

Catalogue

Caution and Precautions	1
Packing list.....	2
1. Learn about Breathing Trainers	3
1. Product structure	3
2. Product introduction	3
3. Technical parameters.....	3
2. Operation Guide.....	4
1. Equipment preparation.....	4
2. Turn on and off the equipment.....	4
3. Charge	4
4. Installation.....	5
5. Software preparation.....	5
6. User registration.....	5
7. Connect to Bluetooth	6
3. Warranty and maintenance.....	7

Caution and Precautions

01. Do not place the equipment in a damp environment. Keep the equipment and accessories dry at all times. Do not use microwave ovens or hair dryers and other heating products to dry the equipment and accessories.
02. Do not let the equipment fall, hit or strike.
03. Be sure to clean and store the equipment to ensure it is always available. Turn off the equipment before cleaning.
04. Do not use strong chemicals or powerful detergents to clean the equipment. Clean dust with cotton swabs or soft cloth.
05. Do not tamper with, disassemble, or attempt to repair this equipment. The company will not provide warranty service for malfunctions or misoperations caused by unauthorized modifications.
06. If the equipment does not work, do not disassemble it privately. Please contact the supplier, manufacturer or authorized agency for repair.
07. Do not use the device in areas prohibiting wireless communication.
08. The use of Breathing Trainers can create oral pressure, which may affect implantable and personal medical devices such as:

Pacemakers, cochlear implants, hearing aids. If you have any medical devices implanted, consult with your physician before use.
09. Do not use the equipment in dusty, damp, dirty or magnetic areas to avoid circuit failure.
10. Use the equipment at temperatures between 10°C and 45°C. Too low or too high temperatures can cause equipment failure.
11. Do not place equipment and accessories near heat sources or fire sources, such as electric heaters and microwave ovens.
12. Keep equipment and accessories out of reach of children.
13. This product is an electronic device. When discarding the main unit, accessories and consumables of this device, please follow the environmental protection requirements.

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.

Any changes or modifications not expressly approved by the party responsible for compliance 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

Read and understand this manual in full before using the Breathing Trainer.

When using electrical appliances, always follow basic safety precautions, including:

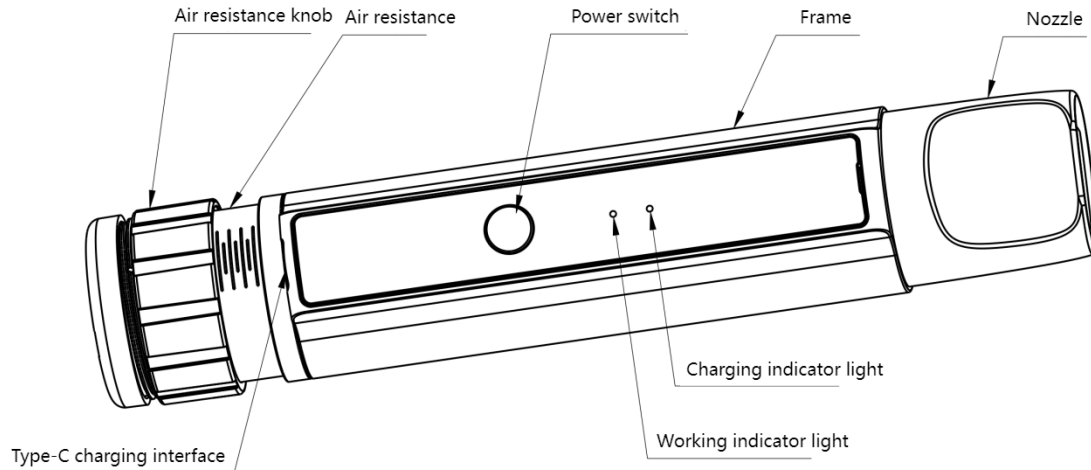
- Please read all instructions carefully before using this product. Keep this user manual for future reference.
- There is a difference between appearance and physical object, please take the physical object as the standard.

Packing list

Order number	Name	Quantity	Remarks
1	Breathing Trainer host	1	/
2	Nozzle	2	One has been installed on the host
3	Air-resistor	1	It has been installed on the host
4	Type-C power cable	1	/
5	Travel Pouch	1	/
6	Operating instruction	1	/
7	Certificate	1	/
8	Warranty card	1	/

1. Learn about Breathing Trainers

1. Product structure



2. Product introduction

This product is a portable and intelligent breathing trainer used for respiratory muscle training, improving lung capacity, and enhancing exercise performance.

The characteristics of this product are simple operation, small size, portable and multi-functional. It features intelligent respiratory muscle training, allowing users to easily adjust air resistance, monitor training results, and optimize their training plans to improve lung function.

This product can be connected with mobile phone equipment to provide rich training data and training result detection data, so that users can easily query and obtain the current respiratory muscle training effect.

