

IDIAG P100

QUICK REFERENCE GUIDE



PERFORMANCE

1. BEFORE OPERATIONS

Before first use

1. Fully charge the battery.
2. Clean and disinfect the air guiding parts (air guide 3, mouthpiece 6 and breathing bag 5) in accordance with the instructions in Chapter 5. On delivery, the air guide 3 is placed inside the device. Open the device by pulling the opening aid on the detachable module 2.

Assembly

1. Place all parts on a table as illustrated below.
2. Insert the battery 1 into the detachable module 2 (see illustration on page 3).
3. Insert the air guide 3 into the base module 4. Ensure the air guide is properly inserted into the base module by pressing it into place.
4. Close the Idiag P100 by assembling the base module 4 with the inserted air guide 3 and the detachable module 2 with the inserted battery 1. To do this, place the detachable module 2 at a 45-degree angle, flush to the base module 4 and bring the two halves of the grip together (see illustration on page 3). Once it has been correctly assembled, the unit will beep.
5. Screw the breathing bag 5 at the bottom of the grip to the air guide 3 of the Idiag P100.
6. Adjust the breathing bag 5 to match your breathing capacity (see table on page 11).
7. Push the mouthpiece 6 over the front end of the air guide 3 (see illustration on page 3).
8. If required, clip the hand loops 7 to the silver pins on the front and rear of the base module 4.



Charging, installing and removing the battery

Charging the battery

Only use the supplied charger to charge the battery. Only use the battery supplied with the Idiag P100.

Procedure

Open the Idiag P100 and install the battery **1**, as shown below, with the contacts facing the top. Before closing, carefully check that the battery **1** is installed in the correct position.

Remove the battery **1** from the detachable module **2** if the device will not be used for a longer period (several days or weeks).

Install / remove



Assemble housing



Fit mouthpiece



Warnings

- The battery contains corrosive fluid. Should it leak, avoid contact with the skin, eyes and mouth. Rinse affected skin areas with water for around 15 minutes and seek medical attention. Do not inhale vapours or smoke.



Instructional videos

At www.idiag.ch/idiag-p100-training you will also find instructional videos which will help ease you into training.

Turning the device On/Off









On/Off button

Press the On/Off button for at least one second to turn the Idiag P100 on and off.

When turning the device on and off, hold it as still as possible or place it on a firm surface.

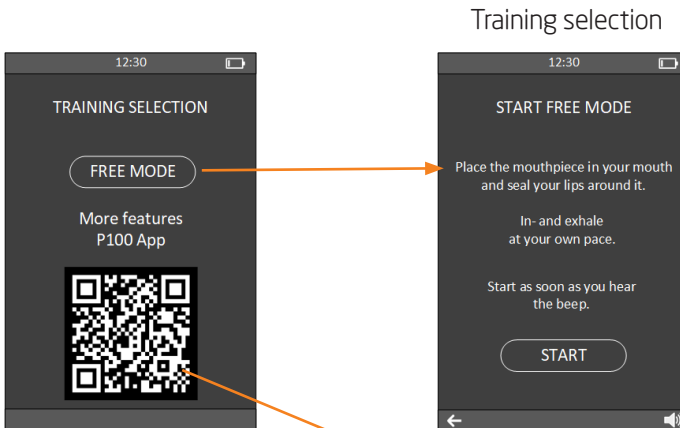
General commands

-  Back to previous screen
-  Navigate downwards on the current screen
-  Navigate upwards on the current screen
-  Open loudspeaker settings
-  Results
-  Training settings

Starting training

Two functions appear when the device is turned on for the first time:

- Free mode: This allows you to immediately commence free training. This mode offers free respiratory training with CO₂ regulation, but without individual training settings.
- QR Code to download the Idiag P100-sport app: This allows you to activate additional modes and set your individual training parameters.
You can find the [Idiag P100sport App](#) in the App Store or in the Google Play Store.

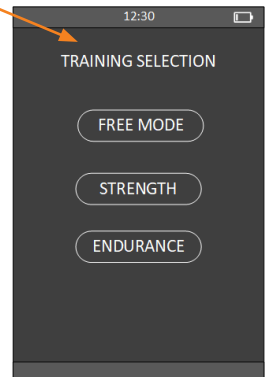


After downloading the app

After downloading the app, the following additional training modes

- strength
- endurance

are permanently activated on your device. Further additional training modes can be purchased via the app.



