintain enhanced lung function.