

Breath Trainer SMILEplus

Quick start guide

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 and the ball 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.

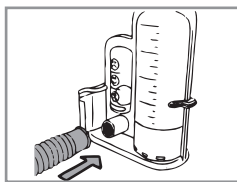
Features

- Manual, volume-oriented lung trainer
- Increase in lung volume
- Improving blood oxygen levels
- Inspiratory breathing exercises
- Free of PVC and latex
- Can increase and improve respiratory function in the simplest way.
- Skilful breathing also plays a significant role in playing a wind instrument
- Colour: transparent
- Weight: 250 g
- Dimensions (W × H × D): 165 mm × 190 mm × 60 mm

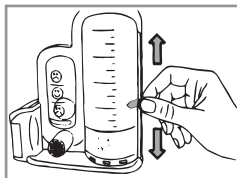


Operation

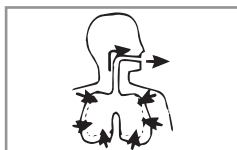
1. Connect the suction tube to the lung trainer.



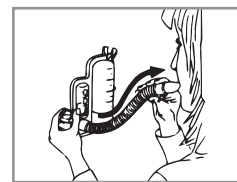
2. Move the indicator (yellow) to the required volume (ml).



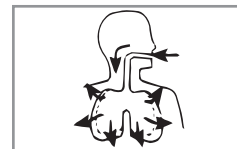
3. Place the breath trainer horizontally on a table.
4. Exhale completely before starting the exercise.



5. Take the mouthpiece into the mouth and press your lips tightly together to prevent air loss when inhaling.



6. Inhale deeply and slowly so that the cylinder in the left chamber of the breathing trainer remains on the smiley symbol. Continue inhaling for as long as possible and attempt to reach your marked goal.



7. When you have reached your maximum capacity, briefly hold your breath and observe the highest level of the piston in the right chamber.



The illustrations in the action steps may differ from the actual product. They are designed only to illustrate the description.

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Volume table

AGE	Height (cm) / women								
	147	152	158	163	168	173	178	183	188
20	2.25	2.40	2.55	2.75	2.90	3.05	3.20	3.35	3.50
25	2.20	2.35	2.50	2.65	2.80	2.95	3.10	3.25	3.40
30	2.10	2.25	2.40	2.60	2.75	2.90	3.05	3.20	3.35
35	2.05	2.20	2.35	2.50	2.65	2.80	2.95	3.10	3.25
40	1.95	2.10	2.25	2.45	2.60	2.75	2.90	3.05	3.20
45	1.90	2.05	2.20	2.35	2.50	2.65	2.80	3.00	3.10
50	1.80	1.95	2.10	2.30	2.45	2.60	2.75	2.90	3.05
55	1.75	1.90	2.05	2.20	2.35	2.50	2.65	2.80	2.95
60	1.65	1.82	1.95	2.15	2.30	2.45	2.60	2.75	2.90
65	1.60	1.75	1.90	2.05	2.20	2.35	2.50	2.65	2.80
70	1.50	1.65	1.80	2.00	2.15	2.30	2.45	2.60	2.75
75	1.45	1.60	1.75	1.95	2.05	2.20	2.35	2.50	2.65
80	1.35	1.50	1.65	1.85	2.00	2.15	2.30	2.45	2.60

AGE	Height (cm) / men										
	147	152	158	163	168	173	178	183	188	193	198
20	2.35	2.55	2.70	2.90	3.05	3.25	3.40	3.55	3.75	3.90	4.10
25	2.30	2.50	2.65	2.85	3.00	3.20	3.35	3.55	3.70	3.90	4.05
30	2.30	2.45	2.60	2.80	2.95	3.15	3.30	3.50	3.65	3.85	4.00
35	2.25	2.40	2.60	2.75	2.95	3.10	3.30	3.45	3.65	3.80	4.00
40	2.20	2.35	2.55	2.70	2.90	3.05	3.25	3.40	3.60	3.75	3.95
45	2.15	2.35	2.50	2.70	2.85	3.05	3.20	3.35	3.55	3.70	3.90
50	2.10	2.30	2.45	2.65	2.80	3.00	3.15	3.35	3.50	3.70	3.85
55	2.10	2.25	2.40	2.60	2.75	2.95	3.10	3.30	3.45	3.65	3.80
60	2.05	2.20	2.40	2.55	2.75	2.90	3.10	3.25	3.45	3.60	3.80
65	2.00	2.15	2.35	2.50	2.70	2.85	3.05	3.20	3.40	3.55	3.75
70	1.95	2.15	2.30	2.50	2.65	2.85	3.00	3.15	3.35	3.50	3.70
75	1.90	2.10	2.25	2.45	2.60	2.80	2.95	3.15	3.30	3.50	3.65
80	1.90	2.05	2.20	2.40	2.55	2.75	2.90	3.10	3.25	3.45	3.60

Inspiration capacity in litres rounded to 50 ml.

Published from the Manual of Pulmonary Function Testing by G. Ruppel, Mosby Publishing, 6th edition 1994, page 461

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.