2. PERSONAL TRAINING SETTINGS

Assessment test and manual adjustment of the training settings

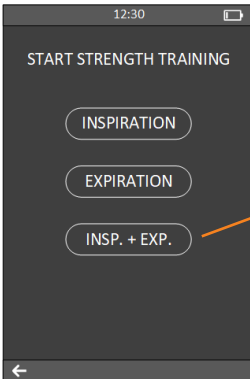
Before TRAINING FOR THE FIRST TIME an automatic ASSESSMENT TEST is performed.

The Idiag P100 uses this ASSESSMENT TEST to automatically determine your individual training settings. Follow the menu instructions to do this.

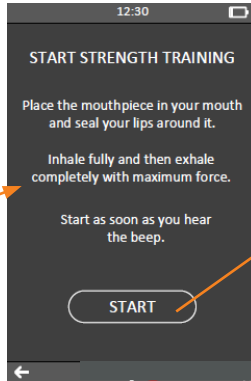
The parameters for the various training modes can also be manually adjusted. To do this, proceed as follows:

Training settings for strength training

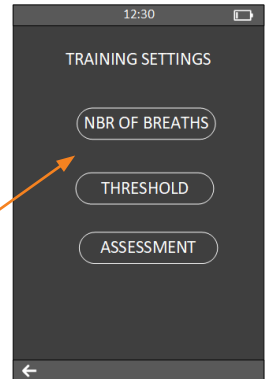
Select training modes



Start screen

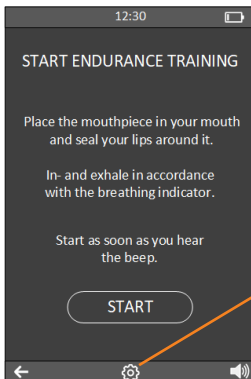


Strength training settings menu

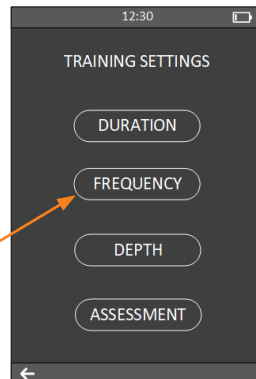


Training settings for endurance training

Start screen



Endurance training settings menu



3. TRAINING - VISUAL FEEDBACK DURING TRAINING

Endurance - breathing depth and breathing frequency

Breathing frequency



Inhale on beep

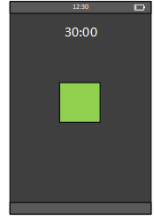
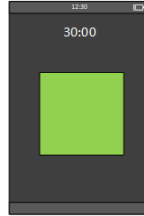
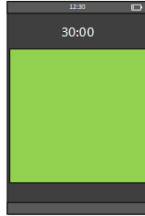
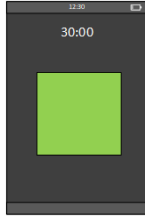
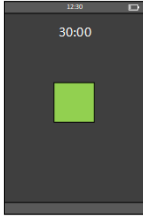


Exhale on beep

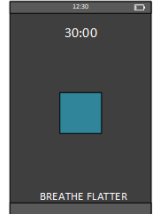
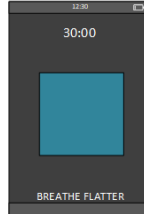
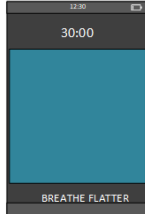
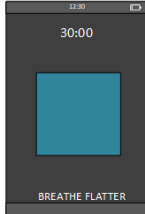
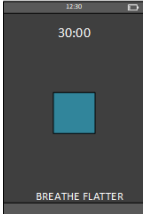


Inhale on beep

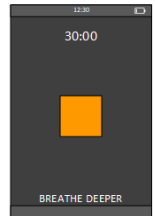
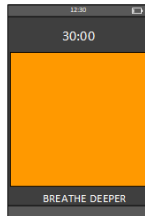
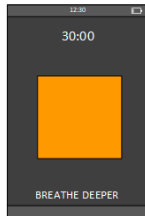
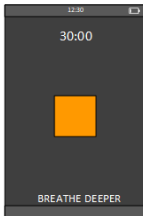
Tidal volume OK



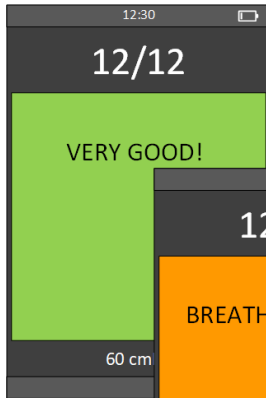
Tidal volume too high. Take shallower breaths!



