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Oumua B0G12374M8

Oumua Breathing Trainer User Manual

Model: B0G12374M8

1. INTRODUCTION

The Oumua Breathing Trainer is a device designed to assist in respiratory muscle training. It connects to a dedicated mobile application to provide guided exercises and track progress. This manual provides instructions for the proper setup, operation, and maintenance of your Oumua Breathing Trainer.

2. WHAT'S INCLUDED

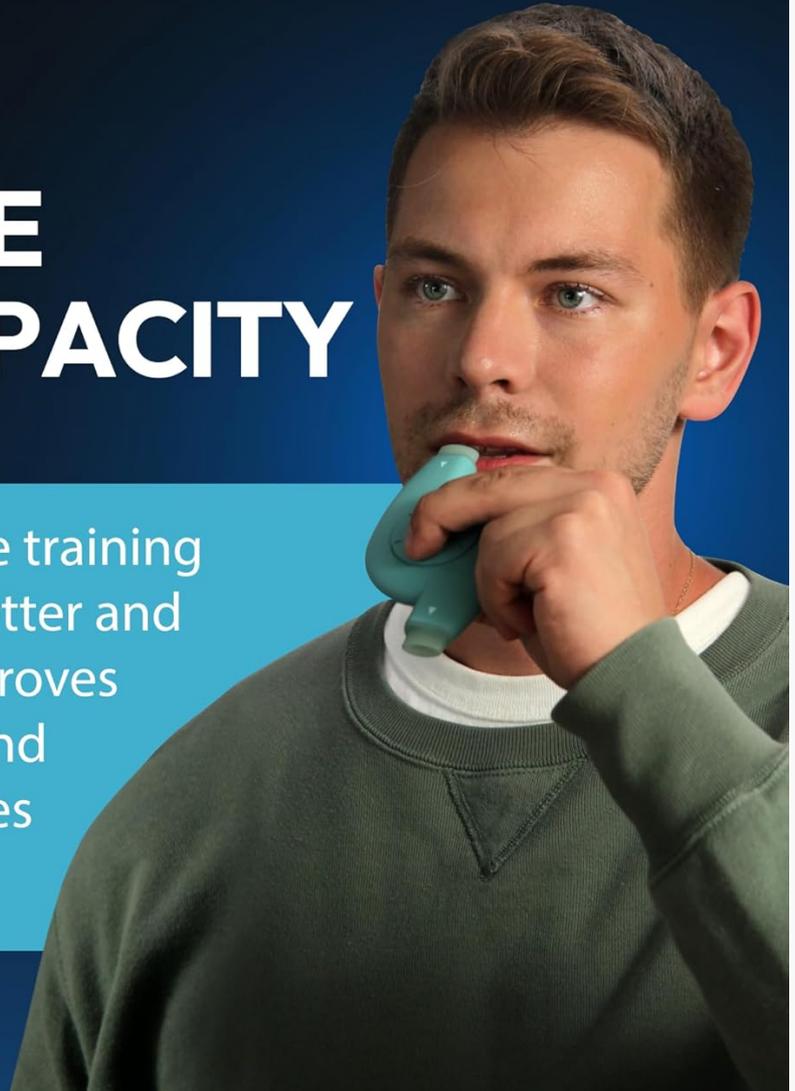
The Oumua PRO package contains the following components:

- 1x Oumua Pro smart breathing trainer
- 2x Oumua mouthpieces
- 1x Oumua wireless charger
- 1x Oumua UV-sterilizer
- 1x Instruction guide (this document)



INCREASE LUNG CAPACITY

Respiratory muscle training helps you sleep better and recover faster, improves mood, attention and focus, and alleviates anxiety



This image displays the contents of the Oumua PRO package, including one Oumua Pro smart breathing trainer, two mouthpieces, a wireless charger, a UV-sterilizer, and an instruction guide. It also shows the product packaging and available color options.

