

IA 150

THINK 5
5 SETS OF
5 BREATHS
5 DAYS A WEEK
(2 CARD RESTS)
5 WEEKS



INSPIRATORY ADAPTER



Welcome to Aspire Products' Family...

of Respiratory Muscle Strength Training Products.
Thank you for choosing the IA 150™.

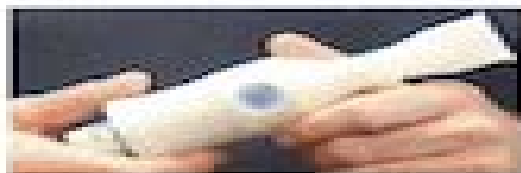
With the addition of the IA 150, you can now also train inspiratory muscles, the muscles used for breathing in, while maintaining the pressure thresholds found only with the EMST 150™. Simply insert the EMST 150 into the IA 150 and immediately create a dual purpose inspiratory-expiratory device.

HOW DO I FIND MY INITIAL SETTING? FOLLOW THESE EASY STEPS:

- 1 Turn the knob for the EMST 150 until the small metal screw on the knob lines up with the number 30.



- 2 Insert the EMST 150 device into the IA 150 (as shown).



- 3 Take a deep breath in, push all the air out of your lungs, and insert the IA 150 mouth piece in your mouth, making sure to create a tight lip seal.

- 4 Next, inhale forcefully. If you were able to easily draw air through the device, remove the EMST 150 and increase the pressure by turning the knob 1/2 turn clockwise.

- 5 Repeat steps 2 and 3 until you are unable to draw air through the device. Turn the knob 1/2 turn back to your previous setting.

- 6 This setting is an estimate of your maximum inspiratory pressure (MIP).

For details and instructions on the 5 week training course, maintenance program and how to care for this device, please continue to the other side.

Emst Manual

Katrin Zwirglmaier



Emst Manual:

Emst Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Emst Manual**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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