



EMST-150: Expiratory Muscle Strength Training

The Power of 5™

You will complete this training program **5** days per week. You will complete **5** sets of the exercises with **5** repetitions each time you complete your training. You will train for **5** weeks. Fill out your personal training log to help you keep track of your progress.

Adjusting the Valve and Spring:

Turning the knob clockwise tightens the trainer's spring, making it more difficult to blow air out through the valve. Counterclockwise rotation of the valve loosens the spring making it easier to blow air out through the valve.

The place on the scale where the small metal screw on the bottom edge of the knob touches a line indicates the pressure you must produce to open the valve.

Starting the Training: With your trainer carefully follow the steps outlined below.

Remember: Do not adjust the valve or move from the selected calibrated line until you have trained for one week at that setting.

Determining Where to Start Your Training:

The first step is to measure your **MAXIMUM** expiratory strength and you can do that simply by using the device.

To do the training follow these steps:

1. Place the nose clip provided with your package on your nose.
2. Turn the knob for the EMST 150 until the small metal screw on the bottom lines up with the number 30.
3. Take a deep breath in; insert the EMST mouthpiece in your mouth, behind your teeth, making a tight lip seal around the mouthpiece. Don't breathe any air out until the mouthpiece is securely in place. You can use the hand that is not holding the device to help secure your lips around the mouthpiece, if needed.
4. Next, blow hard and fast through the device until air rushes through, then stop.
5. If you were able to accomplish Steps 1-4 easily, turn the knob clockwise $\frac{1}{4}$ turn and repeat.**
6. If you were unable to move air through the device, turn the knob $\frac{1}{4}$ turn counterclockwise and continue to do until you are able to move air through the device. When you have found your training pressure from step 5, use this setting for your week of training.



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***Continue turning the knob clockwise until you are unable to move air through the device easily. This stopping point will be the MAXIMUM pressure you are able to create.*

First Week of Training:

Now that you have determined your maximum expiratory strength we are ready to get started making you stronger. First, turn the knob **1/4 turn counterclockwise** from where you determined your maximum expiratory strength. The reason we do this is because we want to start training your muscles at about 75% of your maximum strength.

Note: *Pick a time of day where you have time to train and are not tired. It will take you between 20 to 30 minutes per day. Picking the same time each day is recommended. You can either sit or stand although we recommend sitting down when you are doing the exercises. And, remember, during Week 1 you will train 5 days per week at this initial setting and then the levels will be adjusted.*

Week 1 –Steps to Your Training:

1. Place the noseclips on your nose.
2. Take a deep breath in, do not breathe out.
3. Place the mouthpiece in your mouth, behind your teeth, securing your lips tightly around it, holding / pressing the sides of your cheeks if needed.
4. Breathe out hard and fast using your chest and stomach muscles to push air through the device. This breathing effort should only last a couple seconds for the air to move through.
5. Rest for a minimum of 15-30 seconds. Do not skip resting in between breaths. Your muscles need time to prepare for the next set.
6. REPEAT this exercise 5 times (steps 1-5). Then you need a minute break. We call this a 5-breath trial.
7. After the 1 minute break, do another 5-breath trial (steps 1-5). Take another 1 minute break.
8. You need to do five 5-breath trials for a total of 25 training breaths.
9. If you feel lightheaded at anytime during the exercise, stop and discontinue.
10. Record the date and time the exercises were completed.

At the end of training Week 1, move the knob on the device **1/4 turn clockwise** and begin training for Week 2. If you feel you can turn the knob to a higher level, then do so, *but remember air must move freely through the device without extreme effort.*



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Weeks 2, 3, 4 and 5:

Continue training as described.

Maintenance Program:

After the 5 weeks of training have been completed continue to train at the final setting you achieved in Week 5. During the Maintenance Program you will train 3 days per week, 25 breaths into the device. Over the course of the Maintenance Program if you feel the knob can be turned to a higher level, then do so. But again, always remember training with the device should never cause extreme breathing effort or fatigue.

Disassembling and Cleaning Your Trainer:

The only removable part of the trainer is the mouthpiece. The remaining parts of the trainer do not disassemble. Never attempt to take the rest of your EMST 150 trainer apart. To remove the mouthpiece from the trainer, pull gently until loosened.