3. GETTING STARTED (SETUP)

3.1 Initial Charging

Before first use, fully charge your Oumua Breathing Trainer using the provided wireless charger. Connect the wireless charger to a suitable power source. Place the Oumua device onto the charging pad. The device's indicator light will show charging status.

3.2 App Installation

The Oumua Breathing Trainer operates in conjunction with the Oumua Training App. Download the app from your device's respective app store (e.g., Apple App Store for iOS or Google Play Store for Android).

3.3 Device Pairing

1. Ensure your Oumua Breathing Trainer is charged and powered on.
2. Enable Bluetooth on your smartphone or tablet.

3. Open the Oumua Training App.
4. Follow the on-screen instructions within the app to search for and pair with your Oumua device. The device connects via Bluetooth.

Oumua is your smart breathing coach



Connects to Oumua app via Bluetooth and VISUALIZES everything you do LIVE:



AI tailors your experience based on comprehensive respiratory tests



Track your performance, stats and progress!



30+ AI-guided breathing protocols aimed at health, wellness and sports!

This graphic outlines the core features of the Oumua Breathing Trainer as a smart breathing coach. It emphasizes AI-tailored experiences based on respiratory tests, live performance tracking, and access to over 30 AI-guided breathing protocols for health, wellness, and sports.

4. USING YOUR OUMUA BREATHING TRAINER (OPERATION)

4.1 Understanding Training Categories

The Oumua app offers various training categories to suit different user needs. These typically include Health, Wellness, Sports, and Smoke-Quitting. Select the category that aligns with your training goals.

