

# “EXPAND-A-LUNG”®

Breathing Resistance Exerciser

## **INSTRUCTIONS**

Insert the mouthpiece in your mouth with the engraved word “top” at the base of the mouthpiece facing up. Bite down on the inner sides of the mouthpiece to hold it in place. Breathe in and out while adjusting the resistance valve to select your desired level of breathing resistance (make it challenging, but not uncomfortable). Turn the valve to the left for more resistance (+). Turn it to the right for less (-). Once you have set your desired level of resistance, do the following three step exercise without taking the mouthpiece out of your mouth.

1. Inhale through the mouthpiece **slowly**, as deep as you can.
2. Hold your breath for a couple of seconds.
3. Exhale through the mouthpiece **slowly** until you’re almost out of breath.

Remove the unit from your mouth and breathe normal until you catch your breath. Then repeat the above exercise 10-12 times to complete one set. Do 2 to 4 sets per day, always before any meals (not right after a meal).

**DO AN ADDITIONAL SET RIGHT BEFORE YOU START ANY SPORT OR ENDURANCE ACTIVITY (WALK, RUN, SWIM, BIKE, ROW, DIVE, ETC.)**

**NOTE:** Do this exercise in a well ventilated area. **Do not do this exercise if you smoke.** Do not share the use of your unit with another person. If you have any medical condition, consult with your physician about this exercise for your specific condition.

Wash entire unit daily with an antibacterial dishwashing liquid, rinse with warm water thoroughly and drip dry upside down (mouthpiece facing down).

Visit our website: [www.expand-a-lung.com](http://www.expand-a-lung.com)

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Made in U.S.A.