

This document contains important information on the safe use of the product. Read and follow the safety instructions and all other instructions. Keep the document for future reference. If you pass the product on to others, please include this document.

Contents are subject to change. Please refer to the latest version of the documentation, which is available for download at www.thomann.de.

Safety instructions

Intended use

This product serves as a lung trainer to increase lung volume and improve breathing technique. Any other use or use under other operating conditions is considered to be improper and may result in personal injury or property damage. No liability will be assumed for damage resulting from improper use.

This product may be used only by persons with sufficient physical, sensory, and intellectual abilities and with the relevant knowledge and experience. Other persons may use this device only if they are supervised or instructed by a person who is responsible for their safety.

Risk of injury and choking hazard for children!



Children can suffocate on packaging material and small parts. Children can injure themselves when handling the product.

Never allow children to play with the packaging material and the product. Always store packaging material out of the reach of babies and small children. Always dispose of packaging material properly when it is not in use. Never allow children to use the product without supervision. Keep small parts away from children and make sure that the product does not shed any small parts that children could play with.

Application instructions

- Consult a doctor before using the lung trainer, especially in case of existing respiratory diseases or health problems such as asthma, COPD or cardiovascular disease.
- Before each use, inspect the lung trainer for damage or wear. Dispose of the product immediately if it is damaged.
- Start with short sessions and increase the intensity and duration of the training only gradually. Pay attention to controlled and even breathing as well as an upright posture to avoid straining the breathing muscles.
- For noticeable improvements you should perform the training regularly.
- Avoid overexertion. Excessive or intense training can cause overload. If you experience symptoms such as dizziness, chest pain, severe cough or shortness of breath during use, stop training immediately and seek medical attention.
- Use the lung trainer only for personal use and do not share it with other people.
- If children or the elderly use the lung trainer, they may only do so under supervision.

Cleaning instructions

- After each use, thoroughly clean the mouthpiece and hose with water and, if necessary, a mild disinfectant to minimise the risk of infection.
- Never use abrasive cleaners or cleaners containing alcohol or thinner.
- Dry the lung trainer with a soft lint-free cloth.

Features

- Manual, flow-oriented breath trainer
- Inspiratory breathing exercises
- Variable flow rate
- Free of latex and epoxy resin
- Training for proper and deep breathing
- Deep breathing allows you to play even more difficult pieces more easily and with less effort.
- The item is, for reasons of hygiene, subject to a zero returns policy (AGB §4 paragraph 5).
- Colour: transparent
- Dimensions (W × H × D): 140 mm × 95 mm × 45 mm
- Weight: 120 g



Operation

1. Remove the hose from the bracket.
2. Attach the hose end to the lower connection of the breath trainer.
3. Keep the lung trainer vertical and at face level throughout the exercises.
4. Exhale and then enclose the mouthpiece tightly with your lips.
5. Inhale so that the white ball rises and hold this position for as long as possible. The grey and black balls should remain in their starting positions.
6. Increase your training by inhaling more vigorously until the white and grey balls reach the top of their respective chambers. The black ball should remain motionless. This will optimally increase your breathing volume and ventilate your lungs evenly.
7. For maximum training results, inhale deeply and vigorously until all three balls reach the top of their chambers. This uses your entire lung volume.

8. Release the mouthpiece and exhale. Then continue breathing normally for a few minutes.
9. Repeat as needed. Perform 3 to 5 training sessions throughout the day, each with 5 to 10 exercises. Even a few exercises daily can measurably improve lung capacity.



Do not allow air to flow into the breath trainer when exhaling. Moisture can impair its function and promote the formation of unwanted, infectious bacteria.

Disposal of the packing material



Environmentally friendly materials have been chosen for the packaging. These materials can be sent for normal recycling. Ensure that plastic bags, packaging, etc. are disposed of in the proper manner. Do not dispose of these materials with your normal household waste, but make sure that they are collected for recycling. Please follow the instructions and markings on the packaging.

Disposal of your old product

Dispose of your old product with your normal household waste, or deliver it for controlled disposal by an approved waste disposal firm or through your local waste facility. Proper disposal protects the environment as well as the health of your fellow human beings. This is because the proper handling of old products negates the potential negative effects of hazardous substances, and because it conserves resources by recycling them. Also note that waste avoidance is a valuable contribution to environmental protection.



Observe the disposal note regarding documentation in France.