How it works

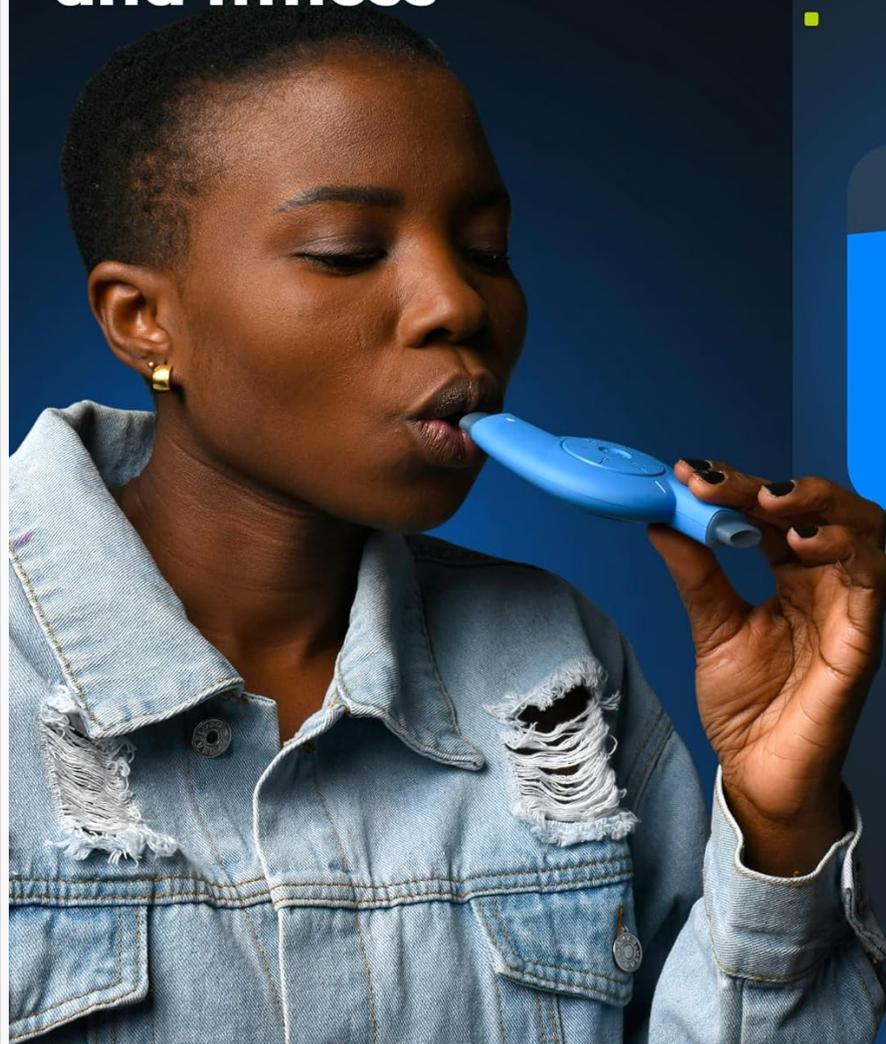


This image illustrates the Oumua Breathing Trainer device alongside the companion mobile application. The app displays various training categories, including Health, Wellness, Sports, and Smoke-Quitting, indicating the diverse applications of the trainer.

4.2 Measuring Lung Function

The device can measure parameters such as inhale power. To perform a measurement, insert a clean mouthpiece into the device, place it in your mouth, and follow the app's instructions for inhalation. The app will display your results.

Measure your lung function and fitness

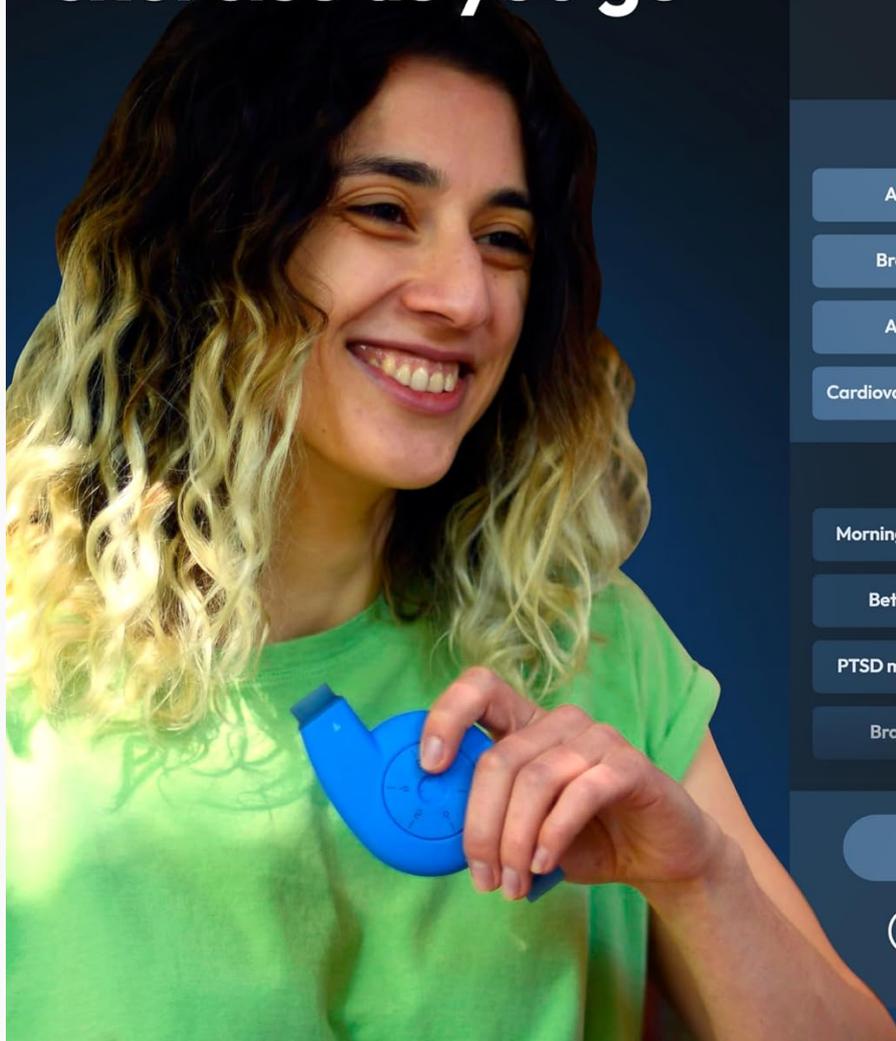


A user is shown actively engaging with the Oumua Breathing Trainer. The accompanying app screen displays 'Inhale power' with a numerical reading, demonstrating how the device measures and visualizes lung function and fitness levels.

