

Using your youbreathe

Unlike other breath trainers, Youbreathe is designed to be used during both inhalation & exhalation providing more natural symmetrical development. You will feel a tingling sensation as Youbreathe pulses the air in and out of the lungs. Before using Youbreathe please perform the breathing test below and then follow the training guidelines. If you have any questions please email the website on www.youbreathe.com. Also manual and product upgrades will be available from our website so please check regularly to ensure you get the most from your youbreathe.

Assembling your youbreathe

Your youbreathe come almost ready to use straight out of the case, requiring only battery insertion and mouthpiece attachment. The batteries should be inserted with the contacts towards the opening of the device.

Breathing Test

STEP 1: Bring one hand on your chest and the other one on your lower abdomen. Breathe in slowly... and breathe out .

STEP 2: While you keep doing this breathing check which hand is moving more: the one on your chest or the one on your abdomen? Are you breathing more from your chest or from your abdomen? Chest breathing is a clear sign that you need to work on your breathing. Chest breathing does not supply your brain and body with enough oxygen, so you can easily get tired, nervous, anxious or stressed. Chest breathing reduces your fitness and your cognitive abilities. We recommend all users of Youbreathe to learn abdominal breathing to maximise the benefits you will receive from your Youbreathe training device. During abdominal breathing your abdomen inflates while you inhale and deflates when you exhale as your abdominal muscles tighten to force the air out of the lungs. Breathing in this way allows you to use your full lung capacity and you will train all of your respiratory muscles fully.

Training Instructions

There is no limit to how much you can use your Youbreathe training device but we do recommend that you follow our specially designed training regimen. We recommend everyone follows the beginners programme for at least 2 weeks to familiarize with using Youbreathe, then moves on to their own level of training.

Beginners:

1. Squeeze the sides of the mouthpiece into a circle and push on the end of the youbreathe transparent head.
2. Remove the green stub from the opposite end of the youbreathe head.
3. Bring the mouthpiece to your mouth and put the whole thing inside your mouth so your teeth can grip onto the rubber grips on the front, your lips should be outside the mouthpiece.
4. Push and hold the red trigger on the opposite side of the youbreathe.
5. Breathe in and out through the youbreathe, be sure not to breathe through your nose.
6. Remember to breathe deeply into your abdomen (like above) to get a full training effect.
7. Breathe for 50-60 breaths (about 6-8 minutes). If you feel breathless or light headed then stop, as you practise you will improve.
8. When you can finish 50-60 breaths without feeling too breathless you can move to the intermediate level.

Due to the slow nature of the breathing muscles they need to be trained regularly, so we recommend that you use your Youbreathe at least 3 times per week, but preferably 5 times per week, with two days rest.

The training duration should be 60 breaths per session (approximately 3 – 5 minutes). Breathe as deeply as you can, focussing on breathing through your abdomen. You should feel the vibration all the way down to your tummy. Keep your attention focussed on your abdomen at all times.

Intermediate:

- As you have followed the beginner training programme you will have already increased your breathing fitness, so now you can increase the resistance by putting the green restrictor back in and building up to 50-60 breaths again.



Advanced 1:

1. Remove the green restrictor and breathe 2-5 times normally through your Youbreathe.
2. Then perform 3 maximal inhalations and exhalations through the Youbreathe.
3. Remove Youbreathe from your mouth and rest for 1 minute.
4. Repeat again.
5. As you develop greater strength you can increase your breaths to 10 per set and repeat these sets 3 times with 1-3 minutes rest between each set. Inserting the green restrictor can also be used to increase your resistance level.
6. We expect this period of training to take 3-5 months.

Advanced 2:

1. Remove the green restrictor and breathe 2-5 times normally through your Youbreathe.
2. With your youbreathe in your mouth start walking at a pace of about 4km/h.
3. Build up so you can perform 50-60 breaths using youbreathe during exercise.
4. When you can do this comfortably you can increase the speed of walking by 0.5 Km/h and build up to 50-60 breaths again.
5. You can also perform youbreathe training on an exercise bike or other form of exercise.

Warming Up:

Youbreathe can be used as a warm up device and studies show the benefits of only 10 breaths of youbreathe.

1. Take out the green restrictor.
2. Breathe through your youbreathe device for 10-15 breaths.
3. Start your exercise.

Recovery:

Many users report that using youbreathe helps as a recovery tool after exercise sessions. Use in the same manner as for warming up.

If you feel uncomfortable at any time STOP IMMEDIATELY and consult a healthcare professional.

Maintenance - cleaning

1. Remove the head of your Youbreathe and wash in warm (max 40°C) soapy water. DO NOT AUTOCLAVE or use boiling water.
2. Leave the youbreathe head to dry thoroughly before use.
3. The mouthpiece provided may also be washed, but to ensure hygiene, it is recommended that this is replaced every few months. These are available from our website (www.youbreathe.com).

The Bottom (body) part of your Youbreathe contains delicate electronics and will be damaged by immersion in liquids. NEVER wash the body under a tap or immerse in water or other liquids - only clean with a moist, soft, non-abrasive cloth.

Do not use solvents, strong disinfectants, bleach or other liquids on your Youbreathe.

Dry Valve Head thoroughly before refitting.

