

Instruction for use

Intelligent breathing training apparatus

Ebreathe **X1**



XEEK

1 A quick manual

Boot: unpack easy breathing X1, assemble the valve head connection good mouth pieces, with a USB charger to charge, after filling the electricity long press machine as shown on the cover of the product on the left side of the power button for five seconds, when using this product for the first time into the startup wizard to set (if you have WIFI link, convenient data timely upload the cloud), set up after to get into the main interface.

Personal information registration, enter the main interface, click on the screen at the top of the default account, add members to the registration of personal information, in order to understand their own breathing actual indicators and normal age differences. Can also click Settings > account management for the registration of personal information.

Personal information changes: long press personal nickname, can modify personal information.

Login: wifi link, first enter the home side pull order click login, online registration account. So on WeChat management and check your account and the account of the training.

Breathing detection: enter the breath test page, select breathe in test mode or out detection mode, began to test.

Note: 1. Try to mouth pieces into the mouth, to avoid we instinctively use facial muscles to exhale and inhale, make diaphragmatic muscle test result affected.

2. To breathe in the test, including live mouth pieces, slowly expiratory, abdominal adduction, will try to empty the lungs, then as quickly as possible, hard breath deep, until the air is full of lung and stomach.

3. To take breath test, first take a deep breath, holds the mouth pieces, and then forced expiratory, until no gas can spit.

Inspiratory training: click on the home page below to begin training, can choose automatic or manual mode, start training.

Prepare training:

1. Training: after the mouth pieces into the mouth, deep inspiration as quickly as possible, then slowly exhale, until you feel lung has no air after stop, wait for after hint sound for the next breath, repeat 30 times and complete breath cycle.

2. View the results: after 30 breaths when you finish, you can click on view report, check your respiratory health level.

3. Clean the valve head: training is completed, remove the valve head with warm water immersion, reoccupy warm water is rinsed valve head, finally on the dry towel dry.

2 Product overview

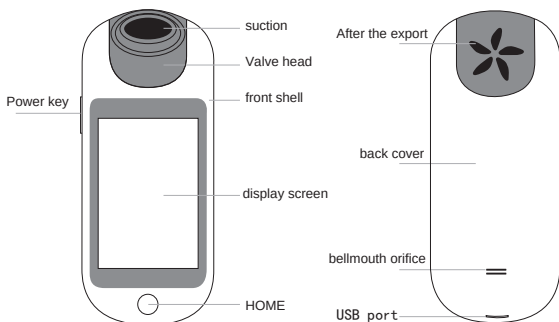
Dear customer:

Thank you for purchasing easy breathing X1 deep breathing training apparatus, easy breathing X1 deep breathing training can help you strengthen the well, reduce the sport or activity when breathing difficult situations. As we want to strengthen our biceps is using dumbbell exercise load, we use easy breathing X1 deep breathing training apparatus, through the built-in science algorithm on your breathing function testing, according to your actual ability to breathe, and then gives a scientific exercise prescription, make scientific exercise, this will help you enhance your breathing capacity, improve your breathing when motion fatigue, asthma, etc.

When you breathe through easy X1 deep breathing training trainers, gradually noted to be more effort to breathe in, this is inspiratory muscle (diaphragm and intercostals muscles), the influence of load impedance, there is no impedance when exhaling, can exhale, relax naturally will discharge air from the lungs.

Easy breathing X1 is a professional intelligent well trainers, features of diaphragmatic muscle training (climb building can make him not asthma, climbing more strong), and through training the impedance value increasing, exercise the user's core abdominal muscles (such as for long-distance running and cycling, help him to better control their own body, balance, etc.), allowing the user to restore respiratory muscle strength, enhance and improve the respiratory muscle strength and endurance.

3 Product components



accessories

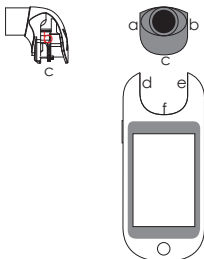


- ①instruction book ②adapter ③Mouth pieces ④Nose clip
 ⑤iphone ⑥Draw string bag ⑦warranty card ⑧certificate of quality

4 The product installation and dismantling

1, the installation of the valve head and remove

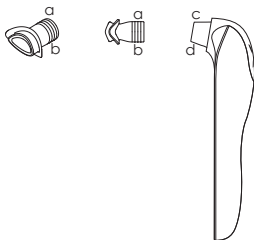
1. When installing a valve head, valve head first left button (a) and right button (b), respectively, and the host button (d) and (e), and then will deduct a embedded into the host (c) a (f).



(2) when removing valve head, hold the host, and then under the force of valve head up button bits (c) with the host button bits out, then remove the valve head.

