

For reference, the best scores recorded were by a professional rugby player after 8 weeks of training. He scored a MIP of 263, Power Curve of 2,100, Total Power of 63,000, a FIT score of 150 and inspiratory time of 30 seconds.

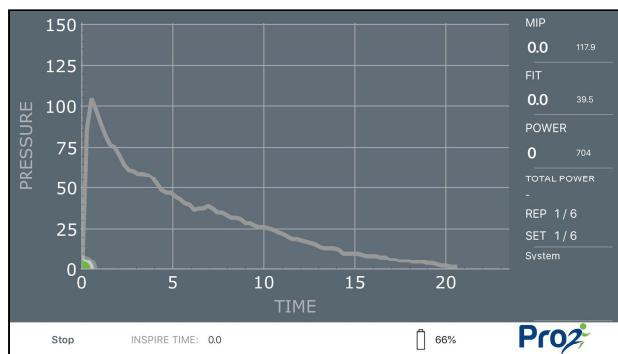
## TRAINING

When you click Train after measuring your baseline FIT score, it will begin the training protocol of 6 sets of 6 breaths at 6 different recovery intervals. The recovery time between breaths in each set are as shown in the following table.

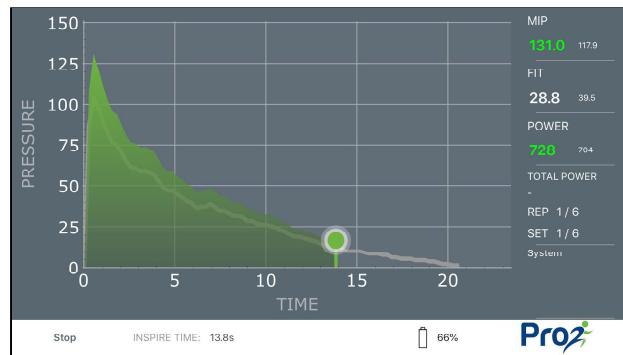
Set	Recovery Time (seconds)
1	40
2	30
3	25
4	20
5	15
6	10

The training screen looks much like the Measure FIT screen. However, on the right hand side you will notice that the Total Power as well as Rep and Set are now displayed.

Just like when you measured FIT, the graph will update in real time as you breathe. Your baseline graph is displayed. Try to stay above that line with each breath during training.



As you hit the 80% targets shown next to each measured value, the app will chime and the individual target will turn green. In the below image, the MIP target was reached and is colored green.



## RECOVERY

After each breath during training the recovery screen will be shown with a countdown timer. This screen will show your last breath details, along with total power and your current rep count in the current set of 6 breaths and your current set number in the six set total

Breathe normally during recovery. The app will give you a 3 second warning to begin exhaling before the next breath.



## TRAINING PLAN

Since the PrO2 is building muscle, training sessions should be done 3 times a week with around 48 hours between sessions. PrO2 training is a real workout. It should be difficult and new users should not necessarily expect to complete the full 36-breath protocol until they have trained for a few sessions.

Keep in mind that PrO2 training is building and developing muscles. After your first training session, you will likely feel some tightness around your chest wall – this is because the muscles are stretching into new areas. While this is normal and similar to the leg stiffness after going for a run, it can feel odd since most people have never specifically trained these muscles. These sensations will decrease as your inspiratory muscles adapt. After the first two weeks you will begin to feel opened up at the end of your training session. You are also likely to experience less breathlessness during sports or exercise.

We recommend at least 6 weeks of training at 3 times a week to receive the maximum benefit. If you want to continue long term, you can drop the frequency to once or twice weekly and still maintain your improvements and experience the performance benefits you acquired through your PrO2 training.

It will take most users their first week of training to learn proper techniques.

During the next two weeks, users will acquire the motor/muscle skills to train at maximum capacity.

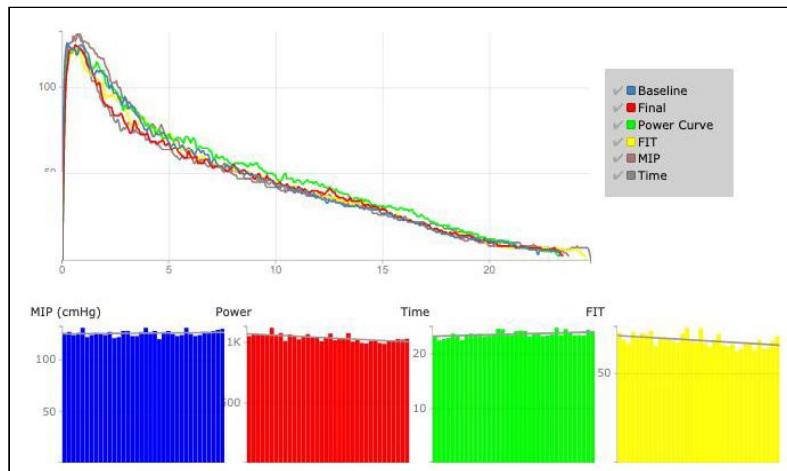
From weeks 4 to 6, users begin to experience changes in their inspiratory muscles. You may see a strength and endurance response where you develop a higher proportion of endurance fibers while your power fibers get bigger.

Using the device for warm ups before other exercise in between PrO2 training sessions is a great way to get an early second wind, but you should not perform a full training more than 3 times a week.



## ONLINE RESULTS

If you are signed into the app and your mobile device is online, all results are automatically uploaded to the secure cloud server at [www.pro2fit.com](http://www.pro2fit.com). On the site, you can view details on individual training sessions, see trends in your training history and download the raw data.



In addition, the PrO2 cloud has a server API that can be used to pull data into 3rd party services. Contact [info@pro2fit.com](mailto:info@pro2fit.com) for more details on how to access the API.

## EDITING TRAINING PROTOCOL

Once logged in, click the Protocols link to see the list of training protocols available. By default, each user has the System protocol.



MENU

Training Date	Baseline Display %	Goal %	Number of Sets	Reps per Set	Allow Bonus Reps?	Bonus Recovery (s)
System	80	90	6	6	true	10

Email:  
**info@pro2fit.com**

Display %

80

Number of Levels

6

Recovery 1

30

Recovery 2

25

Protocol Name

System

Target Reached %

90

Inspirations per Level

6

Recovery 3

20

Recovery 4

15

Recovery 5

10

Recovery 6

5

Recovery 7

5

Recovery 8

5

Recovery 9

5

Recovery 10

5

Recovery 11

5

Recovery 12

5

Allow bonus levels

Bonus Recovery (s)

10

**Update Protocol**

## ADVANCED TRAINING

### PROTOCOL SELECTION

The default protocol is 6 levels with 6 breaths at each level. The target intensity in this protocol is 80% of your own 1 rep max based on that day's baseline power curve. If you enable protocol selection on the Settings screen, you can choose between several other protocols including Warm Up and Express. Most users will want to stick with the default protocol for proven results.

### TROUBLESHOOTING

#### WHAT HAPPENS IF TRAINING IS INTERRUPTED?

If something happens to the app, the PrO2 loses power or you have to quit training to take a call, you can pick up where you left off. Just restart the app within 15 minutes of training and it will prompt you to restart the training.

#### SUPPORT

Contact [info@pro2fit.com](mailto:info@pro2fit.com) or call +1 (401) 349-0695 with questions



## FCC COMPLIANCE STATEMENT

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

CAUTION: The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



This equipment has been tested and meets applicable limits for radio frequency (RF) exposure. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

