

Lung **Boost**[™] *Respiratory Trainer*

MD8000

Quick Guide



Ver 3.0

ChoiceMMed™

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Intended Use and Indications

The *LungBoost Respiratory Trainer* is a device which assists its user to strengthen respiratory muscles. The device uses dual purpose training – Endurance Aerobic Training and High Intensity Anaerobic Interval Training, while strengthening inspiration (inhalation) and expiration (exhalation) muscles.

LungBoost is intended for anyone who wishes to improve the strength and endurance of his or her respiratory muscles.

This includes professional athletes, weekend athletes & healthy people.

Warnings

The device is not indicated for use by people who are too weak or ill to use the device. If there is any doubt whether you are able to use the device, please seek the advice of a physician.

The device is not intended for use in conditions not mentioned in this guide, for example outdoors, or in extreme weather.

The device is not intended to be used by more than one person unless cleaned according to the instructions in the LungBoost User Guide.

User Guide

Complete details for using LungBoost are provided in the LungBoost User Guide, available at www.choicemedamerica.com/lungboost.

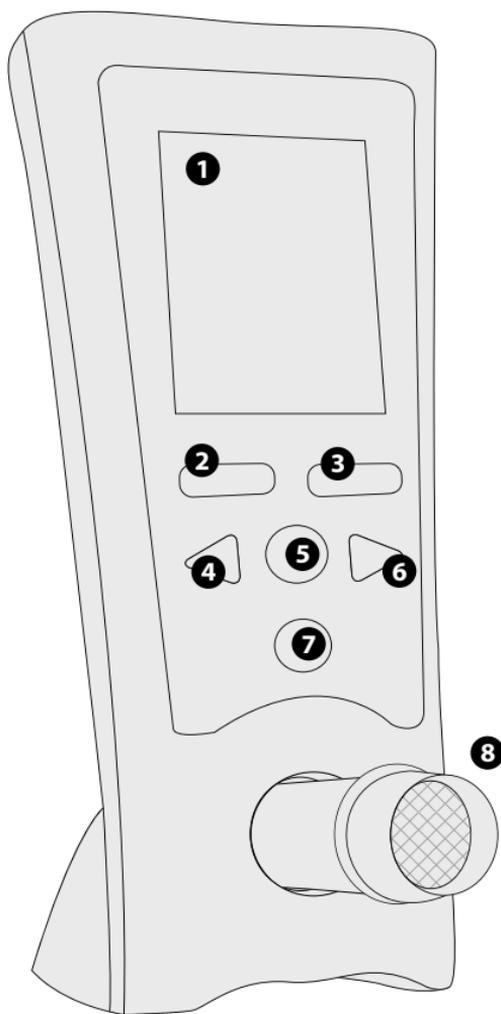
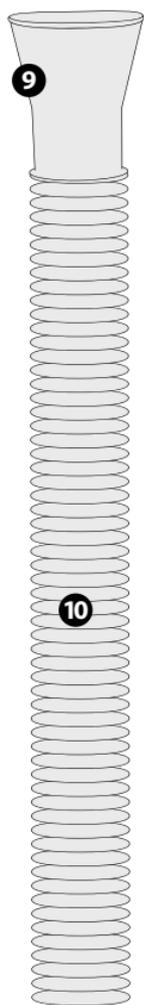
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The *LungBoost Respiratory Trainer* is a device which assists its user to strengthen respiratory muscles. The device uses dual purpose training – Endurance Aerobic Training and High Intensity Anaerobic Interval Training, while strengthening inspiration (inhalation) and expiration (exhalation) muscles.

LungBoost is intended for anyone who wishes to improve the strength and endurance of his or her respiratory muscles.