2, the installation of the mouth pieces and remove

(1) when installing a mouth pieces, first the mouth pieces on bearing (a) and (b) the azimuth alignment valve head (c and d), respectively, and then hard to make the mouth pieces into the valve head.



(2) when removing mouth pieces, one hand hold the host and the valve head, another hand holding the mouth pieces on bearing (a), then the force bearing on the mouth pieces (c) with the host from, then remove the mouth pieces.

5 Products applicable to people

◆ Mixer was feeble old man elder

——Elderly home elders can use this product real-time monitor their respiratory condition, and thus the diaphragmatic muscle strength and endurance training, which can effectively improve asthma, unsustainable phenomenon.

◆ Love activists in pieces

——meet and use in respiratory characteristics of various kinds of sports, with periodic impedance to training, enhance well power effectively, improve ventilation efficiency, reduce energy consumption, eliminate fatigue to breathe.

– warm up before the movement, the tools to help sports personnel to quickly adapt to the intense exercise of breathe easier and reduce the flank soreness.

– relaxation tool after exercise, improve caused by lactic acid accumulation ache after strenuous exercise.

◆ Mixer sub-health white-collar office

——people in the office white-collar work pressure big, lack of exercise, often in a weak breathing, lack of oxygen, can't concentrate of sub-health state, this product can effectively help promote effective ventilation of such people and improve the quality of life.

◆ Mixer music singers, performers, speakers, teachers

——for deep breathing muscle, through scientific training can let users become slow, deep breathing, let blood oxygen exchange rate is better, such as singer or performer, can better learning control breath, maintain good physical stamina, which bear the high intensity and long training time, to achieve training purpose, allowing for more efficient before a rehearsal or performance.

6 Interconnection of fun

◆WIFI Internet

On the front page Settings, select Settings > system Settings, link WLAN, will the machine access wifi environment, can be convenient for you to breathe data timely access to the cloud server, allowing you and your family through WeChat remote pick up you and your family and kinship care of respiratory health.

◆Mixer registered individual account

You use this machine for the first time, strongly recommend you to register the personal account. To wifi link, enter the home side pull order click login, online registration account. So on WeChat management and check your account and the account of the training.

◆In pieces on the guest WeChat public number

You can scan the guest WeChat public (qr code in the description on the last page), through WeChat public, look at you and your family's respiration exercise ranking and personal training report detailed situation.

7 Add a sub account

Click on the home page of the drop-down menu , Click on add members set up account information. Set the account information is to help you supervise and understand family member's breathing.

8 The home page interface

When you play kick off the guest easy breathing X1, set up the personal information, you will enter into software home page:

Began training: from here you can begin your interesting and novel journey to breathe.

Breathing detection: here you can be tested to inhale and exhale detection, an overall inspection your breathing indexes, compare your breathing function of the level.

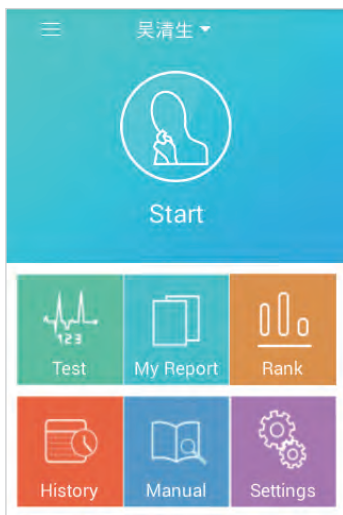
My breath: when you check out, you can view your breathing report here, know all information about your breathing.

Row row list: can see you all kinds of indexes and other users of breathing breathing out data.

History: here you can view your breathing training history condition.

User guide: allows you to better and faster to understand and use this product.

Set: buy our product management and Settings.



Tip:

In the middle of the top and can be modified after you click in your personal information, also can add users.

9 The user guide

Home page, click on the user guide, choose you want to view the contents of the:

Quick guide: you can quickly understand this product from here.

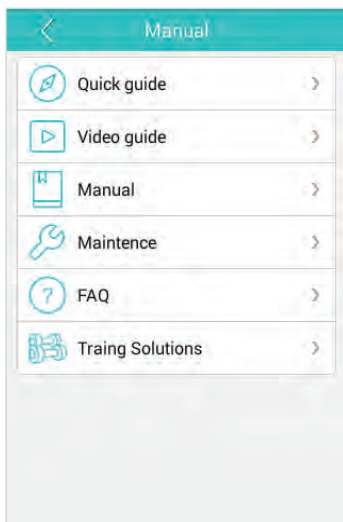
Video tutorial: we prepared scientific video tutorial for you, you can learn to breathe, and learn how to more effective breathing exercise.