4.3 Selecting Training Protocols

The Oumua app provides access to over 30 breathing training protocols. These protocols are designed for various purposes, including improving respiratory health (e.g., for conditions like Asthma, COPD), enhancing wellness (e.g., meditation, sleep improvement), and boosting sports performance.

Pick from 30+ protocols and exercise as you go

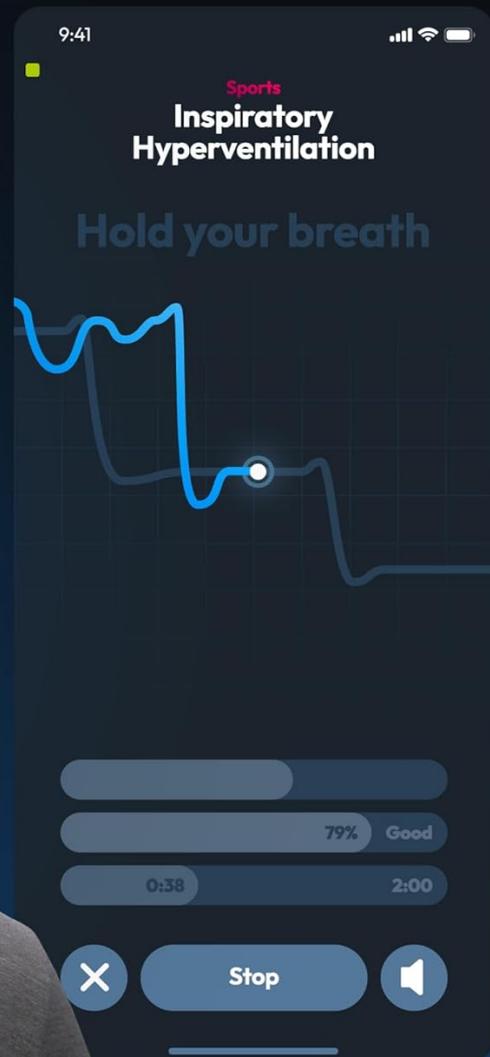
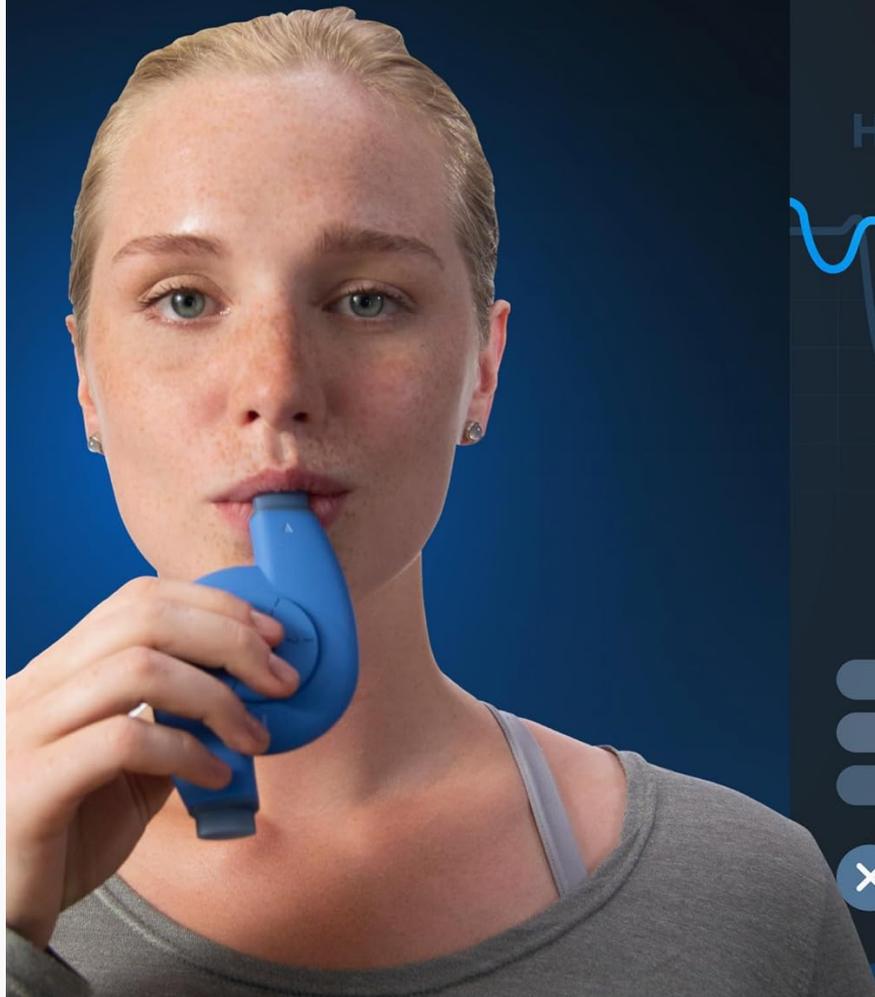


