

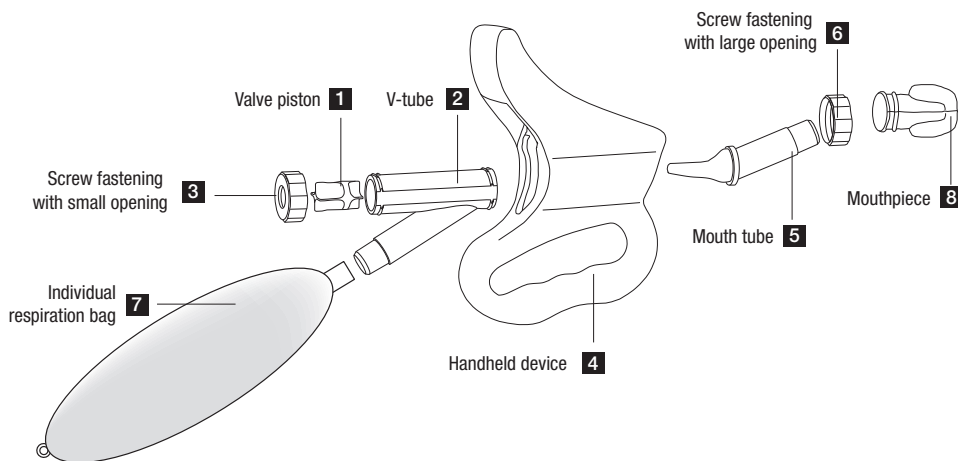


User's Quick Guide

EN



1. Starting

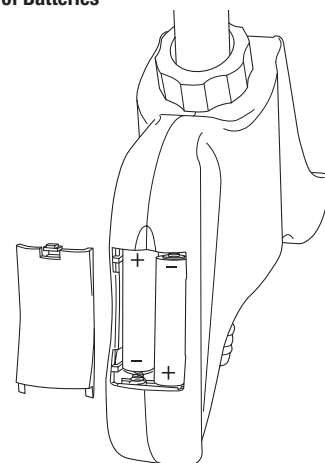


Assembly

Place the pieces, as shown above, on the table.

1. Place the valve piston **1** into the V-tube **2** as shown and secure it into place using the screw fastening **3** (small opening).
2. Place the V-tube **2** into the handheld device **4**.
3. Place the mouth tube **5** into the V-tube **2** and fasten it using the second screw fastening **6** (large opening).
4. Place the respiration bag **7** on the open end of the V-tube **2** and the mouthpiece **8** on the opening end of the mouth tube **5**.

Insertion of Batteries



SpiroTiger®, always a Breath ahead!




Direct respiratory endurance training increases performance efficiency by a considerable amount. Alongside this the entire upper body including the sport dependent posture musculature is developed!

SpiroTiger® offers a complete and comprehensive training which takes all aspects of conditioning into view.

Convince yourself of the «Extra-Power» of SpiroTiger® !




Turning on the SpiroTiger® device by pressing the ENTER key  for at least two seconds.

Turning off the SpiroTiger® device by pressing the ENTER key  for at least three seconds. If not used the device automatically shuts off after five minutes.

2. Set-up

Entering training duration, respiration rate, and bag size.

After the device has been turned on press the ► key until the desired symbol starts to blink.

-  WATCH for training duration
-  FREQUENCY for respiration rate
-  BAG for respiration bag size

Select with the ▲ and ▼ keys the desired value and confirm it using the ENTER key .

Setting ranges

- **Training duration: 0 - 99 minutes**
0 (zero) equals no fixed training duration
- **Respiration rate: 15 - 60 breaths per minute**
0 (zero) respiration rate means no given breathing pace.
- **Respiration bag size: 1.5 to 5.0 litre**
Respiration bags are labelled with their size.



The respiration bag size has to be individually determined for every user.

SPIROTIGER®



Headquarters

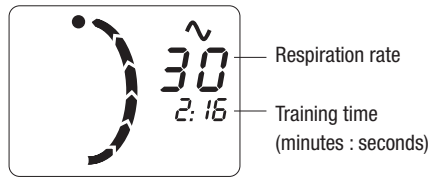
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3. Training

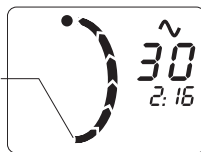
Starting a Training

Turn on the SpiroTiger®. Start the training by pressing the ENTER key .

