

PERFORMANCE

# IDIAG P100®

## The first all-in-one respiratory muscle trainer

The demands in the performance sports sector are constantly increasing. Modern athletes cannot afford any weaknesses. Maximising sporting performance also involves systematic training of the respiratory muscles. This has a positive effect on overall physical performance capacity and delivers the decisive edge when it comes to competitive and popular sports.



Swiss Premium  
Quality

## An overview of the key facts:

- Significant increase in endurance and performance capacity
- Various modes: free, strength and interval training
- Training under stress possible
- Depth of respiration, tidal volume, airway resistance and threshold strength are individually variable
- Unique flow, pressure and CO<sub>2</sub> sensors
- Performance test to measure actual condition and training progress
- Ergonomic design and impressive user friendliness
- Training guide on the device or via an optional app

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[www.reach-wellness.com](http://www.reach-wellness.com)



Individualised respiratory muscle,  
strength, endurance and interval training  
in a single device

## Using the Idiag P100

The Idiag P100 is an ergonomic hand-held respiratory muscle training device. It was developed in collaboration with the Swiss Federal Institute of Technology Zurich (ETH), the Bern University of Applied Sciences (BFH) and the University of Zurich (UZH). The consistent use of the Idiag P100 promises a dramatic improvement in respiratory muscle strength and overall physical performance capacity in people at various levels of performance.

The Idiag P100 provides the user with respiratory feedback, allowing him to complete controlled bouts of exercise. The device measures airflow, pressure and end-tidal CO<sub>2</sub> concentration. This allows ventilation and CO<sub>2</sub> concentrations to be regulated, thereby preventing the occurrence of hyper- and hypo-ventilation and/or dizziness. The Idiag P100 gives athletes endeavouring to improve their performance an additional option for optimising their performance limits by selectively training their respiratory muscles.

## Training guide on the device and via the app

The device can be operated autonomously via touchscreen menu control and provides feedback as guidance for training. In addition, the training sessions can be managed, planned and evaluated using the app on a mobile device.



Thanks to simple initial respiratory muscle tests the training protocol is automatically personalised to the Idiag P100 user.

The Idiag P100 offers users a range of monitored training modules such as endurance, strength and interval training of the respiratory muscles.

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.

### Where is the Idiag P100 available?

The Idiag P100 is available directly from web shop:

[www.reach-wellness.com](http://www.reach-wellness.com)

### Who can I contact if I have any questions?

Should you have any questions about the Idiag P100 and how to use it, please contact:  
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