



POWERbreathe K-Series Model Features Table



		Icon	Features	Explanation of features	K1	K2	K3	K4	K5	KH1	KH2	
User Groups			Suitable for Wellness users	Wellness users include:Individuals experiencing breathing difficulties including: Asthma; Chronic Obstructive Pulmonary Disease (COPD – inc. emphysema and bronchitis); Cystic Fibrosis; Chronic/congestive heart disease; Neuromuscular disease; Spinal Cord	●	●	●	●	●			
			Suitable for Fitness users	Fitness users include:Recreational sports enthusiasts - Running; Cycling; Rowing; Swimming; Canoeing/kayaking; Winter sports; Rugby; Football; Racket sports; Keep fit/yoga; Basketball/volleyball; Hockey	●	●	●	●	●			
			Suitable for Sports Performance users	Sports performance users include: Athletes - Running; Cycling; Rowing; Swimming; Canoeing/kayaking; Winter sports; Rugby; Football; Racket sports; Basketball/volleyball; Hockey;Sports professionals: Coaches/trainers; Sports therapists.	●	●	●	●	●			
			Suitable for Healthcare Professionals	Healthcare professional users include: Doctors; General Practitioners; Respiratory and cardiac specialists; Surgeons; Physiotherapists; Nurses.						●	●	
Loading System			Advanced variable load training	The electronically controlled resistance valve provides a variable pressure threshold resistance, optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness	●	●	●	●	●	●	●	
			Auto-optimising IMT technology	The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.	●	●	●	●	●	●	●	
			Manual training intensity option	The training intensity adjustment option allows resistance to be manually set from 5 to 200cmH ₂ O to suit your personal training requirements.	●	●	●	●	●	●	●	
			Washable valve mechanism	The K-Series valve head can be removed for cleaning using POWERbreathe cleansing solution (sold separately).	●	●	●	●	●	●	●	
			Interchangeable valve heads (You and I feature)	Interchangeable Valve Head option for multiple users (Additional valve heads sold separately).	●	●	●	●	●	●	●	
Modes			Training mode	Trains the inspiratory muscles using a resistance training protocol	●	●	●	●	●	●	●	
			Test Mode (S-Index - single breath test)	Measures inspiratory muscle Strength Index		●	●	●	●	● ₁	● ₁	
			Test Mode (PIF/Flow)	Measures Peak Inspiratory Flow		● ₂	● ₂	● ₂	● ₂	● ₂	● ₂	
			Test Mode (MIP)	Measures Maximal Inspiratory Pressure (highest 1 sec average)						●	●	
			Warm-up mode	Can be used to warm-up the inspiratory muscles prior to exercise			●	●	●			
			Cool-down mode	Can be used to cool-down the respiratory muscles after exercise			●	●	●			
			Custom mode	Personalise your training session created using Breathe-Link PC software					●		●	
Results Display	Test Results		S-Index	Index of inspiratory muscle strength (cmH ₂ O)		●	●	●	●	●	●	
			S-Index Rating (Poor, Fair, Average, Good, Excellent)	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)		●	●	●	●	●	●	
			PIF/Flow	Peak Inspiratory Flow (Litres/s)		●	●	●	●	●	●	
			Volume	Maximum inhaled volume (Litres)		●	●	●	●			
			MIP	Maximal inspiratory muscle strength (cmH ₂ O)						●	●	
			MIP Rating	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)						●	●	
	Training Results		Load - current session (cmH ₂ O)	Current session training load (cmH ₂ O)	●	●	●	●	●	●	●	●
				Graphical load history (last 36 sessions)			●	●	●			
			Power - current session average (Watts)	Current session average power (Watts)	●	●	●	●	●	●	●	●
			Graphical power history (last 36 sessions)	Graph of previous 36 average power results			●	●	●			
			Inhaled Volume - average per breath (Litres)	Current session average volume (Litres)	●	●	●	●	●	●	●	●
			Graphical volume history (last 36 sessions)	Graph of previous 36 average volume results			●	●	●			
