WellO2 device can be used for adding breathing muscle power and endurance. In the same time, it promotes general respiratory health by moisturizing airways. Adding maximal breathing power takes high breathing resistance and less ex- and inhaling repetitions whereas endurance training requires lower breathing resistance and multiple repetitions.

It’s also good to remember that using higher breathing resistances can only be done when your airways are apparently healthy i.e. no prevailing infections or severe respiratory diseases. Intensive breathing exercise causes stress to breathing organs which should be taken into consideration especially during competition season. Therefore, we recommend that intensive breathing exercise is done outside competition season.

### Adding maximal breathing power

**GOAL**
Adding maximal ex- and inhaling power

**SETTINGS**
Breathing resistance should be app. 60% from the maximal breathing power. If your maximal breathing power is 200 H\textsubscript{2}Ocm, you should use app. 120 H\textsubscript{2}Ocm resistance which equalises setting 2 in WellO2 device. Inhaling resistance is therefore 2/3 from the exhaling resistance i.e. 80 H\textsubscript{2}Ocm. Keep the water temp. to mild or medium mild. Because maximal breathing resistance can not be approximated without measurement, you can choose the settings from the info below:

- Maximal exhaling power of the normal adult is 140 – 160 H\textsubscript{2}Ocm
- Maximal inhaling power of the normal adult is 80 – 120 H\textsubscript{2}Ocm
- Maximal exhaling power of the trained user is 180 – 220 H\textsubscript{2}Ocm
- Maximal inhaling power of the trained user is 120 – 160 H\textsubscript{2}Ocm

In these cases, correct setting for the normal adult is 2 (84-96 H\textsubscript{2}Ocm), and for the trained person 3 (108-132 H\textsubscript{2}Ocm).

**EXERCISE**
The exercise is performed by repeating ex- and inhales with the device for 3-5 times (one set). In- and exhaling time should be app 6-10 second. Rest app. one minute in between the sets. Perform app. 5 - 7 sets.

**NOTICE**
The exercise is done only once a day and 3-5 times a week. After a few weeks you should have at least a week's break from the exercise. The increase in the maximum power is usually seen in measurements only after two weeks of training, depending on the baseline. This exercise is not recommended during the week preceding the competition.

### Endurance training

**GOAL**
The aim is to increase the endurance of the respiratory muscles through longer repeats and lower resistances.

**SETTINGS**
Settings: As above, but now the resistance is set to about 30% of the maximum breathing power. For normal people this is about 40 H\textsubscript{2}Ocm when exhaled and 25-30 H\textsubscript{2}Ocm when inhaled. The setting is then 0-1. The corresponding values for the trained persons are 50 to 60 H\textsubscript{2}Ocm and the setting 1-2.

**EXERCISE**
The exercise is performed by repeating ex- and inhales with the device for 5-7 times (one set). In- and exhaling time should be app 10-15 second. Rest app. one minute in between the sets. Perform app. 10 - 15 sets.

**NOTICE**
Exercise is done only once a day and 2-3 times a week. After a few weeks you should have at least a week's break from the exercise. This exercise is not recommended during the week preceding the competition.