1	Display Screen	
2	Endurance Button	Press to Enter Endurance Mode
3	Strength Button	Press to Enter Strength Mode
4	Exit Button	Press to scroll data or cancel operation
5	OK On/Off Button	Press to turn device on/off or confirm operation
6	Level Button	Press to change the resistance level or scroll data
7	Memory Button	Press to display results of previous exercises
8	Tube Connector	Attaches to front of console
9	Mouthpiece	Connects to the breathing tube (10)
10	Breathing Tube	Attaches to tube connector (8) and mouthpiece (9)
11	Resistance Cones	Attach to back of unit to change resistance



Understanding the Display

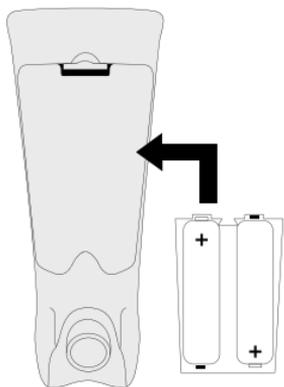


1	ERROR	Normally Blank. Lights if there is a system error
2	GO	Indicates you may begin a maneuver
3	REST	Indicates you must wait before starting another maneuver
4	BATTERY STATUS	Indicates the battery life remaining
5	MANEUVER COUNT	Indicates the number of maneuver completed
6	SECONDS	Indicates the number of seconds an endurance maneuver was held
7	ENDURANCE MODE	Indicates you are training in Endurance Mode
8	DIFFICULTY LEVEL	Indicates the level of difficulty you are training. There are 5 levels.
9	STRENGTH MODE	Indicates you are training in Strength Mode
10	EXHALE	Indicates you are performing an exhale maneuver
11	INHALE	Indicates you are performing an inhale maneuver
12	EXERTION EFFORT	Indicated the effort exerted. Ball height will vary from 1 to 7

Getting Started

Insert Batteries

1. Remove the back cover from your LungBoost
2. Insert 2 AA batteries according to the diagram



Turning your LungBoost On/Off

1. Press the **OK** button once to turn the unit on
2. Press and hold the **OK** button to turn the unit off

First-time Use

When turning on your unit for the first time, or after replacing the batteries, you are prompted to enter the time of day.

Note: AM or PM setting

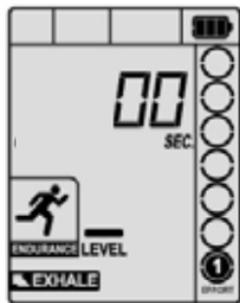
1. The hour will display as a flashing 01 (the two left digits). Press the **LEVEL** button to increase the hour. When you have reached the desired hour, press **OK**.
2. The minutes will display as a flashing 00 (the two right digits). Press the **LEVEL** button to increase the minutes. When you have reached the desired minutes, press **OK**.



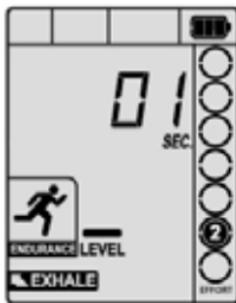
Training in Endurance Mode

The goal of endurance training is to inhale or exhale as long as possible, and to keep the ball in the air stable. Your effort level is indicated by the number of the high-lighted ball.

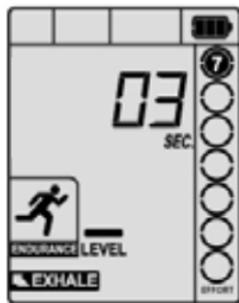
1. Press the **ENDURANCE** button to start training in Endurance Mode
2. Choose the difficulty level
 - a. Press the **LEVEL** button (right arrow) until you have reached the desired level of training.
We recommend starting on level 1. Refer to page 6.
2. When **GO** appears on the screen, you are ready to begin. Gently inhale or exhale through the mouthpiece. (The unit will automatically adjust to whichever breathing action you choose).



User starting at 1 ball exerted at 00 seconds



After 01 seconds, user exerted 2 balls



After 03 seconds, user exerted 7 balls

If you feel that you can reach the highest ball too easily, you can raise the difficulty level by pressing the **LEVEL** button (*refer to page 6*)

You can further increase the difficulty level by attaching resistance cones to the back of the unit.

