



EOLING. Intermediate Level

Recommended for:

- Next step after training at Beginners Level.
- Persons in normal fitness conditions (e.g. Exercising 3 times a week)



1.- Adjust the regulator at about half way.

2.- Introduce mouthpiece in your mouth and test the resistance level doing an inhaling exercise.

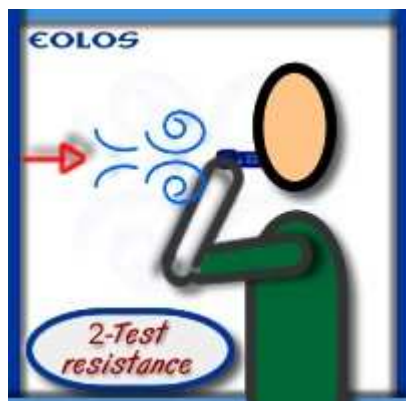
If you feel it is hard to inhale, turn the regulator more to the right until you find the perfect resistance level for you.

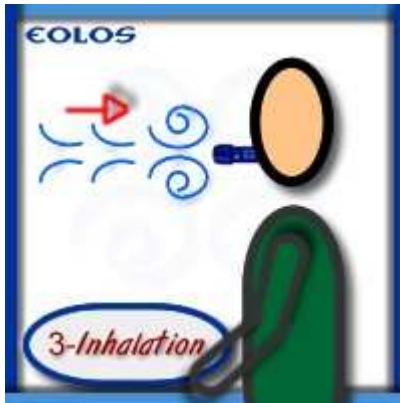
In case you feel that the air comes through too easily when inhaling, then turn the regulator to the left until you find the perfect resistance level for you. Repeat step as many times as requires until you find the level in which you feel comfortable inhaling.

Always choose the training level according to your physical strength level.

Get to know your limitations and train within your boundaries. Always use common sense when performing a breathing exercise.

Once you have obtained the desired resistance level, move to steps 3, 4 and 5.





3.- Let's start training:

After regulating the resistance level, place the mouthpiece in your mouth and do a long inhale.

(Remember not to force in excess your breathing muscles the first days of training. Breathing training, as with any other type of training, requires advancing in a progressive and continuous way. Day by day you will improve, so be patient. Results arrive in a few weeks of training.)



4.- Hold your breath for about 3-7 seconds approximately.

5.- Exhale through the device pushing the air using the diaphragm. Ideally you should fully exhale all the air out. If fully exhaling tires you in excess, do the step keeping some of the air in.

Congratulations! You have finished doing your first exercise with Eolos.

If you finished the first round perfectly, then repeat steps 3, 4 and 5.

If required, take the mouthpiece out of your mouth and do 1 or 2 breathings before repeating levels 3, 4 and 5..



6.- On average, the daily session should last about 5 minutes, but if you feel it is too much for you and you end up extremely tired, then we suggest you try 5 sessions of 1 minute each spread through the day. Always listen to your body.

It is DETRIMENT to choose the training level that suits best your current physical strength. If at any moment you feel weak or dizzy, STOP the breathing training immediately. You should also stop training if you experience stress, pressure or pain at any given point during the exercise. Seek your doctor before retaking the breathing training.

Get to know your limitations and train within your boundaries. Always use common sense when performing a breathing exercise.