

www.spirotiger.com



Boost your performance with respiratory training



SPIROTIGER[®]
RESPIRATORY TRAINING FOR CHAMPIONS

A pair of bright orange SpiroTiger running shoes is placed on a gravel path. The path leads through a field of tall grasses towards a sunrise over a valley. The scene is peaceful and serene.

**Through hard
training.**

The same pair of orange SpiroTiger running shoes is on the gravel path. A large splash of water is being kicked up from the path, creating a misty spray that partially obscures the shoes. The sunrise background remains.

**Through hard
training
and SpiroTiger®.**

A red starburst logo with the words "swiss made" written in white lowercase letters inside it.

**swiss
made**

Reach new peaks with SpiroTiger®

All athletes train hard. If they want to secure a decisive advantage, however, they have to break new ground. Respiratory training with SpiroTiger® offers them unique opportunities.

Respiratory training with SpiroTiger® creates new reserves of energy because, in addition to providing endurance training for the respiratory muscles, it has a beneficial effect on your whole physical performance. This is what makes respiratory training with SpiroTiger® so valuable for athletes of all levels, not only for professionals and competitive athletes but also for recreational sportsmen and women and fitness fans.

With SpiroTiger®, you can train your respiratory muscles continuously without the dizziness that occurs with other equipment. This is made possible by SpiroTiger®'s intelligent, personalised respiration management system.

That's how, with just a little training, SpiroTiger® can smooth the way to new personal bests: more power, greater endurance and increased fitness, higher peaks of performance, better breathing and shorter recovery times.

More and more athletes rely on respiratory training with SpiroTiger®. When are you going to start training?



SpiroTiger® stGO and stSMART

SpiroTiger® is a compact, lightweight respiratory trainer for athletes that comes in two versions: SpiroTiger® stGO for beginners and SpiroTiger® stSMART for the more advanced, with a PC connection and software for sending training data to a computer. This makes it easy to monitor and keep track of your training on the computer.

SpiroTiger® consists of a detachable mouthpiece and air-guiding parts, a customised breathing bag and a screen with a control panel for monitoring your training and setting your personal parameters. For maximum hygiene, all parts through which air passes can be removed and easily cleaned.



- 1 Screen for monitoring your training
- 2 Control panel for entering parameters
- 3 Interchangeable mouthpiece with air-guiding parts
- 4 Customised breathing bag
- 5 Battery compartment (2 AA LR6 batteries)
- 6 Handle
- 7 PC connection (only on SpiroTiger® stSMART)
- 8 Easy to connect

Simple, effective training

Training with SpiroTiger® is easy. First, enter your personal parameters on the control panel of the Spiro-Tiger®. Then press Start and listen to the acoustic signals which tell you when to breathe in and out, or watch the display: finish breathing out at the first beep, finish breathing in at the second beep. Experience shows that it takes only 2 to 3 training sessions of 5 minutes to get used to the breathing rhythm.

Training with SpiroTiger® can be adjusted to suit your individual circumstances based on your personal respiratory volume, breathing rate and training time. Because the breathing bags come in different sizes and you can enter your personal breathing rate, SpiroTiger® can be perfectly adjusted to suit the size of your lungs and your capabilities.

Your training data is displayed live on the clear screen but can also be saved for later analysis. This makes it easy to monitor your training closely and make sure it is optimised at all times.