This image features a user with the Oumua Breathing Trainer, while the app interface highlights a selection of over 30 training protocols. These protocols are categorized under Health (e.g., Asthma, COPD) and Wellness (e.g., Morning meditation, Better sleep), offering a wide range of exercises.

4.4 Tracking Progress

The Oumua app provides live visual feedback and tracks your exercise progress. This allows you to monitor your performance, statistics, and overall improvement over time.

The app visually tracks your exercise progress



A user is depicted using the Oumua Breathing Trainer, with the app screen showing a real-time graph of 'Inspiratory Hyperventilation' and progress indicators. This demonstrates the app's capability to visually track and monitor exercise performance.

4.5 Breathing Techniques

Follow the specific instructions provided within the Oumua app for each training protocol. Generally, ensure a tight seal around the mouthpiece and perform controlled inhalations or exhalations as guided by the app. Consistent and correct technique is crucial for effective training.

Respiratory muscle training can contribute to increased lung capacity, potentially leading to improved sleep, faster recovery, enhanced mood, attention, and focus, and reduced anxiety.

Oumua PRO includes



- ✓ 1x Oumua Pro smart breathing trainer
- ✓ 2x Oumua mouthpieces
- ✓ Oumua wireless charger
- ✓ Oumua UV-sterilizer
- ✓ Instruction guide

