



Compatible with the ActiBreathe® App

The Future of Breathing Training



9:41		l 🗢 🔳			
Se	ssion St	ats			
🕚 w	What does this all mean?				
12:05:	23 8th Feburar	y 2024	Real I		
5 Average Resistance L	문가 Row evel Activity	1245 cmH20s Total PTPIL			
98% Precision Score	31 Attempted Exhalations	01min 20 sec Time			
30 Successful Exhalations	0.5 sec Exhalation Time Avg	0.5 sec Time to Lift Valve Avg	1		
You gaine	Congratulations d 1 POWERbreath completing your firs session	e Workout			
	Back				

۵	Rehab 24 Apr 2024	\sim	1591	cmH ₂ Os
2	Row 24 Apr 2024		1035	cmH ₂ Os
۵	Rehab - P81 12 Apr 2024	~~~	1718	cmH ₂ Os
0	Sitting 08 Apr 2024	~~~	1592	cmH ₂ Os
••	Gym 02 Apr 2024	\sim	1653	cmH ₂ Os
ero)	Bike 28 Mar 2024		1515	cmH ₂ Os
æb	Bike 21 Mar 2024	~~~~~	1482	cmH _z Os
6	Sitting 18 Mar 2024	~~~~	1594	cmH ₂ Os
6	Sitting 07 Mer 2024	\sim	1668	cmH ₂ Os







Make every breathe count with the new cutting-edge POWERbreathe Smart Adaptor, designed to seamlessly digitise your POWERbreathe mechanical breathing training device. This innovative solution transforms your POWERbreathe device into a smart, connected tool, enabling real-time monitoring and training feedback, personalised insights and enhanced performance, unlocking new levels of breathing training. Stay ahead of the competition with the state-of-the-art POWERbreathe Smart Adaptor and ActiBreathe® App.

Improve your breathing, whether you're striving for better health, enhanced athletic performance or managing a respiratory condition. The future of breathing training is here.

Key Features

Standalone Strength Test

The POWERbreathe Smart Adaptor with ActiBreathe® App utilise precision technology and clinically recognised methodology to measure the strength of your breathing muscles, providing an accurate insight into your breathing capabilities.

Personalised Training Plans

The ActiBreathe® App offers a visually intuitive representation of your breathing training and test results. Track improvements and celebrate breathing milestones.

Guidance and Training Plans

Receive expert guidance through the ActiBreathe[®] App, which offers tailored training plans based on your individual respiratory needs. The ActiBreathe[®] App adapts to your personal goals, whether you are an athlete, fitness enthusiast, have a medical condition or are simply looking to improve your respiratory health.

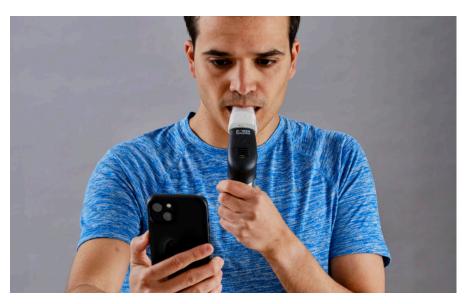
Visualised Progress

The ActiBreathe® App offers a visually intuitive representation of your breathing training and test results. Track improvements and celebrate breathing milestones.

Seamless Integration

The POWERbreathe Smart Adaptor seamlessly syncs with the ActiBreathe[®] App. Access your data anytime, anywhere and stay connected to your breathing training journey.





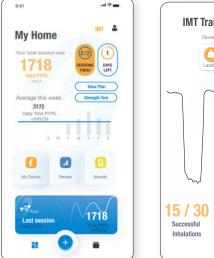


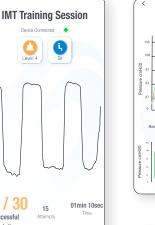
Compatible with multiple POWERbreathe Breathing Devices:

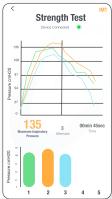
- POWERbreathe Plus Inspiratory Muscle Trainers (IMT) All models
- POWERbreathe EX1 Expiratory Muscle Trainers (EMT) All models
- Shaker Deluxe mucus clearance device coming soon

powerbreathe.com

The ActiBreathe[®] App empowers you to enhance your performance







Real-Time Monitoring

Unlock your full potential with real-time training tracking and training feedback. Improve your breathing performance using the POWERbreathe cutting edge technology and visual guidance.

Review, Analyse, Improve

9:41

Breaths Per Sessio

30

Session Per Day

2

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ІМТ

els: 👩

50%

RECOMMENDED

This comprehensive feature allows you to review your previous training performance, allowing you to monitor progress and training efficiency.







Awards

Celebrate your breathing achievements by earning awards and trophies.



Number of Days 7 Weeksr Houstass PCCS EET TRAINING PLAN

Suggested Training Plans

Aplication Settings Enabled Timing Unification The first for for reasoning of the for The first for for the for the for The first for for The first for for The first for for The first for The first for for The first for T

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Notification Settings

Choose Your Notification Se

Personalise Your Training

POWERbreathe's Smart Adaptor using sophisticated patent pending* technology, combined with the ActiBreathe® App helps create personalised training protocol's that ensures users follow the most effective strategies to achieve optimal results, with positive outcomes.

POWERbreathe Worldwide

Head Office: POWERbreathe International Ltd Northfield Road, Southam, Warwickshire CV47 0FG, England, UK Telephone: +44 (0) 1926 816100 www.powerbreathe.com

Distribution:

UK: HaB International Ltd Northfield Road, Southam, Warwickshire CV47 0FG, England, UK Telephone: +44 (0)1926 816100

Telephone: +44 (0)1926 816100 www.habdirect.com

Germany:

HaB GmbH Porschestraße 4 21423 Winsen / Luhe, Deutschland Telephone: +49 (0) 4171 8908170 www.powerbreathe.de

Latin America:

HaB Latin America Rua Aeroporto, 192, Chácara Marco, Barueri, Sao Paulo, CEP 06419-260, Brazil Telephone: + 55 (0)11 3809 8700 www.powerbreathebrasil.com.br

USA:

POWERbreathe USA c/o 7621 East Joy Road, Ann Arbor, Michigan, 48105, USA Telephone: +00 1 (0)734 996 5900 www.powerbreathe-usa.com

For all other territories please visit: www.powerbreathe.com











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If in doubt, please take advice from your medical practitioner before starting POWERbreathe training or any physical activity.

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