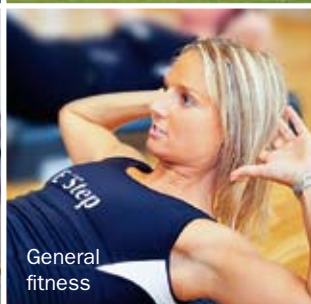
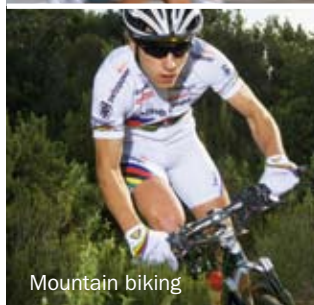
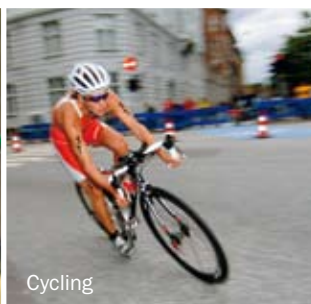
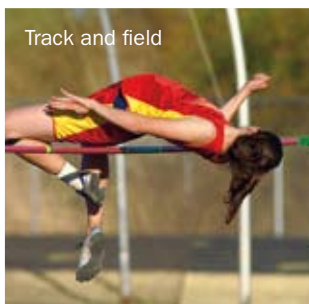
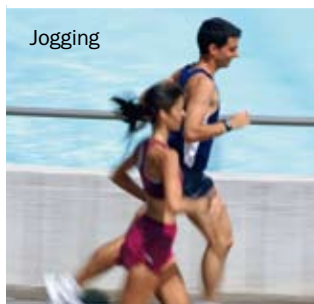
Breathe in

Breathe out

Breathe in

Used for all kinds of sports

As a professional athlete, you can gain a decisive advantage. Get ahead in competitions. As an amateur, you can substantially increase your performance. Or just give your general fitness a boost. Respiratory training with SpiroTiger® is worth your while whatever your sport.



For that decisive advantage

Respiratory training with SpiroTiger® has already helped countless professional sportsmen and women to achieve better results. They were able to improve their physical performance demonstrably – giving them that all-important lead when it comes to a place on the podium.



Franco Marvulli (track cycling)

Titles: Olympic medallist – Madison, World Championship runner-up – Madison, Cyclist of the Year 2004

Statement: At the beginning, SpiroTiger® training was surprisingly tiring. Now I train every day and I can breathe more easily and really fill up with energy. SpiroTiger® is always with me, not only when I'm preparing for a competition but during the competition, too: before every race I do a short training session of 4–5 minutes to get my respiratory system ready for the stress.

Lara Gut (downhill skiing)

Titles: 3rd in the St. Moritz Downhill on 2 February 2008, 1st in the Giant Slalom at the Copa SudAmerica 2006, 1st in the Super-G FIS 2006

Statement: My body is already under a lot of stress with the daily training I've been doing and the competitions. Thanks to SpiroTiger®, I've been able to step up the intensity of my training even more. After just a short period of SpiroTiger® training, I saw an improvement in my endurance and recovery time. The SpiroTiger® training was easy to incorporate into my training schedule and now it's a permanent part of my daily training routine.



Nino Schurter (mountain biking)

Titles: Bronze at the Olympics 2008 in Beijing, 2008 World Champion in the U23 category

Statement: SpiroTiger® is simply an essential part of a complete training plan. Since I've been training with it, I can breathe more easily under stress and recover more quickly thanks to the faster breakdown of lactates.

A photograph of a mountain landscape at sunset. The sky is a warm, golden orange, and the sun is low on the horizon, casting a glow over the scene. In the foreground, a rocky trail leads up a hillside. A bicycle with a bright orange frame and yellow tires is lying on its side on the trail. The background shows rugged, rocky mountain peaks and some sparse vegetation. The overall mood is one of a challenging outdoor activity.

**When hard
training just isn't
enough ...**



... try
SpiroTiger®.

swiss
made



Among professionals, the respiratory trainer SpiroTiger® has long enjoyed cult status as a legitimate secret weapon. **Mountain biker Nino Schurter** relies on SpiroTiger® to give him that decisive lead on the way to the winner's podium.

