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## PowerLung Active BreatheAir Respiratory Trainer

**Code:** POW001 PLB

The PowerLung Active Series BreatheAir Respiratory Trainer is a hand-held, respiratory training system which employs low-level resistance-training to reduce breathlessness and help users breathe better.

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## Product Information

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Designed to strengthen the muscles used when inhaling and exhaling, the PowerLung BreatheAir optimizes breathing by increasing lung capacity and improving breathing efficiency. Tailored to meet the demands of active, healthy people aged 10 and up, the PowerLung BreatheAir has potential benefits for people who suffer from asthma and other breathing-related difficulties.

The PowerLung BreatheAir helps stretch and warm up breathing muscles before any activity and also aids the post-exercise cool down. At its peak setting the resistance of the PowerLung BreatheAir is similar to bench pressing a weight equivalent to 50kg

Featuring adjustable inhale and exhale controls which allow users to tailor their respiratory training, the PowerLung BreatheAir can help users breathe deeper and expand lung capacity when used twice a day for just 5 minutes.

Many people encounter breathlessness when exercising or undertaking everyday tasks, the PowerLung Breathe Air gives them the confidence to exercise more regularly and greater control over your breathing.

The PowerLung BreatheAir has a comfortable hand grip, is drug free and provides a user-friendly solution to meeting the everyday demands placed on your respiratory system. A detailed user guide, instructional manual and supporting DVD are included for effective use.

**SRP:** £60.00 (inc VAT)

**Product Weight:** 350g



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## Product Features & Specifications

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### Product Includes:

- PowerLung Active Series BreatheAir model
- User Guide Booklet
- User Guide DVD (region free)
- Zipper Carrying Case
- PowerLung Washes Sample (1 fl. oz.)

### Product Features

- **Strength training for inhale and exhale breathing**
- **Independently adjustable inhale and exhale controls**
- **Hand grip for comfortable use**
- **Detailed user instructions for proper training**