3. Technical parameter

Product model: CC-FLOW (W)/CC-FLOW (P)/CC-FLOW (B)

Vital capacity: 0–10L

Respiratory pressure: $\pm 200\text{hPa}$

Power supply: 3.7 V, 110 mAh lithium battery

Size: 32mm x 37mm x 165mm (including nozzle and air resistance)

Weight: 60g \pm 2g

Operating Conditions:

Environmental temperature: 10°C–40°C

Relative humidity: $\leq 95\%$ (no condensation)

Atmospheric pressure: 860hPa~1060hPa

2. Operation Guide

1. Equipment preparation

If you use the device for the first time, take the device out of the box and check that the device is in good condition and all accessories are included. If you have not used the device for a long time, charge the device with the charging cable (standard Type-C charging interface).

2. Turn on and off the equipment

- (1) Power on: When the device is turned off, hold down the device [Power Switch] for 3 seconds, and the working indicator light will be lit and flash quickly.
- (2) Power off: When the device is on, long press the device [Power Switch] for 3 seconds to shut down the device and turn off the working indicator light.
- (3) Next: When the user is in app evaluation or training mode, a short press of the device [Power Switch] can trigger the interface jump command to quickly switch to the subsequent process node.
- (4) Automatic shutdown: if the device is not used for 3 minutes and the corresponding app is closed or in the background, the power supply of the device will be automatically turned off.
- (5) Low battery warning: When the battery is low, the device working indicator light will turn yellow (and the battery icon of the mobile app will also turn red), and the device should be charged in time.
- (6) Power off: When the battery cannot support normal operation, the working indicator light of the device will turn yellow and flash quickly (and the battery icon of the mobile app is red). After 15 seconds, the device will be shut down. At this time, the device should be charged in time.

3. Charge

- (1) The charging interface of the device is Type-C USB interface, and the charging voltage is DC 5V.
- (2) When the device is low power warning, or the device has not been used for a long time, the USB interface should be used to charge the device in time,

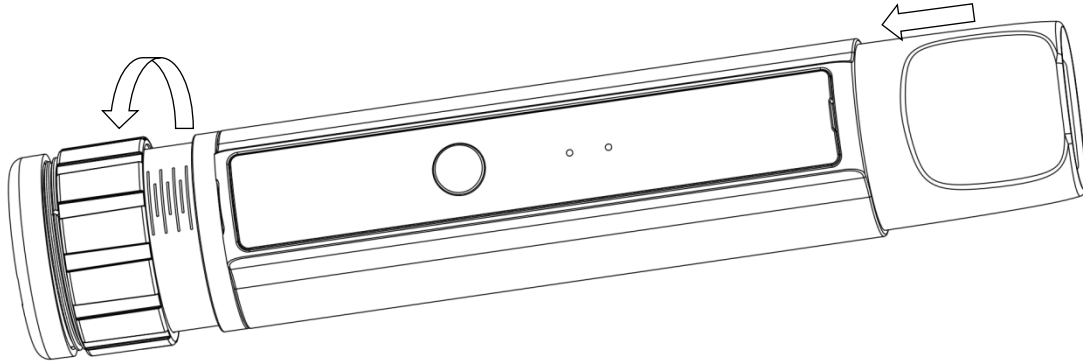
Plug the power adapter with output voltage of 5V into the AC power supply and connect the Type-C power cable (randomly delivered).

- (3) Connect the adapter to a power source and the device via the Type-C cable.

The charging indicator light turns yellow during charging and green when fully charged. Charge safely for about one hour.

4. Installation

Installation of [Nozzle] and [Air resistance]: Follow the arrow direction in the figure, screw in the air resistance, and insert the blow nozzle.



5. Software preparation

Download software app

- For Android version, please scan the QR code on the instruction manual, follow the official account and download the app in the lower right corner.
- Apps for iOS are available through the official Apple App Store, App Store.



6. User registration

Select according to the app prompts one by one: mobile phone number registration verification, name, gender, birthday, height and weight. After registration, the user login interface will be displayed. Click the [User Login] button on the user login interface to log in and enter the app.

Note: Certain physiological parameters are required during registration to evaluate respiratory function and provide personalized training recommendations. Please be sure to fill in correctly.

7. Connect to Bluetooth

When you open the app for the first time, you will automatically enter the [Bluetooth Configuration] page to pair the Breathing Trainer via Bluetooth. Open the Bluetooth of the device according to the app prompts, and then connect to the Bluetooth according to the app prompts. After the connection is successful, return to the main interface.

3. Warranty and Maintenance

1. Warranty

The Breathing Trainer is free of warranty for one year from the date of purchase with the purchase invoice, but does not include the following faults caused by the user's personal reasons.

For example, the failures caused by unauthorized disassembly, accidental drops, or lack of reasonable maintenance are excluded from warranty coverage. Additionally, force majeure events such as natural disasters are not covered.

2. Maintenance

The equipment does not require routine maintenance. If you need warranty service, please contact your supplier or manufacturer.

Only authorized maintenance centers are permitted to perform repairs.

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