Improve your performance with respiratory training

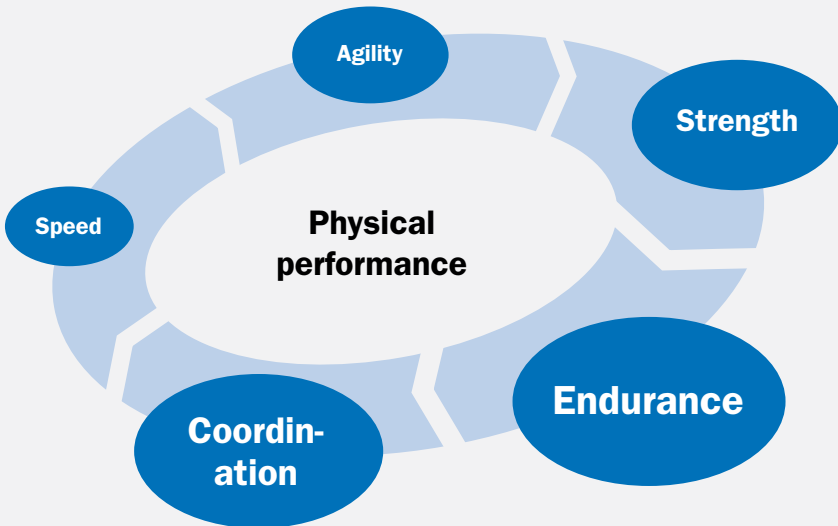
Respiratory training using SpiroTiger® stGO or stSMART concentrates on strengthening the respiratory muscles, but it also has beneficial effects on physical performance in general. It creates new reserves of energy which are good for both endurance and for giving short bursts of power. Underpinning this training benefit is the close connection between breathing and general performance: as the respiratory muscles tire, the flow of blood to the extremities can be reduced, having a negative effect on circulation in the arm and leg muscles. This can result in heavy limbs (similar to aching muscles), excessive blood lactates and a reduction in performance.

Respiratory training with SpiroTiger® counteracts these negative effects by delaying the point at which the respiratory muscles become tired, and so maintaining the circulation in the arms and legs at optimum levels for longer. In other words: as a result of training with SpiroTiger®, the respiratory muscles work more efficiently and consume less oxygen, leaving more oxygen for the muscles in the arms and legs. The result is improved endurance and competitiveness, optimised, efficient breathing and generally enhanced fitness.



Results of training with SpiroTiger®

- substantial increase in endurance and performance
- noticeable increase in general physical fitness
- improved peak performance under stress
- shorter recovery times during and after competitions and training
- improved endurance of the respiratory muscles
- optimised oxygen supply to the skeletal muscles
- faster breakdown of lactates during and after stress
- improved coordination capability of the respiratory system under stress
- strengthening of the neck, abdomen and back muscles



Use in training and competitions

For both amateurs and professionals, for general fitness training or special training programmes: the SpiroTiger® respiratory trainer is suitable for all kinds of training and for use before and after competitions. An additional advantage is that there is very little strain on the cardiovascular system during training with SpiroTiger®.

SpiroTiger® respiratory training strengthens not only all the respiratory muscles but also all the muscles of the upper body and the support muscles (abdomen, back, neck muscles). Regular training is the fastest, surest way to individual success. The stamina of the respiratory muscles usually improves considerably after just a few weeks of training.



