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PowerLung Active Trainer Respiratory Trainer

Code: POW002 PLT

The PowerLung Active Series Trainer is a hand- held, respiratory training system which employs intermediate resistance-training to reduce breathlessness and improve breathing efficiency.

Product Information

Designed for fitness enthusiasts, athletes and those who regularly take part in demanding activities such as cycling, running, tennis and football, the PowerLung Trainer optimises breathing by expanding lung capacity and improving breathing efficiency

The PowerLung Trainer can be easily incorporated into users existing fitness or training regime and features adjustable inhale and exhale controls which allow them to customise their respiratory training.

Respiratory strength training with the PowerLung Trainer helps users achieve an increased lung capacity and better breathing technique. Improved breathing aids recovery time and can lead to increased endurance, allowing users to perform longer and harder than the opposition.

Whatever their sport, the PowerLung Trainer helps users maximise their performance in the gym, on the track and on the field of play.

The PowerLung Trainer, which is recommended for ages 13 and up, has a comfortable hand grip, is drug free and provides an easy- to- use yet highly effective solution to developing your respiratory muscles. A detailed user guide, instructional manual and supporting DVD are included for effective use.

SRP: £69.99 (inc VAT)

Product Weight: 340g



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Product Features & Specifications

Product Includes:

- PowerLung Active Series Trainer 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**