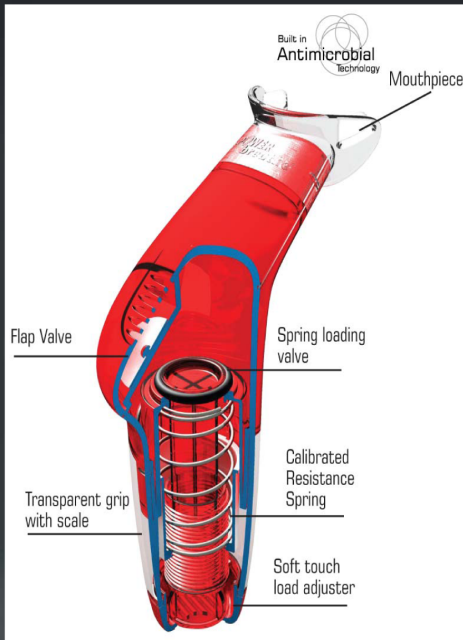


POWER breathe®

How to use POWERbreathe



- Ensure that the **LOAD ADJUSTER** is placed at level 0.
- If necessary, practice controlled deep breathing, (sitting or standing) without the POWERbreathe unit. When inhaling, straighten your back and expand your chest.
- Put on the **NOSE CLIP** and place the POWERbreathe into your mouth
- Perform 30 breaths through controlled deep breathing as this allows your lungs to work to their full potential, therefore more oxygen enters the lungs and can be utilised by the body