Examples of different types of training

Types of training	Recommendation	Benefit
<p>Stamina training and fitness</p> <p>Purpose: general fitness and building up basic endurance</p> <p>10–20 minutes</p>	<p>1 to 2 weeks of training at average respiratory rate</p> <p>Start gently, with no excessive exertion</p> <p>3 to 5 training sessions a week</p>	<p>Boost performance of the respiratory system</p> <p>Build up basic endurance</p> <p>Little stress on the cardiovascular system</p>
<p>Intensive training</p> <p>Purpose: boost performance before the start of competition season</p> <p>15–30 minutes</p>	<p>Training at higher respiratory rates and with training variations</p> <p>Every training session must feel very strenuous</p> <p>3 to 5 training sessions a week</p>	<p>Improved performance of the respiratory system</p> <p>Improved general endurance capabilities</p> <p>Improved basic endurance and coordination of the respiratory system</p>
<p>Maintenance training during competition season</p> <p>Purpose: maintain performance capability</p> <p>5–30 minutes, several times a day</p>	<p>Training at average to high respiratory rates</p> <p>Every training session must feel very strenuous</p> <p>2 to 4 training sessions a week</p> <p>No training immediately before a competition (symptoms of fatigue)</p>	<p>Maintain high performance capability of the respiratory system</p> <p>Keep up endurance capability</p> <p>Keep up basic endurance</p> <p>Faster regeneration</p>
<p>Warm-up before competitions</p> <p>2–5 minutes</p>	<p>Training at high respiratory rate immediately before the start</p>	<p>Efficient and effective preparation of the whole respiratory system for the imminent competition</p>
<p>Maintenance training during breaks in training and injury</p> <p>Purpose: maintain performance capability</p> <p>20–30 minutes</p>	<p>Training at high respiratory rates</p> <p>Every training session must feel very strenuous</p> <p>2 to 4 training sessions a week</p>	<p>Maintain performance capability of the respiratory system</p> <p>Largely maintain general endurance capability</p> <p>Largely maintain basic endurance</p> <p>Make it easier to start training again after a break</p>



Why respiratory training?

The respiratory muscles are the only essential skeletal muscles which work day and night. This is an extraordinary feat of endurance.

However, during sporting activity, the respiratory muscles can tire, having a detrimental effect on sporting performance as Prof. Boutellier, sports psychologist at ETH and the University of Zurich, has proved quite conclusively. Endurance training (e.g. jogging, cycling), however, is generally not enough to counteract this effect. Normal endurance training does not train the respiration sufficiently.

Increasing the endurance capability of the respiratory muscles requires regular, targeted endurance training of the respiratory muscles. This also noticeably improves general physical and sporting fitness, as the following study clearly shows: 38 untrained volunteers underwent either 40 endurance training sessions (jogging and cycling) or 40 respiratory training sessions or no training at all. The respiratory training group successfully improved both the endurance capability of their respiratory muscles and their general endurance capacity. The pure endurance training did also increase endurance capacity but not the performance of the respiratory muscles. So the group using SpiroTiger® was able to improve its performance without additional physical training.

The explanation for this surprising effect is that both the respiratory muscles and the arm and leg muscles draw their energy and oxygen from the same source: the body's blood supply. The less the respiratory muscles demand from the blood supply, because they tire more slowly and work more efficiently, the greater the proportion available to the arms and legs. The respiratory endurance training with SpiroTiger® makes use of this effect.

A whole series of scientific papers have now proved the connection between respiratory training and sporting performance. We would be happy to send you a list of references on request.

A dirt road stretches into the distance under a golden sunset sky. The road is flanked by tall grasses and reeds. In the foreground, a large splash of water or mud is kicked up, creating a bright, glowing cloud of particles. The overall scene is hazy and atmospheric.

**Keep ahead of the competition
with SpiroTiger®.**



Why SpiroTiger®?

Specific endurance training of the respiratory muscles is not possible without special training equipment because hyperventilation soon occurs with the familiar symptoms of dizziness. What's more, the performance and volume of the lungs vary from person to person.

The sophisticated design of the SpiroTiger® is the ideal solution to these two difficulties. Firstly, SpiroTiger®'s clever air management system provides effective protection from dizziness and hyperventilation by feeding back some of the exhaled air. Secondly, different-sized breathing bags and being able to set your own individual respiration rate make it easy to adjust the system to your personal requirements.

