

BREATHER. FIT

WORK HARD. BREATHE EASY.

Breather Fit is the first and only patented technology of its kind, and is based on almost 4 decades of clinical experience. Respiratory muscle training (RMT) is a scientifically proven method to increase muscle strength and performance capacity of your respiratory system. This will improve oxygen supply to all muscle groups, and delay time to fatigue. **Breather Fit** is suitable for all athletic disciplines, and improves performance at any level, from beginner to elite athlete.

Inability of the respiratory muscles to meet the ventilatory demand during peak exercise is the number one reason for exercise cessation. **Breather Fit** strengthens both parts of the respiratory cycle, and delays the point of exercise limitation.

FEATURES

- Inspiratory & Expiratory Muscle Training
- Adjustable and independent pressure settings
 - 5 Expiratory
 - 6 Inspiratory
- Distinct and easy to use dial settings
- Comfortable mouthpiece without jaw pressure
- Ergonomic body shape for easy hand grip
- Easy to use and clean
- Extensive online support and training





BENEFITS

- Strengthens:
 - **Inspiratory muscles:** diaphragm, external intercostals, accessory muscles of neck
 - **Expiratory:** internal intercostals, abdominals
- Promotes diaphragmatic breathing
- Improves trunk stability and reduces injury risk
- Decreases exercise-limiting shortness of breath
- Reduces oxygen consumption of respiratory muscles

OBSERVED ATHLETIC IMPROVEMENTS

- Increased time to fatigue
- Decreased shortness of breath at peak work rate
- Increased blood flow to exercising limbs
- Improved time trial performance (with and without load)
- Delayed onset of blood lactate
- Improved overall performance

BREATHER FIT SPECIFICATIONS

ATHLETE RANGE:	-400 cmH ₂ O to +250 cmH ₂ O
SETTINGS:	6 Inspiratory, 5 Expiratory
DIMENSIONS:	129x43x46mm
WEIGHT:	1.6 oz
USE:	Single User Device
LIFESPAN:	Up to 2 yrs under normal conditions
SKU:	BFIT