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## Tilcare 1

# Tilcare Breathing Trainer & Lung Exerciser User Manual

Model: 1

## INTRODUCTION

The Tilcare Breathing Trainer & Lung Exerciser is designed to enhance respiratory muscle strength and lung capacity. This device is suitable for individuals seeking to improve their breathing performance, including athletes, musicians, and those looking to maintain respiratory health. Its user-friendly design and adjustable resistance levels make it adaptable for various fitness levels.



Image: The Tilcare Breathing Trainer device shown alongside its product packaging. The device is white with green adjustable dials.

## IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Tilcare Breathing Trainer. Consult your doctor or healthcare professional before use if you are suffering from any of the following conditions:

- Untreated pneumothorax
- Hemoptysis (coughing up blood)
- Right-sided heart failure
- Middle ear pathology
- Tuberculosis
- Oesophageal surgery

Do not discontinue use of any respiratory medication you might be taking without consulting your doctor or healthcare professional.

## CONTRAINDICATIONS

Consult your doctor/healthcare professional before use if you are suffering from the following conditions: Untreated pneumothorax, Hemoptysis (coughing up blood), Right-sided heart failure, Middle ear pathology, Tuberculosis or Oesophageal surgery.

## DISCLAIMER

Do not discontinue use of any respiratory medication that you might be taking, without consulting your doctor/healthcare professional.

*Image: A close-up of the product box, highlighting the "Contraindications" and "Disclaimer" sections with important safety warnings.*

## PRODUCT OVERVIEW

The Tilcare Breathing Trainer features a compact design with intuitive controls for adjusting resistance during both

inhalation and exhalation.

### Components:

- **Mouthpiece:** Ergonomically designed for comfortable use.
- **Inhale Resistance Dial:** Adjusts the resistance for inhaling (levels 1-6).
- **Exhale Resistance Dial:** Adjusts the resistance for exhaling (levels 1-6).
- **Main Body:** Houses the internal mechanisms.



*Image: A pair of hands demonstrating how to adjust the resistance dial on the Tilcare Breathing Trainer, highlighting its ease of use.*

### SETUP AND FIRST USE

1. **Unpack:** Carefully remove the Tilcare Breathing Trainer from its packaging.
2. **Clean:** Before first use, clean the device thoroughly as per the "Cleaning and Maintenance" section.
3. **Adjust Resistance:** Locate the inhale and exhale resistance dials. Rotate the dials to your desired starting level. For beginners, it is recommended to start at the lowest setting (level 1) and gradually increase as your lung strength improves.
4. **Positioning:** Hold the device firmly and place the mouthpiece comfortably in your mouth, ensuring a tight seal with your lips.



*Image: A detailed view of the Tilcare Breathing Trainer, showing how the inhale and exhale resistance levels can be adjusted independently using the green dials.*

## OPERATING INSTRUCTIONS

Follow these steps for an effective breathing exercise session:

1. **Preparation:** Sit or stand in a comfortable, upright position. Relax your shoulders and neck.
2. **Inhale:** Place the mouthpiece in your mouth and inhale slowly and deeply through the device. You should feel resistance. Try to inhale as much air as possible.
3. **Hold:** Hold your breath for a few seconds (e.g., 1-3 seconds) at the peak of your inhalation, if comfortable.
4. **Exhale:** Exhale slowly and completely through the device, feeling the resistance. Ensure all air is expelled from your lungs.
5. **Repeat:** Perform 10-15 repetitions per session, 1-2 times daily, or as recommended by your healthcare professional.
6. **Progression:** As your lung strength improves, gradually increase the resistance level on both the inhale and exhale dials.



## DEVELOP STRONG & HEALTHY LUNGS

*Image: A woman demonstrating the proper use of the Tilcare Breathing Trainer, holding the device to her mouth for a breathing exercise.*

### **Benefits of Regular Use:**

- Improved lung strength and capacity.
- Enhanced athletic performance and stamina.
- Better oxygen flow and VO2 Max.
- Drug-free therapy for certain respiratory conditions (consult your doctor).

Your browser does not support the video tag.

*Video: An official video from Tilcare explaining the benefits and features of the Tilcare Breathing Exerciser, demonstrating its use and impact on lung strength and capacity.*



## IMPROVE YOUR ATHLETIC PERFORMANCE

*Image: A swimmer underwater, symbolizing the potential for improved athletic performance and lung capacity through the use of the breathing trainer.*

### CLEANING AND MAINTENANCE

Regular cleaning is essential to maintain hygiene and ensure the longevity of your device. The Tilcare Breathing Trainer is constructed from food-grade materials for safety and easy cleaning.

1. **Disassembly:** Gently twist and pull apart the mouthpiece from the main body if possible (refer to product diagram for specific disassembly instructions if provided, otherwise clean as a single unit).
2. **Washing:** Wash all components with warm water and mild soap after each use. Rinse thoroughly under running water to remove all soap residue.
3. **Drying:** Allow all parts to air dry completely before reassembling or storing. Do not use abrasive cleaners or expose to extreme temperatures.
4. **Storage:** Store the device in a clean, dry place away from direct sunlight and extreme temperatures.

### TROUBLESHOOTING

Problem	Possible Cause	Solution
Difficulty breathing through the device.	Resistance level is too high.	Decrease the resistance level on both inhale and exhale dials. Start at level 1.
Device feels loose or not sealing properly.	Improper lip seal around the mouthpiece.	Ensure your lips form a tight seal around the mouthpiece. Adjust position if necessary.

Problem	Possible Cause	Solution
Device feels clogged or dirty.	Accumulation of saliva or debris.	Clean the device thoroughly as per the "Cleaning and Maintenance" section. Ensure it is fully dry before next use.

## SPECIFICATIONS

- **Model Number:** 1
- **Dimensions:** 5.32 x 2.05 x 2.05 inches
- **Weight:** 1.76 ounces
- **Material:** Food-grade materials
- **Resistance Levels:** 6 levels for both inhale and exhale

## WARRANTY AND SUPPORT

Tilcare offers a 30-day money-back guarantee for this product. For any questions, concerns, or support needs, please contact Tilcare customer service.

### Contact Information:

**Website:** [www.tilcare.com](http://www.tilcare.com)

**Email:** Refer to website for contact form or direct email.



Image: The Tilcare Breathing Trainer displayed next to its packaging, featuring a prominent "30 Day Money Back Guarantee" seal.