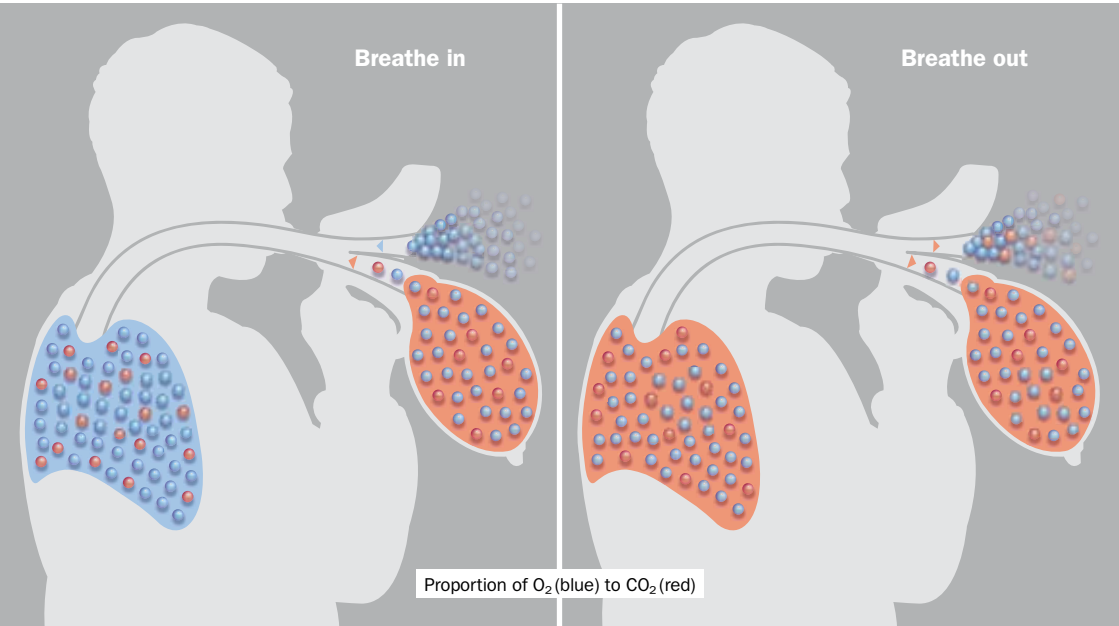
Respiratory training devices without a breathing bag are therefore not suitable for endurance training of the respiratory muscles. SpiroTiger® is the only respiratory trainer for the all-round, targeted endurance training of your respiratory muscles.

Countless amateur and professional sportspeople have incorporated SpiroTiger® in their personal training routines and now don't want to do without it. They know why.

No hyperventilation and no dizziness, even during long training sessions: thanks to breathing bags of different sizes and sophisticated valve technology.

Easy input of personal training specifications via the control panel to individualise your training. Acoustic and optical feedback on the integral display: respiratory frequency, ideal depth of breathing, length of training, progress of training session, etc.





Individually adjusted to you

For a detailed personal training plan, get in touch with one of our Competence Centres. You can find the addresses and contact details on our website, www.spirotiger.com.

Ready to go?

Follow the example of successful sports professionals and boost your performance with SpiroTiger® – for a decisive lead in competition, that little bit extra in your favourite sport, or simply for that great feeling of doing something for your general fitness and health. Then perhaps you, too, will soon have success stories like the following to tell:



«The SpiroTiger® is an important part of the training for a downhill skier. How else can you specifically improve your respiratory endurance? Improving your rump stability is also a factor which should not be underestimated and the training is outstanding here, too.»

Christian Szepessy, conditioning trainer for the ladies' swiss national downhill team



«Every top athlete carries out a complete programme of sport-specific training combined with supporting measures such as nutrition and rest. However, to be able to reach the finishing line faster than your competitors, it is essential to make use of your full potential. With SpiroTiger® respiratory endurance training, I have found a way of boosting my performance still further!»

Nicola Spirig, triathlete



«I train with SpiroTiger® in addition to my normal training. Since I started with it, I can breathe far more easily when I'm under great physical stress. It won't be long before training your respiratory muscles is as natural as measuring your pulse during training is today.»

Florian Vogel, mountain biker



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