Other colors



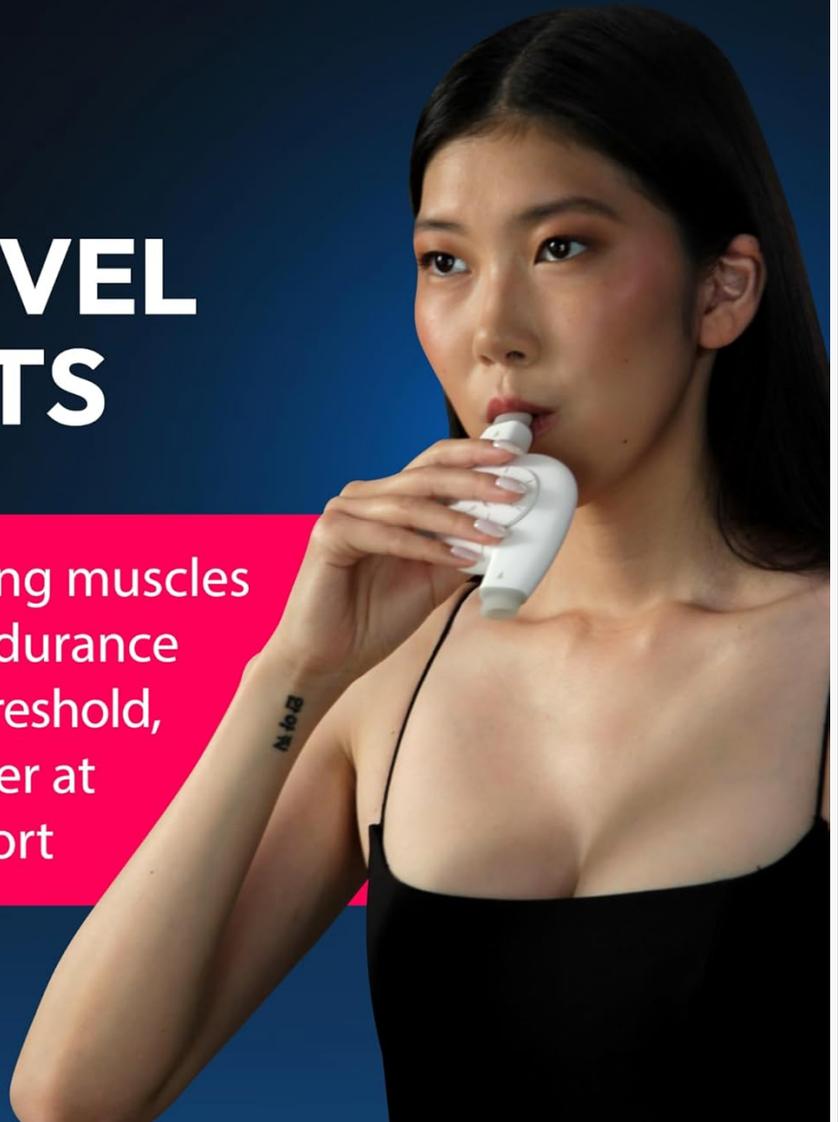
A man is shown using the Oumua Breathing Trainer, with text describing how respiratory muscle training helps improve sleep, recovery, mood, attention, focus, and alleviates anxiety by increasing lung capacity.

For athletes, strengthening breathing muscles through training may increase endurance and anaerobic threshold, which can contribute to improved performance in various sports.



NEXT LEVEL IN SPORTS

Stronger breathing muscles increase your endurance and anaerobic threshold, making you better at (literally any!) sport



An image showing a woman using the Oumua Breathing Trainer, accompanied by text explaining how stronger breathing muscles can increase endurance and anaerobic threshold, benefiting athletic performance across various sports.

5. CARE AND MAINTENANCE

5.1 Cleaning

Regular cleaning of the mouthpiece and device is essential for hygiene. Use the provided UV-sterilizer for the mouthpiece as directed. For the main device, wipe with a soft, damp cloth. Do not submerge the main device in water.

5.2 Charging

Charge the device when the battery indicator shows low power. Use only the Oumua wireless charger provided with the product. Overcharging is not recommended.

5.3 Storage

Store the Oumua Breathing Trainer in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.

6. TROUBLESHOOTING

- **Device not powering on:** Ensure the device is fully charged. If the issue persists, contact support.
- **Device not connecting to app:**
 - a. Verify Bluetooth is enabled on your mobile device.
 - b. Ensure the Oumua device is powered on and within range.
 - c. Try restarting both the Oumua device and your mobile device.
 - d. Reinstall the Oumua Training App if necessary.
- **Inaccurate readings:** Ensure the mouthpiece is correctly inserted and you have a tight seal during use. Follow app instructions precisely.
- **App not responding:** Close and reopen the app. If the problem continues, restart your mobile device.

7. SPECIFICATIONS

Feature	Detail
Model Number	B0G12374M8
Manufacturer	Oumua
Connectivity	Bluetooth
Power Source	1 Lithium Ion battery (included)
Charging Method	Wireless Charger
Package Dimensions	7 x 5 x 2 inches
Item Weight	9 ounces

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official Oumua website. For technical support or further assistance, please contact Oumua customer service through their official channels.