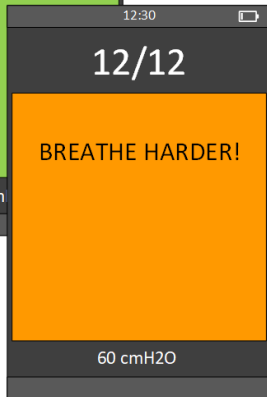
Tidal volume too low. Take deeper breaths!



Strength - threshold value



Threshold value achieved, successful breath (is counted).



Threshold value not achieved, breath must be repeated with greater force (is not counted).

For additional respiratory feedback please download the [Idiag P100sport App](#) and follow the instructions in the app.

Scheduling training



STRENGTH

- ⊖ Reduces airway resistance by 5%
- ⏻ Pause training by pressing >1s
- ⊕ Increases airway resistance by 5%

ENDURANCE

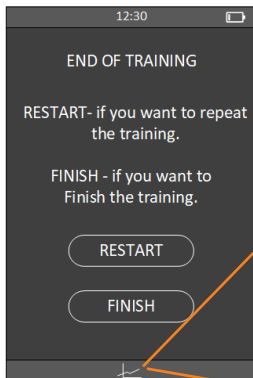
- ⊖ Reduces breathing frequency by 1 breath/min
- ⏻ Pause training by pressing >1s
- ⊕ Increases breathing frequency by 1 breath/min

Pausing training

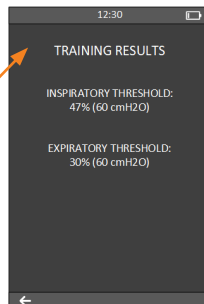
Press the On/Off button for at least 1s to pause training and e.g. adjust the training period, depth of breathing or breathing frequency settings.

4. AFTER TRAINING

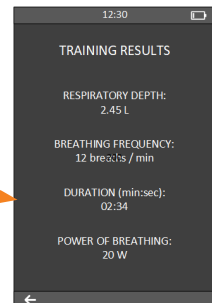
You can view your results when you have finished training:



Results for STRENGTH



Results for ENDURANCE



5. CLEANING AND MAINTENANCE

Cleaning

The following information only provides a brief overview of cleaning and handling your Idiag P100. You can find more detailed information in the Idiag P100 User Manual (page 24).

Situation	Base module / Detachable module	Mouthpiece / Air guide / Breathing bag
		 <p data-bbox="620 651 1009 807">Do not insert any solid objects such as brushes, cloths or even your fingers when cleaning the device. These may damage the sensors and mechanism.</p>
Comments on cleaning	<p data-bbox="255 823 598 914">Cleaning: Use a wetted cloth to wipe the surface.</p> <p data-bbox="255 951 572 1078">Disinfection: Wipe the surface using a disinfectant. (do not boil)</p>	<p data-bbox="620 823 1001 887">Cleaning: Rinse off/out by hand using water.</p> <p data-bbox="620 919 1009 1142">Disinfection: Soak in bath of chemical disinfectant. You can find more detailed information in the Idiag P100 User Manual (page 25). (do not boil)</p>
Before first use		Clean and disinfect
After each use	Clean as necessary	Clean
Before changing user	Clean, disinfect if necessary.	The air-guide parts are not intended for use by different users!

Storage

- Store the dry air-guiding parts and breathing bag in a clean, dust-free environment.
- Disinfected/sterilised parts must be completely dry.
- Remove the battery before storing.

Important safety instructions

- In rare instances training may cause dizziness, shortness of breath, headaches, nausea or vestibular disorders. In such cases training must be stopped immediately. Consult a healthcare professional.
- The minimum separation between electric devices with a life-preserving function (e.g. heart pacemakers) and the Idiag P100 is 5 centimetres.
- Responsibility for using the Idiag P100 lies solely with the user or his healthcare professional. Idiag assumes no responsibility for the consequences of use and shall not be held liable for any damages whatsoever.
- This document only provides a summary of the instructions for use. For more detailed information please read the Idiag P100 User Manual which you can download from the following address:
www.idiag.ch/idiag-p100-training

Determining the size of the breathing bag

Breathing bag size	Height - female (cm)	Height - male (cm)
XS	< 135	< 120
S	135 - 160	120 - 145
M	160 - 185	145 - 180
L	185 - 200	180 - 200
XL	> 200	> 200



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