Full manual: you can view the detailed product introduction and the matters needing attention.

Maintenance: this product is related to personal hygiene, please refer to the maintenance of the products in a reasonable manner.

Common problem: in this section for your common problems that should pay attention to this equipment is in use and taboos.

Training plan: you can understand how different people do breathing exercises of the scientific method.

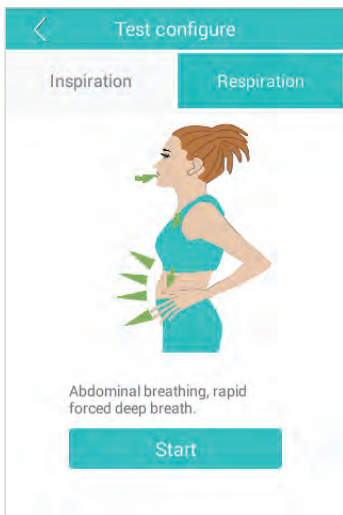


10 Breath test

When you click on the front page breath test to get into the test interface, testing interface into exhale and inhale testing two parts.

Suction test: select suction test click start, breathe in the test.

Breath test: select a breath test click start, breathing test.



Tip:

If you still don't know how to test, you can see in the test set up small animation teaching you the correct way of training.

Inhale and exhale testing is divided into 3 times each test, the system will be according to the synthesis of 3 to your test results.

11 My breath

When you enter the page of my breath, you can see your actual respiratory index with people of similar age, height, with your comparison.

My Report		
Personal information		
Nickname : 默认帐户 Height : 170 CM		
Weight : 64 Kg Age : 36		
To improve your breathing, please refer to (Traing Solutions)		
Index	Your value	Reference
Volume(Respirationml)	2272 ↓	4011
MEP(cmH ₂ O)	24 ↓	227
PEF(L/min)	57 ↓	574
FEV1(ml)	603↓	3600
FEV1/FVC	0.27 ↓	≥0.7
PEF aberration	1.05↓	≤0.2

Tip:

If you see indicators have a down arrow beside, mean to say you the index on the low side, want to draw attention to improve.

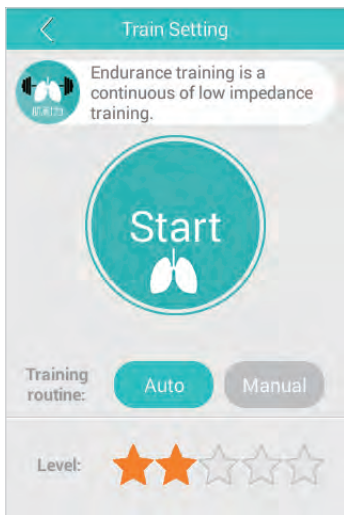
Click on each index, can see detailed instructions for each indicator, and breathing for you comments and Suggestions.

Push up the interface, you can see more of your breathing index analysis and Suggestions.

When click on each index in detail into the interface, you can see the indicators scientific explanation, and your actual level and close to your age, shape differences in quite a crowd, Suggestions according to the guest to give you the exercise prescription of scientific breathing exercise, so as to improve the quality of your breathing.

12 Start training

Began training in the click on the home page can enter the training Settings page, click start training, each group 30 training, enhance your diaphragmatic muscle strength and endurance.



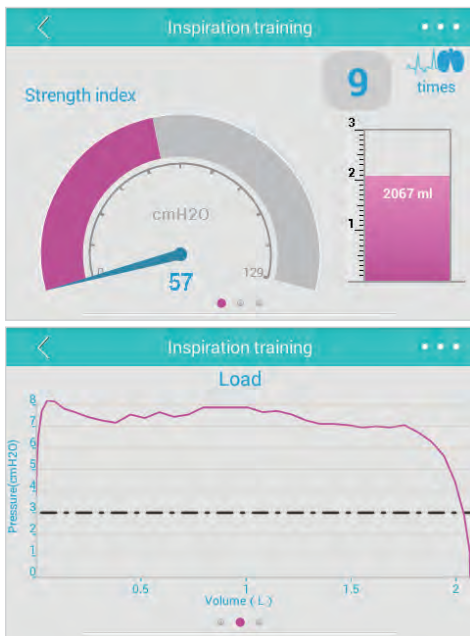
Tip:

Training in the page divided into two kinds of muscle stamina and muscle strength training methods, you can click the icon to switch muscle strength and muscle endurance.

Training mode is divided into automatic and manual mode, can according to own situation and the difficulty level of the mode.

