

Breathe Your Way To Better Performance

INSTRUCTIONS

Wash thoroughly before first use

Sit or stand with good posture to allow maximum room for lungs to expand

- Place neckstrap loosely around neck for convenience
- Hold AirMax Breather straight out with one hand, with the three resistance holes facing up
- Wrap lips around open end of mouthpiece
- Begin with Level A Resistance (See Levels below)
- Inhale
 - o Keep your body relaxed and still
 - o Breathe in energetically at a slow, constant speed until your lungs feel full. Strive to maintain the same energy of air sound throughout the entire inhalation
 - o You should feel your diaphragm area and sides of lower back expanding
- Exhale
 - o As soon as you finish inhaling, begin to exhale, maintaining a constant air speed (Do not hold breath between inhaling and exhaling)
 - o Keep your body relaxed and still
 - o Breathe out energetically at the same constant speed until your lungs feel empty. Strive to maintain the same energy of air sound throughout the entire exhalation
- Repeat inhaling and exhaling for desired length of time
- Graduate to the next resistance level when the current level feels easy to maintain, or as directed by your instructor

www.airmaxbreather.com



Patent Pending

RESISTANCE LEVELS

Each level will approximately double the level of airflow resistance. Hole numbers are labeled on the AirMax Breather

- A. No holes covered
- B. Cover hole 1
- C. Cover holes 1 & 2
- D. Cover holes 1, 2, & 3

(Note: Hole on bottom should always remain uncovered)

- The same resistance level may be used during inhalation and exhalation, or the resistance level can be changed in between inhalation and exhalation
- Inhaling with level D is NOT recommended. Use level D for exhaling only.

CLEANING

Wash with soap and warm water, rinse thoroughly, allow to dry

WARNINGS

- Stop use if you become faint or light-headed. Continue use at a later time
- Do not use anyone else's AirMax Breather or allow anyone else to use yours unless it has been properly cleaned before use (See below for cleaning tips)
- If you have a breathing disorder or suspect you may have a breathing disorder, consult your physician before using the AirMax Breather

Do not use the AirMax Breather or neckstrap for any purpose other than as intended

SUGGESTED FIRST EXERCISE

- Begin with Resistance Level A for inhalation and exhalation
- Inhale for 3 seconds
- Exhale for 3 seconds
- Repeat 5-6 times
- Use "reminder" breaths later as needed

WIND MUSICIANS: TRANSFER EXERCISE TO INSTRUMENT

- The corners of the mouth should remain forward and relaxed
- The shape of the mouth cavity should feel the same as with the AirMax Breather, with the throat open and the tongue flat and relaxed
- While breathing with an instrument, the air sound that is heard while practicing with the AirMax Breather should not be heard. Using the same shape in the mouth cavity as used with the AirMax Breather will eliminate this air sound. A loud breathing sound means that something (usually the tongue) is blocking the air passageway, which will decrease the amount of air used. There should be little or no air sound heard while breathing with an instrument
- The speed of air during inhalation and exhalation should remain constant, as learned from the air sound on the AirMax Breather