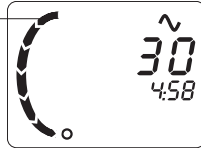


The SpiroTiger® indicates every change from inspiration to expiration with a short sound and a change of the side of the running arrows.

Place the mouthpiece in your mouth, take a deep breath and start with the expiration when the running arrows begin to move upward.



When you hear the short sound start breathing in. The running arrows are now moving downwards.

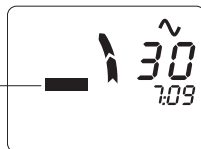


Important: When a 0 (zero) respiration rate is selected only the inspiration and expiration circles are indicated (○ / ●). Training can take place at a completely self determining pace. The training supervision remains active. At the end of the training a respiration rate average is given and the total respired volume.

Displays and messages during the training

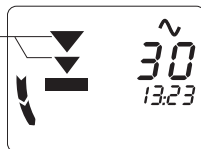
During the training the device supervises the **respiration depth**.

Optimal respiration depth



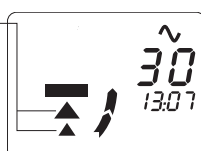
Breathe shallower!

Increase with the ▲ arrow the respiration rate, or increase the bag size.



Breathe deeper!

Reduce with the ▼ arrow the respiration rate, or decrease the bag size.



If the given pace is not maintained, the speed arrows appear:




Breathe faster!






Breathe slower!

End of training

At expiration of the entered training duration or after an interruption of the training by pressing ENTER , the device shows the following training results of the most recent training:

(With ► you switch through the logbook)

Number of training, duration of training , average respiration rate , bag size , total ventilation volume VT and average minute respiration volume VM.

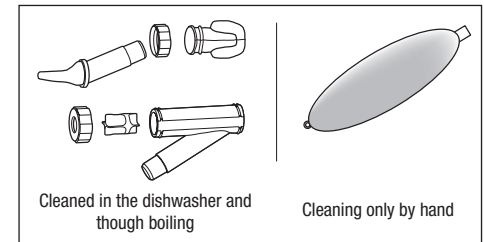
The data are saved in the logbook.

Press the ENTER key  to return to the start menu.



4. Cleaning, Maintenance

For personal use the air leading pieces (user set), with the respiration bag as an exception, can be cleaned in the dishwasher. The respiration bag has to be cleaned manually and then hung up to dry with the opening facing downwards. If multiple persons are using the same user set it must be disinfected (though boiling or sterilization see Hardware User's Guide, chapter "Cleaning and Disinfection").



Storage

- Store the SpiroTiger® dry, dust free environments only.
- For storage only use the original packaging.
- For further information see the Hardware User's Guide.
- For storage remove the batteries.

Important Training Tips

- In the beginning training requires good coordination and patience. Numerous trainings are required to grasp the concept and the flow of a training. At the beginning just focus on a regular respiratory frequency. Once you are successful in holding the pace try to adjust the respiration depth.

- To simplify the first training sessions we recommend to choose the setting without fixed respiratory frequency (RF = 0). This training mode allows unrestricted respiratory frequency; as you like you may breathe fast or slow. Automatic monitoring of the training is still guaranteed. In order to increase the training load you may thereafter enter a fixed respiratory frequency. Typical respiratory frequencies lie between 20 and 40 breaths per minute.

- To optimize the training intensity, training sessions should be considered strenuous, if not increase the respiration rate.

- If it is not possible to complete a training session at a selected intensity we recommend reducing the respiration rate until the desired duration can be reached.

- Recommended are training sessions between 15 and 30 minutes per day.

- Two to five training sessions are recommended per week depending on personal goals. To maintain performance at least two training sessions per week are required.

- During training only breathe through the mouth. If nasal respiration occurs use the given nasal clamp.



Read before using the SpiroTiger® device the detailed instructions of the user manual!

Have
Fun,
Train
Well!