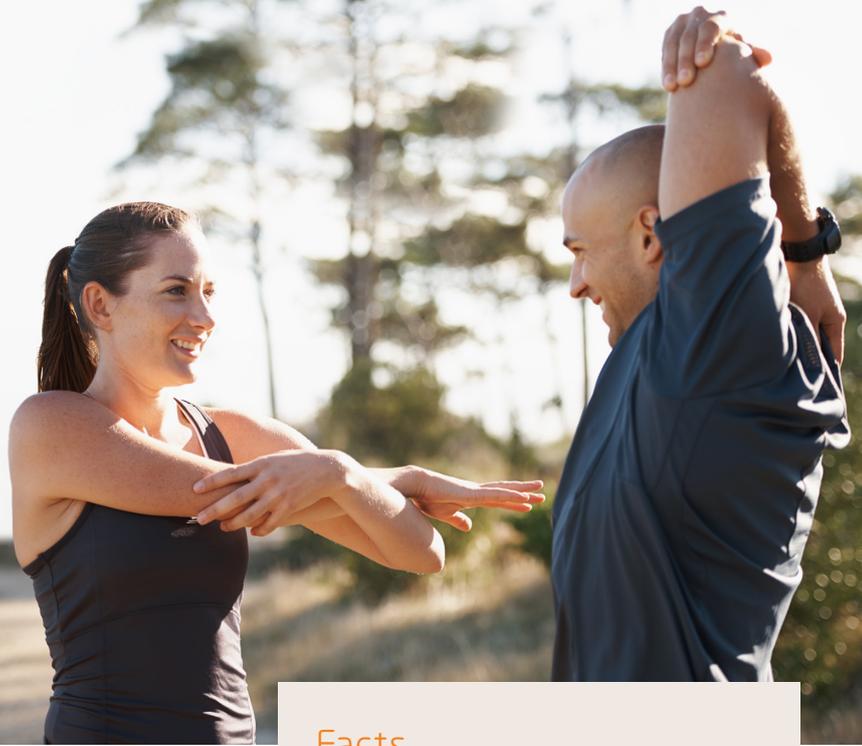


SPORT

IDIAG SPIROTIGER



The Idiag SpiroTiger: performance-boosting training device for athletes

The demands of competitive sports are constantly increasing. Modern athletes must iron out any weaknesses. The issue of recovery between intensive training sessions becomes a challenge; therefore recovery periods must be optimised to achieve the best possible results.

Facts

- Substantial increase in endurance and performance
- Noticeable increase in general physical fitness
- Shorter recovery times during and after competitions and training



Swiss Premium
Quality

SPORT

IDIAG SPIROTIGER

Better endurance and faster recovery thanks to Iddiag SpiroTiger training

You invest a great deal of time in your training, but you also need to incorporate rest periods for the ever important recovery phase. If these regeneration periods are too short or ineffective, your competitive performance may be significantly affected. Regular training using the Iddiag SpiroTiger helps improve your respiration. Recovery will be accelerated and activatable lung volume can be increased, thereby improving performance while reducing the recovery phase at the same time.

Our lungs as a vital organ are driven by the respiratory muscles which, under sporting stresses, account for up to 20% of the overall energy metabolism. Compared with the arm and leg muscles, the respiratory muscles take precedence when it comes to blood supply. As soon as the respiratory muscles start to fatigue the blood supply to the arms and legs is throttled back. Heavy limbs and reduced performance are then pre-programmed. Optimally trained respiratory muscles do not become fatigued so soon, thereby helping maintain performance levels for longer.



Dominique Gisin, Olympic Champion

«Since I have been training with the Iddiag SpiroTiger my abdominal muscles and the whole of my upper body have strengthened enormously, resulting in improvements in my skiing technique. This has helped me increase my speed and achieve a leap forwards in terms of endurance performance.»

Training with the Iddiag SpiroTiger is also ideal during periods of injury. The cardiovascular system is only lightly stressed and the joints are not stressed at all. This is a factor that competitive athletes, in particular, should not underestimate.

Function and integration into daily training

The Iddiag SpiroTiger is a training device for the whole respiratory muscle system. During training with the Iddiag SpiroTiger the diaphragm, abdominal, intercostal, chest, neck and back musculature – in particular – are trained with a focus on competition. The Iddiag SpiroTiger is an effective supplement to existing training programmes and can be easily integrated. A key factor for achieving success is constant use.

Scientific results confirmed by World and Olympic Champions

Scientific studies confirm the effectiveness of training with the Iddiag SpiroTiger. Furthermore, case studies of successful national and international athletes document the effect of training with the Iddiag SpiroTiger on their sporting performance and well-being.

Where is the Iddiag SpiroTiger available?

The Iddiag SpiroTiger can be obtained directly from Iddiag or from one of the Iddiag sales partners.

Who can I contact if I have any questions?

Please address your questions about the Iddiag SpiroTiger and how to use it to the Iddiag team at info@idiag.ch or telephone +41 (0) 44 908 58 58.