				T-Index - current session (%)	Training Index (%) [Measure of training session effectiveness]		●	●			●	
				T-Index rating (Low, Med, High)	Rating of training session effectiveness		●	●			●	
				Graphical T-Index history	Graph of previous 36 Training Index results			●				
				Breathing Energy (Joules)	Measures the mechanical work of breathing during your breathing training session. (Joules)				●	●		●
				Graphical breathing energy history (last 36 sessions)	Graph of previous 36 Breathing Energy results				●	●		●
				Session Number	Number of training sessions completed			●	●	●		●
		Training Guidance System		Breathing pacing guidance	Buzzer indicates when the user should inhale in order to optimise breathing patterns and prevent hyperventilation	●	●	●	●	●	●	●
	Current training session breath counter		Displays number of breaths remaining in current training session	●	●	●	●	●	●	●	●	
	End of training session indicator		Alarm indicates that training session is over	●	●	●	●	●	●	●	●	
Electronic Features		Electronic power-on/select and scroll buttons	Used to switch the device on and to navigate through the menu system	●	●	●	●	●	●	●	●	
		LCD display	Used to display results and settings	●	●	●	●	●	●	●	●	
		Charge level indicator	Indicates battery life remaining	●	●	●	●	●	●	●	●	
		Charging LED	Red LED: on = charging, off = charging complete	●	●	●	●	●	●	●	●	
		Auto power-off	Shuts down after 5 minutes of not being used	●	●	●	●	●	●	●	●	
Power System		Rechargeable NiMH battery or mains power	Powered from NiMH rechargeable battery pack or mains supply	●	●	●	●	●	●	●	●	
		Mains 5V mini-USB charger	Mains 5V mini-usb charger for recharging or run off mains power	●	●	●	●	●	●	●	●	
		Rechargeable via PC USB port	Can be connected to a PC USB port for recharging using the mini-USB cable	●	●	●	●	●	●	●	●	
		Charge time	Maximum battery recharge time from empty - up to 16hrs	●	●	●	●	●	●	●	●	
		Training time (Battery Life)	Battery life from full charge - up to 2 weeks	●	●	●	●	●	●	●	●	
Accessories		Recharging and display stand	To display the device during charging	●	●	●	●	●	●	●	●	
		Storage pouch	Microfibre breatheable pouch to keep the device clean during storage	●	●	●	●	●	●	●	●	
		Soft-touch nose-clip	Can be used to close off the nose during training	●	●	●	●	●	●	●	●	
		User Manual	Simple to follow user guide	●	●	●	●	●	●	●	●	
		Cleansing Tablets	Trial 4-pack of cleansing tablets for disinfection of the valve head	●	●	●	●	●	●	●	●	
		DVD	POWERbreathe DVD	●	●	●	●	●	●	●	●	
			TrySafe bacterial/viral filter adapter							●	●	
		Patient data recording pad	Patient training and test results recording pad							●	●	
Breathe-Link Software		Breathe-Link PC Software for real-time breathing measurement and analysis	Real-time breathing measurement and analysis software. Maximise your training and test performance in real-time. Analyse and store results					●	●		●	
		Breath-Link ProView Advanced Analytics	Use the Breathe-link Pro-View for detailed, simultaneous plotting and analysis of all inspiratory muscle training data.						●		●	
		Live test performance monitoring	Live test feedback graphs					●	●		●	
		Breathe-Link Custom Training Mode	Allows you to create and upload your own personalised breathing training sessions.						●		●	
		Training statistics review	Review the details and trends of your Breathe-Link training sessions					●	●		●	
		Breathe-Link Patient Database	Quickly access patient data using the Breathe-Link patient database interface.								●	



- Indicates Features Included
- ₁ Note 1: For the KH1 and KH2 models, S-Index test result is output following a PIF test
- ₂ Note 2: for K2, K3, K4 and K5 models, peak flow result is output following an S-Index test