

IA 150

THINK 5
5 SETS OF
5 BREATHS
5 DAYS A WEEK
(2 DAYS REST)
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**.



- 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 setting by turning 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. This setting is an estimate of your maximum inspiratory pressure (MIP).
- 6 This is also your starting point

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

LET'S GET STARTED!

WEEK 1

- 1 Place the **IA 150™** mouthpiece in your mouth, securing your lips tightly.
- 2 Breathe out (exhale) through the device and inhale forcefully using your diaphragm and chest muscles to pull air in through the device. This breathing effort should be brief.
- 3 Complete 5 breaths and take a 1-2 minute break.
- 4 Repeat Steps 1 through 3 until you have completed 25 repetitions.
- 5 At the end of Week 1, remove the **IA 150** and increase the pressure on the **EMST 150**, 1/8 to 1/4 turn clockwise using the silver screw as your guide.
This is the setting for Week 2.

WEEKS 2, 3, 4 & 5... REPEAT STEPS 1 THROUGH 5

After 5 weeks of training have been completed you will continue to train at the final setting you achieved in Week 5. During the Maintenance Program you will train 3 days per week, with the same 25 breaths into the device (5 sets of 5).

We recommend the IA 150 be cleaned weekly with warm water and mild soap. Air dry overnight before re-using. Do not place in the dishwasher or microwave. The trainer should not be shared with any other person.

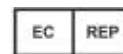
FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE
www.emst150.com

Consult your healthcare professional before using if you suffer from any of the following conditions:

- You are or suspect being pregnant
- Have *untreated* hypertension
- Have *untreated* asthma, emphysema or chronic obstructive lung disease
- Have had a recent stroke
- Have a history of collapsed lung
- Have had head/neck surgery
- Have *untreated* gastro esophageal reflux disease.



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