

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

Turning the knob clockwise(right) tightens the trainer's spring, making it more difficult to blow air out through the valve. Counterclockwise(left) 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.

Emst Instructor Manual

Clemens Wendtner



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