

IDIAG P100®



The fundamentals

Idiag P100 facilitates targeted training of the respiratory muscles. Trained respiratory muscles are better able to support the lungs, leading to an increase in physical performance and general well-being.

Improved performance capacity and quality of life through training that can be performed anywhere.

Idiag P100 is the world's first all-in-one respiratory muscle trainer that offers individualised strength, endurance and interval training. Training with the Idiag P100 helps with issues such as strengthening the lungs, losing weight, snoring, respiratory distress and back problems. It also makes a positive contribution to general well-being.

The benefits at a glance:

- Better quality of life thanks to a strengthened respiratory system.
- Research-based development and scientifically documented effectiveness.
- Simple training session planning through individual assessment tests and personalised training settings.
- User-friendly training control, planning and evaluation on the device itself or using the associated app.



Ruth Lehmann, 68 years

«When I train before going to bed I get deeper sleep and wake up more refreshed. If you can breathe easier you also feel physically better during the day, you have greater reserves and, therefore, don't reach your limits so soon. Thanks to the Idiag P100 I can now feel my lungs fully expand.»



Walter Mörgeli, 79 years

«I do 15 minutes of training three times a week. After training I felt so good and it just kept getting better. Now I am able to walk again without feeling short of breath. At the hospital the doctors were absolutely amazed at my lung test results! My lung capacity had improved significantly and my blood's oxygen saturation had also increased. I am very pleased.»



Swiss Premium
Quality

IDIAG P100®

Using the Idiag P100

The Idiag P100 is an ergonomic, hand-held respiratory muscle training device that can be used when sitting, standing or even lying down. Feedback on breathing is provided on the display or via the app, thereby facilitating controlled respiratory muscle training sessions that deliver improved breathing capacity and frequency. The duration of the training sessions can be freely selected according to performance level and ranges from a few minutes for a strength training session to a 30-minute endurance training session for advanced users.

The consistent use of the Idiag P100 promises a dramatic improvement in respiratory muscle strength and overall physical performance capacity.

Operation via the device itself or the optional app

The Idiag P100 can be operated autonomously by navigating through the device's menu and it provides real-time feedback on training. In addition, the training sessions can be managed, planned and evaluated using the app on a mobile device.

Background

The Idiag P100 was developed in cooperation with leading universities (ETH, BFH, UZH). Using high-precision sensors the device measures airflow, pressure and end-tidal CO₂ concentration. This allows ventilation and CO₂ concentration to be regulated, which prevents the occurrence of hyper and hypoventilation or dizziness, even under high levels of physical stress.

Where can I find more information?
You can find background knowledge, training tips and further information at: idiag.ch/en/p100-moreair/

Purchase now

Directly from our webshop www.idiag.ch/en/shop/

ORDER
NOW

STRENGTHENING THE LUNGS

More air. More life.

Strengthened respiratory muscles deliver a big boost to physical fitness, the immune system and general well-being. So why are you still waiting to start training your respiratory muscles? The Idiag P100 can be conveniently used to train your respiratory muscles at home, thereby improving your lung function.

SNORING

More air. Less snoring.

Snoring not only disturbs the people around you, it also disrupts your own sleep, leaving you tired and listless. With the Idiag P100 you will strengthen your respiratory muscles – and your snoring will soon be relegated to the past.

BACK PROBLEMS

More air. Fewer back problems.

Do you suffer from back pain that simply won't go away? The same muscle groups are largely responsible for breathing and maintaining an upright posture. Using the Idiag P100 you train precisely these muscles, thereby strengthening your abdominal and back muscles.

LOSE WEIGHT

More air. Fewer kilos.

Do you want to lose weight? The Idiag P100 gets to the root of the problem. With the smart respiratory muscle trainer you breathe more air into your life. Delivering a boost to your performance capacity, mobility and fitness – while the kilos drop away too.

GENERAL WELL-BEING

More air. More life.

We take breathing so much for granted that we hardly ever really think about it. But anyone who has experienced breathing problems knows exactly how much this can affect their quality of life. Whether it's shortness of breath, excess weight, back ache or problems sleeping – with the Idiag P100 you will strengthen your respiratory muscles while massively boosting your quality of life at the same time.