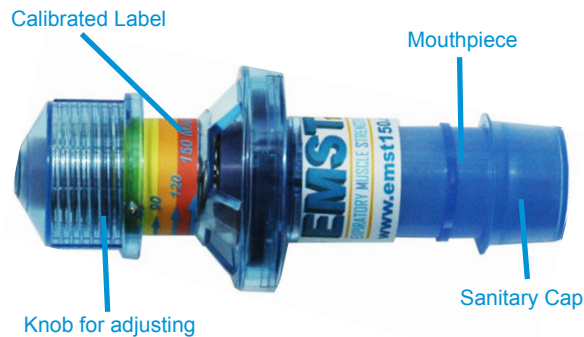


Description of the Trainer

The Expiratory Muscle Strength Trainer is an exercise tool consisting of a plexiglass tube and mouthpiece. Inside the trainer is a variable tension spring controlling a “pop-off” valve that is calibrated in pressure (cmH₂O). When enough pressure is developed, the spring loaded valve opens allowing air to flow freely through the trainer. If enough pressure is not developed the valve will not open. The spring contained in the trainer is adjustable allowing for the required pressure threshold to be increased or decreased.

EMST150 Trainer



Read the instructions carefully and retain this leaflet. Please **do not throw it away** until you feel comfortable performing the training protocol accurately.

Please consult your Doctor Before Using:

- If you are or suspect being pregnant
- If you have untreated hypertension
- If you have had a recent stroke
- If you have cardiac abnormalities
- If you have asthma, emphysema or chronic obstructive lung disease
- If you have a history of collapsed lung
- If you have had head/neck surgery
- If you have untreated gastroesophageal reflux disease
- If you suffer from symptoms of severe heartburn, please consult your doctor

Disassembling and Cleaning Your Trainer

The only removable part of the trainer is the mouthpiece. The remaining parts of the trainer do not disassemble. Never attempt to take the rest of your **EMST 150** trainer apart. To remove the mouthpiece from the trainer, pull gently until loosened.

We strongly recommend the trainer's mouth piece be cleaned weekly. Since this trainer is for sole use only, warm water and mild soap can be used to rinse the mouthpiece. Do not place in the dishwasher or microwave. Air dry before re-using.

The trainer should not be shared with any other person. Life of the trainer will be based on actual usage and on appropriate cleansing. Harmful cleaning agents such as bleach and ultrasonic cleaning are not recommended. Extreme heat is also harmful to the trainer. Always keep the trainer in a clean place.

Keep trainer and all removable parts away from small children.



To learn more about how the **EMST 150** is changing lives, visit

www.emst150.com



Questions? Ask the EMST 150 Team:

Toll Free 1.800.596.7220

info@emst150.com

Find us on Facebook:

www.facebook.com/emst150

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Instructions for Use

Please read this leaflet carefully to learn how to use your **EMST 150**. It includes a 5-week training program to ensure you get the maximum benefit.



EMST 150 is a division of Aspire Products, LLC

What Does the Expiratory Muscle Strength Trainer Do?

The trainer in which you have invested is an exercise tool used to increase strength of the expiratory breathing muscles.

Expiratory muscles are the muscles you use to breathe air out.

Please read the instructions carefully in order to learn how to operate your expiratory muscle strength trainer. Also included in your kit is a video demonstration.

If you have questions, please contact us at info@emst150.com or Toll Free 800.596.7220.

**THINK
5**

**You will complete this training program
5 days per week. You will complete 5 sets
of the exercises with 5 repetitions each
time you complete your training.
You will train for 5 weeks.**

Adjusting the Valve and Spring

Turning the knob clockwise tightens the trainer's spring, making it more **difficult** to blow air out through the valve. Counterclockwise rotation of the valve loosens the spring making it **easier** to blow air out through the valve.

The place on the scale where the small metal screw on the bottom edge of the knob touches a line indicates the pressure you must produce to open the valve.

Starting the Training: With your trainer carefully follow the steps outlined below.

Remember: Do not adjust the valve or move from the selected calibrated line until you have trained for one week at that setting.

Determining Where to Start Your Training

The first step is to measure your MAXIMUM expiratory strength and you can do that simply by using the device.

To do the training follow these steps:

1. Place the nose clip provided with your package on your nose.
2. Turn the knob for the **EMST 150** until the small metal screw on the bottom lines up with the number 30.
3. Take a deep breath in; insert the EMST mouthpiece in your mouth, behind your teeth, making a tight lip seal around the mouthpiece. Don't breathe any air out until the mouthpiece is securely in place. You can use the hand that is not holding the device to help secure your lips around the mouthpiece, if needed.
4. Next, blow hard and fast through the device until air rushes through, then stop.
5. If you were able to accomplish Steps 1-4 easily, turn the knob clockwise $\frac{1}{4}$ turn and repeat.**
6. If you were unable to move air through the device, turn the knob $\frac{1}{4}$ turn counterclockwise and continue to do until you are able to move air through the device. When you have found your training pressure from step 5, use this setting for your week of training.

***Continue turning the knob clockwise until you are unable to move air through the device easily. This stopping point will be the MAXIMUM pressure you are able to create.*

Read the instructions carefully before you start to use your trainer and keep this leaflet for future use.

First Week of Training

Now that you have determined your maximum expiratory strength we are ready to get started making you stronger. First, turn the knob $\frac{1}{4}$ turn counterclockwise from where you determined your maximum expiratory strength. The reason we do this is because we want to start training your muscles at about 75% of your maximum strength.

Note: Pick a time of day where you have time to train and are not tired. It will take you between 20 to 30 minutes per day. Picking the same time each day is recommended. You can either sit or stand although we recommend sitting down when you are doing the exercises. And, remember, during Week 1 you will train 5 days per week at this initial setting and then the levels will be adjusted.

Week 1 -Steps to Your Training

1. Place the noseclips on your nose.
2. Take a deep breath in, do not breathe out.
3. Place the mouthpiece in your mouth, behind your teeth, securing your lips tightly around it, holding/pressing the sides of your cheeks if needed.
4. Breathe out hard and fast using your chest and stomach muscles to push air through the device. This breathing effort should only last a couple seconds for the air to move through.
5. Rest for a minimum of 15-30 seconds. Do not skip resting in between breaths. Your muscles need time to prepare for the next set.

EMSTTM150
EXPIRATORY MUSCLE STRENGTH TRAINER



6. REPEAT this exercise 5 times (steps 1-5). Then you need a minute break. We call this a 5-breath trial.
7. After the 1 minute break, do another 5-breath trial (steps 1-5). Take another 1 minute break.
8. You need to do five 5-breath trials for a total of 25 training breaths.
9. If you feel lightheaded at anytime during the exercise, stop and discontinue.
10. Record the date and time the exercises were completed

At the end of training Week 1, move the knob on the device $\frac{1}{4}$ turn clockwise and begin training for Week 2. If you feel you can turn the knob to a higher level, then do so, but remember air must move freely through the device without extreme effort.

Weeks 2, 3, 4 and 5

Continue training as described.

Maintenance Program

After the 5 weeks of training have been completed continue to train at the final setting you achieved in Week 5. During the Maintenance Program you will train 3 days per week, 25 breaths into the device. Over the course of the Maintenance Program if you feel the knob can be turned to a higher level, then do so. But again, always remember training with the device should never cause extreme breathing effort or fatigue.

Visit us at www.emst150.com

Questions? Contact us at info@emst150.com or call Toll Free 800.596.7220