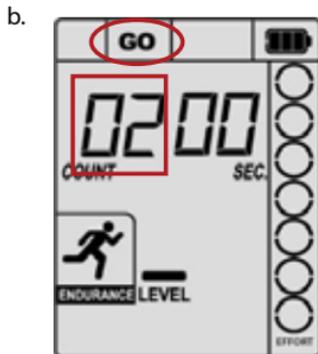
Training in Endurance Mode (cont.)

3. Rest for 15 Seconds
 - d. After every inhale/exhale exercise, **REST** will appear on the top of the screen. You must rest for 15 seconds, to prevent hyperventilation or muscle fatigue. During this resting period, the two left digits on the display will count down from 15 to 1, indicating the number of seconds the user must wait before starting another maneuver. The right two digits will show the number of seconds the user inhaled or exhaled the previous maneuver at the effort (highlighted ball) indicated. (see diagram a. below)
 - e. After the 15 seconds, **GO** will appear on the top of the screen indicating you may begin another maneuver. The two left digits will now display the number of maneuvers completed today. The two right digits will reset to 0. (see diagram b. below)



In this example, the user exhaled in endurance mode for 03 seconds at an effort of 5 on level 1.

This user has 10 more seconds to rest before beginning another maneuver.



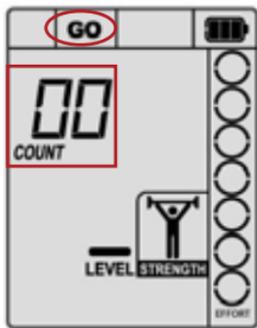
In this example, the user has completed 2 maneuvers today.

This user is ready to start the next maneuver.

Training in Strength Mode

The goal of strength training is to inhale or exhale as hard as you can, and to fill as many balls as possible. (*You should try to fill/light the balls in the shortest amount of time possible, preferably in less than two seconds.*) Your effort is indicated by the number of the highest high-lighted ball.

1. Press the **STRENGTH** button to start training in Strength Mode
2. Choose the difficulty level
 - a. Press the **LEVEL** button (right arrow) until you have reached the desired level of training.
We recommend starting on level 1. Refer to page 6.
2. When **GO** appears on the screen, you are ready to begin. Inhale or exhale as hard as you can through the mouthpiece. (The unit will automatically adjust to whichever breathing action you choose).



The user is ready to begin a strength maneuver on level 1.
This user has completed 00 maneuvers.

If you feel that you can reach the highest ball too easily, you can raise the difficulty level by pressing the **LEVEL** button. (refer to page 6)

You can further increase the difficulty level by attaching resistance cones to the back of the unit.

Training in Strength Mode (cont.)

4. Rest for 15 Seconds
 - e. After every inhale/exhale exercise, **REST** will appear on the top of the screen. You must rest for 15 seconds, to prevent hyperventilation or muscle fatigue. During this resting period, the two left digits on the display will count down from 15 to 1, indicating the number of seconds the user must wait before starting another maneuver. The screen will indicate the details of the maneuver the user just completed. (see diagram a. below)
 - f. After the 15 seconds, **GO** will appear on the top of the screen. The two digits will now display the number of maneuvers completed today. (see diagram b. below)



In this example, the user inhaled in strength mode at level one at an effort of 5.

This user has 07 more seconds to rest before beginning another maneuver.



In this example, the user is ready to begin another maneuver.

This user has completed 02 maneuvers.

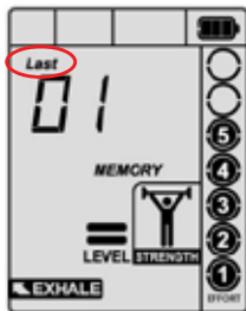
Memory Mode

1. Press the **MEM** button once to enter the memory mode. The unit will start in the Last 30 Exercises screen.
2. Pressing the **MEM** button again will navigate through the three different memory modes (Last 30 Exercises, Scores and Overall Maneuver Averages)

Last 30 Exercises

1. The device will show the last exercise done. Pressing the **EXIT** or **LEVEL** buttons to scroll through your previous exercises. You can view up to the last thirty exercises.

