

POWER breathe®

"for anyone who breathes"™

POWERbreathe® is a revolutionary, drug-free, hand-held inspiratory muscle trainer. It is designed to help maximize sports performance, improve fitness and reduce breathlessness. POWERbreathe® utilizes the basic principles of resistance training specifically for the inspiratory muscles. An adjustable load allows for progressive training and allows people at all levels to use POWERbreathe®. Breathing into POWERbreathe®'s pressure valves trains breathing muscles by only allowing air through when there is sufficient respiratory effort to force open the valve. It is like weight training for your lungs and why POWERbreathe® has been dubbed "dumb-bells for your diaphragm".

**POWERbreathe® Ironman and Irongirl
(Light, Medium, Heavy Resistance)**

**\$80 (tax incl.)
Reg. \$113**




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