

K3 Advanced Intelligent Digital Breathing Trainer

The POWERbreathe K3 is a mid-range device that is supplied without computer software.

The auto-optimising feature to set training load found in the POWERbreathe K5 and K4 is also installed in the K3, along with a warm up and cool-down feature.

- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres); Flow (Litres/second)
- Single Breath Test
- Warm-up & Cool Down modes
- Training History
- Multi-User Option

Everything in the palm of your hand if you're already familiar with or simply aware of the benefits of inspiratory muscle training and would like to get more out of it, then the K3 is ideal. It not only offers the most effective inspiratory muscle training you'll ever experience, as with all the K-Series models, but also a benchmark from which you can easily assess your progress using the Single Breath Test. This measures your inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath.

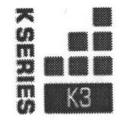
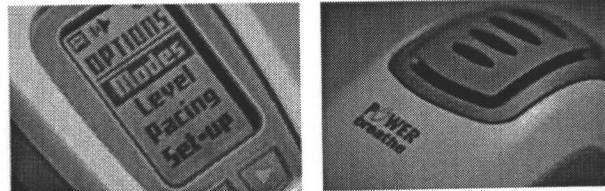
The K3 also offers additional training modes for warming-up your breathing muscles and a cool-down or 'recovery' after exercise.

Warm-up: research has shown that a standard pre-exercise warm-up routine fails to prepare the breathing muscles for the rigours of exercise.



Cool-down: researchers have found that breathing against a small inspiratory load immediately after exercise reduces lactate by 16%.

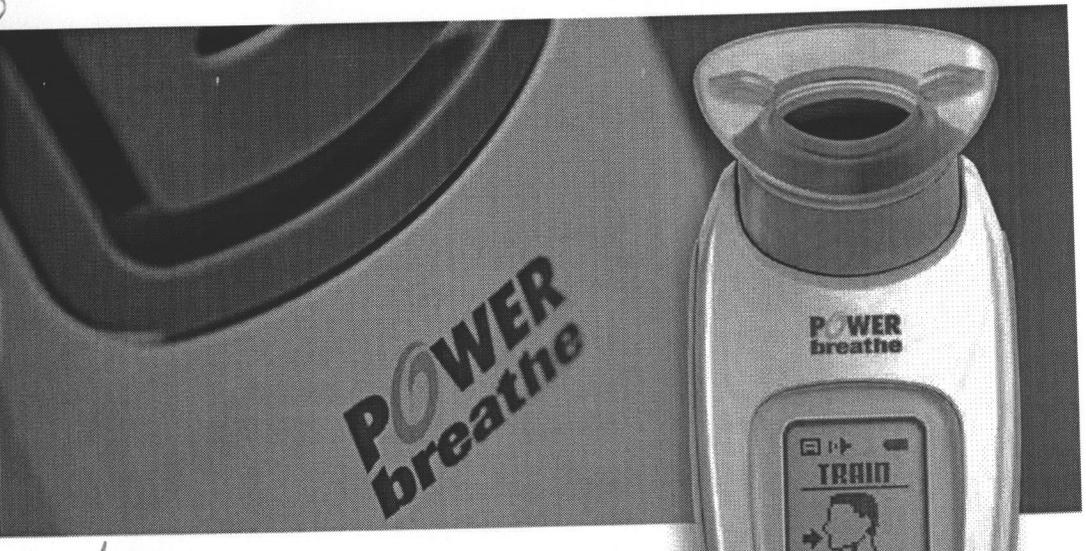
Choosing the K3 means you're serious about improving your breathing and your performance, which is why the Training History is a must, as it provides you with a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results on the K3 handset.



Smart Breathing Training Features Include:



See page 16 for a full description of the K-Series Smart Breathing Training features or visit powerbreathe.com



K2 Intermediate Intelligent Digital Breathing Trainer

The POWERbreathe K2 is the intermediate model, for people who want to experience the quality breathing training that the K-Series offers, without the in-depth analytical features.



The K2 also offers the most effective inspiratory muscle training you'll ever experience, as with all the K-Series models.

Unlike the K1 the K2 includes the Single Breath Test, which measures your inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath.

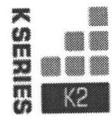
The K2 only stores data of your last training session and your last single breath test.

- Auto-optimising Inspiratory Muscle Training (IMT)
- Training Results: Load (cmH₂O); Power (Watts); Volume (Litres)
- Single Breath Test
- Multi-User Option

The K2 is perfect for:

- Sports professionals, including coaches, therapists, athletes, recreational fitness and sports enthusiasts
- Uniformed services – army, navy, air force, police, fire service
- Performers, including singers, actors, musicians, public speakers and teachers
- People experiencing breathing difficulties resulting from a medical condition, sedentary lifestyle or old age

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Miglė Jonikė



Smart Breathing Training Features Include:



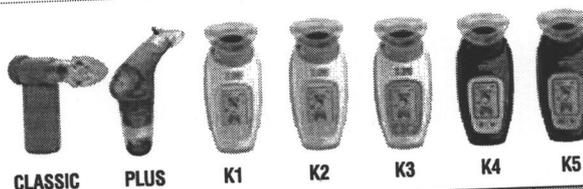
See page 16 for a full description of the K-Series Smart Breathing Training features or visit powerbreathe.com