13 Breathe in training

Click start training, you can see your each breath exercise real-time interactive situation:



Tip:

Use abdominal breathing exercise better (abdominal breathing: abdominal huddle, exhale, all internal gas discharge, and then quickly forcibly inspiratory, drum abdomen).

After each breath, can contain the mouth pieces slowly expiratory, also can remove the equipment, such as mouth is completed, you will mouth pieces into his mouth, ready to breathe again after inhalation of exercise;

End of each breath waiting system hint sound, then exhale, would be better to exercise our breathing rhythm control ability, help to improve our performance in sports.

Exercise this product requirements to breathe in through your mouth, when use nose clip can assist in training to prevent in through the nose and get better training effect, some people do not use the nose clip training will feel more comfortable, so whether choose nose clip depends on user's situation.

Can slide around training images, replace the display surface.

14 The game interface

Click start training, breathe into the training, click on the button in the top right corner of the interface, select game into the interface, you can experience the inspiratory muscle training combined with bird free flight pleasure:



Tip:

The farther the inspiratory capacity, the greater the birds fly;
The inspiratory muscle strength strong bird fly higher;
To share your scores to the circle of friends, let your friends share your health and happiness.

15 Common problems

◆Mixer can people use the same a breathing training unit?

For reasons of health, we recommend that users don't share the same breath valve head. But if the user use bacteria/viral filters, you can share.

◆Training on the inhale resistance is too big, patients cannot breathe through the equipment?

If the patient feels resistance is too large, cannot breathe through easy X1 deep breathing training apparatus in gas, please take out the valve head and check whether the valve is free to open and close. And then to connect the valve head to respiration training device host, make sure it is installed in the correct position. If the valve to move around freely, still feel resistance is too large, cannot pass on the inhale gases, can choose a lower difficulty level in the training set to reduce resistance training, or manually set to lower the load.

◆In pieces the guest take a deep breath can't start the training?

If the guest cannot begin deep breathing training apparatus may be run out of battery. You can use with the charger to charge, charge to a certain capacity, can continue to use.

◆Mixer mouth pieces change color or dirty?

When the mouth pieces long soak in water or disinfectant, a small amount of water could be absorbed by materials, lead to cloudy or discoloration. If this happens, the mouth pieces on a clean towel dry, cloudy will gradually disappear.

◆Feeling when training has a lot of saliva in his mouth, how to improve?

Do breathing exercises, mouth saliva accumulate ministries, it is a natural phenomenon, can stop the training at this time and clear saliva, or can be in when exhaling out through the mouth, to reduce the accumulation of saliva, it won't reduce inspiratory training effect.

◆How long a clean valve head pieces should be?

If without bacteria/viral filters use, under the protection of the recommendations should be cleaned after each training valve head.

◆In pieces why breaths before resistance is small when feeling training?

The guest take a deep breath before through scientific training algorithm for the users to breaths inhaling resistance to maintain in low level, the goal is to make users have a gradually adapt to climb, not caused by sudden increasing difficulty breathing side stitches to suffer damage, this is the human nature setting of the equipment.

◆In pieces if the user training for a period of time not much improved?

If users feel didn't see improvement in training or testing, should be the difficulty of the training is too low, suggested increasing training load, can be trained through the automatic mode to choose higher difficulty level setting higher impedance difficulty or manual training mode.

16 Caution-1

Easy breathing X1 intelligent breathing training apparatus is suitable for most people, under normal use without any side effects. Please read the following precautions to ensure safe and correct use:

Contraindications:

Use easy respiration X1 smart breath training of trainers in the chest, throat, ears and negative pressure is formed in venous sinus, if you have the following conditions, please do not use:

- ◆ Mixer spontaneous pneumothorax (not by fractured ribs or other trauma atelectatic lungs) history.
- ◆ In pieces because of trauma lung collapse has yet to recover.
- ◆ Pieces of broken ear drum not heal or any middle ear disease.

USES:

- ◆ Mixer easy breathing X1 intelligent breathing training apparatus is designed for inspiratory muscle training, no other purposes.
- ◆ Not in pieces of this product to diagnose, treat, cure or prevent any disease. Fitness, perception, mental reduce people are not suitable for use, or to be used under the guidance of the supervision can be responsible for the safety of personnel.
- ◆ Pieces of youth under the age of 16 or children must use under adult supervision
- ◆ Products containing smaller components, so the young children under the age of 3 are not suitable for use.

Warning!