We strongly recommend the trainer's mouth piece be **cleaned weekly**. Since this trainer is for sole use only, warm water and mild soap can be used to rinse the mouthpiece. Do not place in the dishwasher or microwave. Air dry before re-using.

The trainer should not be shared with any other person. Life of the trainer will be based on actual usage and on appropriate cleansing. Harmful cleaning agents such as bleach and ultrasonic cleaning are not recommended. Extreme heat is also harmful to the trainer. Always keep the trainer in a clean place.

Keep trainer and all removable parts away from small children.

Please consult your Doctor Before Using:

- If you are or suspect being pregnant
- If you have untreated hypertension
- If you have had a recent stroke
- If you have cardiac abnormalities
- If you have asthma, emphysema or chronic obstructive lung disease
- If you have a history of collapsed lung
- If you have had head/neck surgery
- If you have untreated gastroesophageal reflux disease
- If you suffer from symptoms of severe heartburn, please consult your doctor

To purchase:

Purchase online: <https://emst150.com/product/emst150/>



EMST-150: Expiratory Muscle Strength Training

Or call 1.800.596.7220



Individual EMST 150 (1)

\$54.99

Week 1 Instructions:

1. Move air through the device by breathing out hard and fast through the device, then rest for 15-30 seconds. Repeat exercise 5 times, then rest for 1 minute.
2. Repeat four more times. You will practice these 5 five-breath trials for a total of 25 training breaths one time every day, for approximately 15-20 minutes.

Recording: Tally 5 training breaths in each box for a total of 25 training breaths each day.

Sample

Day 1
11111
11111
11111
11111
11111
Total: 25

Day 1	Day 2	Day 3	Day 4	Day 5



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Total:	Total:	Total:	Total:	Total:

Date Completed _____



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Week 2 Instructions:

1. Turn the knob $\frac{1}{4}$ turn clockwise.
2. Move air through the device by breathing out hard and fast through the device, then rest for 15-30 seconds. Repeat exercise 5 times, then rest for 1 minute.
3. Repeat four more times. You will practice these 5 five-breath trials for a total of 25 training breaths one time every day, for approximately 15-20 minutes.

Recording: Tally 5 training breaths in each box for a total of 25 training breaths each day.

Day 1	Day 2	Day 3	Day 4	Day 5
Total:	Total:	Total:	Total:	Total:

Date Completed _____

Week 3 Instructions:

1. Turn the knob $\frac{1}{4}$ turn clockwise.
2. Move air through the device by breathing out hard and fast through the device, then rest for 15-30 seconds. Repeat exercise 5 times, then rest for 1 minute.
3. Repeat four more times. You will practice these 5 five-breath trials for a total of 25 training breaths one time every day, for approximately 15-20 minutes.

Recording: Tally 5 training breaths in each box for a total of 25 training breaths each day.

Day 1	Day 2	Day 3	Day 4	Day 5
Total:	Total:	Total:	Total:	Total:



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Date Completed _____

Week 4 Instructions:

4. Turn the knob $\frac{1}{4}$ turn clockwise.
5. Move air through the device by breathing out hard and fast through the device, then rest for 15-30 seconds. Repeat exercise 5 times, then rest for 1 minute.
6. Repeat four more times. You will practice these 5 five-breath trials for a total of 25 training breaths one time every day, for approximately 15-20 minutes.

Recording: Tally 5 training breaths in each box for a total of 25 training breaths each day.

Day 1	Day 2	Day 3	Day 4	Day 5
Total:	Total:	Total:	Total:	Total:

Date Completed _____

Week 5 Instructions:

4. Turn the knob $\frac{1}{4}$ turn clockwise.
5. Move air through the device by breathing out hard and fast through the device, then rest for 15-30 seconds. Repeat exercise 5 times, then rest for 1 minute.
6. Repeat four more times. You will practice these 5 five-breath trials for a total of 25 training breaths one time every day, for approximately 15-20 minutes.

Recording: Tally 5 training breaths in each box for a total of 25 training breaths each day.

Day 1	Day 2	Day 3	Day 4	Day 5



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Total:	Total:	Total:	Total:	Total:
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Date Completed _____