

IDIAG P100®

The fundamentals

The Idiag P100 facilitates targeted training of the respiratory muscles. Just like any other skeletal muscle the respiratory muscles can become stronger, faster and more efficient through training stimuli, thereby increasing performance capacity.

Demonstrable improvement in physical performance

Trained respiratory muscles fatigue more slowly and increase the amount of usable air in the lungs. This means muscle groups that are worked during training and competition are supplied with oxygen more efficiently and for longer. This has a positive effect on overall physical performance capacity as has been proven by myriad scientific studies.

The most advances of all respiratory muscle trainers

As the world's first and only device, the Idiag P100 combines all forms of respiratory muscle training in a single unit. In combination with the associated app, completely new possibilities in the area of individual performance optimisation are opened up to athletes of all levels.



Nino Schurter

«Thanks to the Idiag P100 I can train my respiratory muscles individually and efficiently. On the one hand this improves my endurance and performance, while on the other, I can also stabilise my abdominal and respiratory muscles. Strengthened abdominal muscles assist by enhancing stabilisation on the bike and, thanks to the trained respiratory muscles, I can reduce my pulse rate quickly on the downhill, allowing me a brief recovery period.»

The key facts:

- Greater performance capacity and shorter recovery times thanks to trained respiratory muscles
- Efficient training session planning through individual performance tests and customisable training settings
- Research-based development and scientifically documented effectiveness
- Simple training control, planning and evaluation thanks to the associated app
- For every performance level



+
Swiss Premium
Quality

IDIAG P100®

Using the Idiag P100

Idiag P100 is an ergonomic hand-held respiratory muscle training device. Feedback on breathing is provided on the display or via the app, thereby facilitating controlled training sessions that deliver improved breathing capacity and frequency.

The consistent use of the Idiag P100 promises a significant improvement in respiratory muscle strength and overall physical performance capacity in people at all performance levels.

Training guide on the device and via the app

The device can be operated autonomously via touch-screen menu control and it provides training feedback in real time. In addition, the training sessions can be managed, planned and evaluated using the app on a mobile device.



Where can I find more information?
You can find background knowledge, training tips and further information at: [idiag.ch/en/p100-moreperformance/](https://www.idiag.ch/en/p100-moreperformance/)

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

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Background

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

Strength, endurance and interval training in a single device

The Idiag P100 offers users a range of monitored training modules such as endurance, strength and interval training for the respiratory muscles. Based on simple initial tests, the Idiag P100 training protocol is personalised fully automatically. Individual customisation options round off the possibilities for customised training session planning.

Get the best out of yourself. More air. More performance.

The Idiag P100 raises your performance to a completely new level. With the world's first all-in-one respiratory muscle trainer you can improve the strength of your respiratory muscles and boost your endurance and performance capacity. Blow yourself to your limits – and beyond.

More air. Faster recovery.

Breathing also plays a decisive role in regeneration. With trained respiratory muscles you not only improve your endurance and performance capacity – you simultaneously shorten your recovery time.



Michelle Gisin

«I've been depending on the SpiroTiger for many years. The Idiag P100 is opening up completely new dimensions for me in terms of respiratory training. The newly integrated strength training mode is a huge enhancement for me.»