- ◆ In pieces if you use easy respiration X1 intelligent trainer training feel dizziness or vertigo, please slow down the respiratory rate or pause until fully recovered.
 - ◆ Pieces in the case of a cold, sinusitis, or respiratory tract infection, strong suggestion easy respiration X1 smart trainers until symptoms disappear, if in doubt, please consult a doctor.
 - ◆ Ear pieces of users will feel a slight discomfort, especially in cold recovery period, this is due to the mouth, due to unbalanced pressure if the situation continues, consult a doctor.
 - ◆ To prevent the spread of potential danger, not recommended to share with family or other people mouth pieces or valve head.
 - ◆ Mixer inspiratory feel resistance when using, but you don't feel uncomfortable, if you are unwell, please stop immediately and consult your doctor. If without the consent of the doctor, please do not change any prescription medication or treatment.
 - ◆ Mixer easy respiration X1 smart trainers clean mouth pieces advice before use.
 - ◆ This equipment is designed for non waterproof, shockproof, walking, running, diving, or participate in other activities do not use.
 - ◆ In pieces if the body of heart rhythm or other containing magnetic or electronic medical implants, please consult a doctor before use.
- If the use of easy respiration X1 smart trainers have any questions, please contact our customer service line, if you have health concerns please consult your doctor.

17 Caution-2

Can only use the charger.

The charger will be the primary voltage (100–240 volts) to a safe voltage (5 v).

Before cleaning easy breath X1 intelligent breathing training apparatus, please pull out the plug.

(1) use: do not throw, dismantling, open, rolling, piercing, cutting, bending, deformation, microwave, burning, graffiti, easy breathing X1 intelligent respiration training device or insert any foreign objects.

(2) easy to breath X1 intelligent breathing training apparatus design of valve head can be normal cleaning and disinfection, to maintain health and correct operation, holding a body part not waterproof, however, should not be flooded into or exposure to liquid.

18 Product guarantee

◆ This product under normal use provide one year free replacement service. This service does not include due to improper use, man-made destruction, commercial use, accident or improper maintenance (components from obstacles blocking). This warranty does not apply to the battery, mouth pieces or nose clip. Without the guest the original factory repair damaged or indirect damage caused by this limited warranty does not apply.

After-sales service center:

◆ In pieces please send defective product and service card to the following address:

Name: "guest (xiamen) medical instrument co., LTD

Address: room 893, fujian xiamen haicang district 893 haicang avenue

◆ Customer service line: + 86-592-6800190

◆ Fax: + 86-592-6800190

◆ Website: www.xeek.cn

◆ Email: service@xeek.cn

◆ This product is not toy, can only use in detect respiratory training, not recommended for other purposes, can replace the diagnosis, cure or prevent any disease.

20 Privacy protection

◆ To understand how we protect your personal information, please visit the guest officer network, understand our privacy policy.

◆ Mixer using unauthorized third-party software upgrade firmware to the unit and system, there may be the machine can not use or disclose your personal information and other security risks.

19 Detailed parameters

name	content	parameter	
salient features	accuracy	Peak flow	$\pm 10\%$ @ $\geq 180\text{LPM}$
			$\pm 18\text{LPM}$ @ $< 180\text{LPM}$
		cubage	$\pm 5\%$ @ $\geq 2000\text{mL}$
			$\pm 100\text{mL}$ @ $< 2000\text{mL}$
	sensitivity	Peak flow: 1L/min	
		cubage: 1ml	
display screen	TFT	Peak flow: 0~840L/min	
		cubage: 0~8L	
touch panel	screen size	3.5in	
	distingui-shability	480 × 320	
	Touch screen type	capacitive touch screen	
WIFI	norm	802.11 b/g/n Wireless network card	
Environmental requirements	Working temperature	5~40℃	
	Working humidity	35%~85%	
	Storage temperature	-10~60℃	
	Store humidity	20%~93%	
	Storage conditions	dry Prevent bask in	
Electrical specifications	adapter	AC 100~240V; DC 5V/1A	
	output power	$\leq 5\text{W}$	

21 For more

- ◆ Refer to the quick guide inside the box
- ◆ Open the easy breathing X1 deep breathing training apparatus, you can:
 - ◆ Refer to the manual
 - ◆ Through the video knowledge of breathing exercises
 - ◆ By artificial service, problem, feedback and so on the many kinds of ways to get help
 - ◆ Through the website problem feedback for consultation
 - ◆ Visit: www.xeek.cn, download the product manual, refer to the common problems and so on
- ◆ Call the service hotline: + 86-592-6800190

FCC STATEMENT

1. This device complies with Part 15 of the FCC Rules and Industry Canada licence-exempt RSS standard(s) . 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.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user' s authority to operate the equipment.

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.

FCC Radiation Exposure Statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without RF striction.



The official WeChat public number

*Scan the qr code on the official guest WeChat public
number And download android, ios, APP client*