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POWERbreathe Comparison Table

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	CLASSIC	PLUS	K1	K2	K3	K4	K5
Mechanically adjustable variable load training	•	•					
Manually adjustable variable load training ✓			•	•	•	•	•
Advanced electronic variable load training ✓			•	•	•	•	•
Pressure threshold training	•	•	•	•	•	•	•
Ergonomic design		•	•	•	•	•	•
Antibacterial mouthpiece		•	•	•	•	•	•
Auto-optimising IMT technology ✓ 1.6						•	•
Graphical history results (36 Sessions) ✓ 1.5						•	•
Single breath test 1.8				•		•	•
Automatic warm-up mode ✓ 1.3						•	•
Automatic cool-down mode						•	•

With PC Breathe-Link IMT Suite Software

Real-time breathing measurement and analysis software for PC only (not currently available for MACs). Maximises training and test performance in real-time. Stores results for analysis. Import and Export .bre files allowing data to be shared amongst Breathe-Link users.



	CLASSIC	PLUS	K1	K2	K3	K4	K5
Breathe-Link PC capability						•	•
Breathe-Link Import and Export						•	•
Breathe-Link PC Graphical View						•	•
Breathe-Link Analytics Pro View							•
Breathe-Link Print Session Detail							•
Breathe-Link PDF Generator							•
Breathe-Link Custom Mode							•

NB. K-Series' specifications may change without notice due to manufacturer's continuous programme of development.



POWERbreathe Medical Devices Overview

	MEDIC	KH1
Available for prescription in the UK		•
Pressure threshold training		•
Mechanically adjustable variable load training (10 – 90 cmH ₂ O)		•
Manually adjustable variable load training (5 – 200 cmH ₂ O)		•
Advanced electronic variable load training		•
Single breath test MIP		•
Single breath test (PIF/Flow Test)		•
Test results (PIF/Flow, and MIP)		•
Current training results - Inhaled Volume, Power, Load		•
Current training results - T-Index		•
Breathing pacing guidance		•
TrySafe™ Multi user filter option		•
Interchangeable valve heads for multi user option		•
Compatible with oxygen adapter & facemask		•
Ergonomic design for adult & paediatric use		•
Antibacterial mouthpiece		•
Try-before-you-prescribe demo kit		•

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POWERbreathe Features List

Training Technology Features:



Auto IMT: The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.



Training Intensity: The training intensity adjustment option allows resistance to be manually set from 10 to 200cmH₂O to suit your personal training requirements.



Training Guidance: The K-Series training guidance system provides breathing pacing guidance, displays the number of breaths remaining in your training session and informs you when the session is complete.



Warm-up & Cool-down mode: Automatically sets the optimal resistance for inspiratory muscle warm-up and cool-down.

Training Feedback and Testing Features:

Training Results: Provides detailed breathing training feedback including Load (cmH₂O), Power (Watts) and Inhaled Volume (Litres). *1.5*



Strength Index: Calculates your inspiratory muscle strength (cmH₂O) based upon your peak inspiratory flow. Strength index is rated in comparison with your predicted value.



Single Breath Test: Measures inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath. Rates inspiratory muscle strength (Poor, Fair, Average, Good, Excellent) in comparison with your predicted value.



Training Index: Displays the percentage effectiveness and effectiveness rating (Poor, Fair, Average, Good, Excellent) of your breathing training session based upon the amount of work you achieved.



Breathing Energy: Measures the mechanical work of breathing during your breathing training session. Breathing energy combines the force exerted by your inspiratory muscles and the volume of air inhaled.



Training History: Displays a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results.

Technology Features:



Washable Valve: The K-Series valve head can be removed for cleaning using POWERbreathe cleansing solution (which is sold separately).



You and I Option: Interchangeable Valve Head option for multiple users (Additional valve heads sold separately).



Rechargeable: Rechargeable power system with auto power-off and charge level indicator. *✓ 1.11*



K-Series Health Features: **Multi-user Filter Option:** Compatible with TrySafe™ bacterial/viral filters for multiple users (sold separately).



Respiratory Muscle Testing (RMT): Maximum Inspiratory Pressure and Peak Inspiratory Flow tests for inspiratory muscle assessment.

Breathe-Link Features:



Breathe-Link PC Capability: PC connectivity via USB enables real time training and performance testing. Select specific training and testing parameters and then assess inspiratory muscle condition, training progress and try and beat previous scores.



Breathe-Link Custom: Allows you to create and upload your own personalised breathing training sessions.



Breathe-Link Analytics Pro-View: Use the Breathe-link Pro-View for detailed, simultaneous plotting and analysis of all inspiratory muscle training data.

Please call or visit our website for more details

POWERbreathe Customer Care

When you buy a POWERbreathe you get so much more than what's in the box. We'll be there to maximise the benefit of your purchase by providing advice and assistance for your training around the world.

- Manufacturer's warranty
- Extensive helpdesk support

To the best knowledge of POWERbreathe International Ltd the specifications, descriptions and illustrative material contained herein are believed to be accurate at the time of printing. Specifications may change without notice due to manufacturers continuous programme of development. No claims are made or implied in the use, or results by the use of equipment herein. POWERbreathe International reserve the right without prior notice to discontinue

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