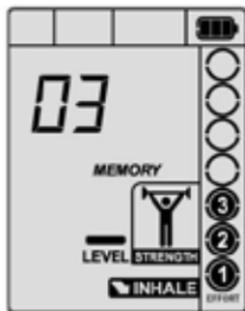
Example: The screen will look similar to the example below



The users most recent (01) maneuver was exhaling on strength mode at level 2 and an effort of 5.



The users 2nd most recent (02) maneuver was exhaling on strength mode at level 2 and an effort of 3.



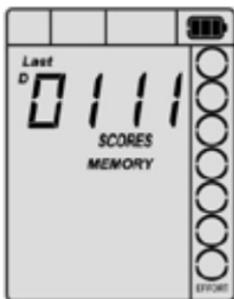
The users 3rd most recent (03) maneuver was inhaling on strength mode at level 1 and an effort of 3.

Memory Mode (cont.)

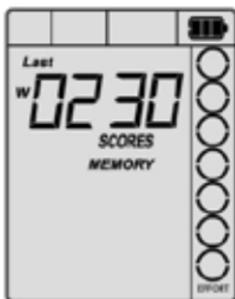
Scores

1. The device will show your scores on previous maneuvers
2. Press **OK** to navigate between Daily (D), Weekly (W) and Monthly (M) scores
3. Press **EXIT** (left arrow) to scroll through previous scores

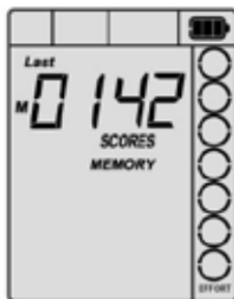
Example: The screen will look similar to the example below



The average score for Day 01 (the most recent day) is 11



The average score for Week 02 (the 2nd most recent week) is "30"



The average score for Month 01 (the most recent month) is "42"

The LungBoost uses mathematical equations to score your exercises.

The Endurance Scores take into account BOTH the average amount of seconds inhaled and exhaled AND the number of times you exercised. When you first begin and the exercises are easy, your scores go up faster. But as you improve, it becomes more difficult to get a better score. As you progress, you have to work harder.

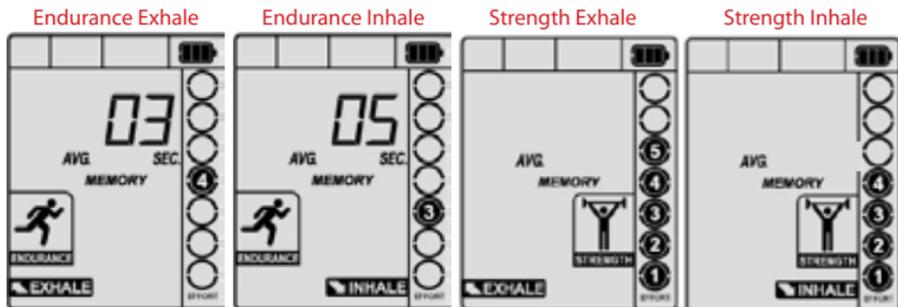
The Strength Scores take into account BOTH the average ball height inhaled and exhaled AND the number of times you exercised. When you first begin and the exercises are easy, your scores go up faster. But as you improve, it becomes more difficult to get a better score. As you progress, you have to work harder.

Memory Mode (cont.)

Overall Maneuver Averages

1. The device will show your overall averages for all previous exercises.
2. Pressing the **LEVEL** or **EXIT** buttons to cycle between the four overall averages. (Endurance Exhale, Endurance Inhale, Strength Exhale and Strength Inhale)

Example: The screens will look similar to the example below



The user's average for Endurance Exhale was 03 seconds at effort 4 (ball 4)

The user's average for Endurance Inhale was 05 seconds at effort 3 (ball 3)

The user's average for Strength Exhale was an effort of 5 (ball 5)

The user's average for Strength Inhale was an effort of 4 (ball 4)

Erase Memory

1. When in Memory Mode, Press and hold the **MEM** button and the **Exit** button at the same time to erase all previous recordings.
2. Press **OK** to confirm the delete or press the **EXIT** button to abort.

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