

Online Supplement

Original Research

RESP-FIT: A Technology-Enhanced Combined Inspiratory and Expiratory Muscle Strength Training Intervention for Adults With COPD

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RESP-FIT

Review of how to do your respiratory muscle strength training

- Step 1:**
- Press down on the Bluetooth cap until the light flashes. You may have to hold the cap down for 15-20 seconds.



- Step 2:**
- Get ready to train!
 - You can either sit or stand.
 - Hold your cheeks
 - Take a deep breath
 - Open your mouth
 - Place trainer into your mouth



- Step 3:**
- Training time!
 - You will do 5 breaths through **each side** of the trainer (5 breaths in and 5 breaths out)
 - Listen for the air as you breathe through the trainer. Keep blowing until you hear the air.
 - Do one breath, then rest.
 - Do another breath, then rest again.
 - Complete until you have done **5 breaths in and 5 breaths out**.
 - Repeat session until you have done a total of **25 breaths in and 25 breaths out**.
 - You can do all 25 in one session, or space your training throughout the day.



Remember to rest when you feel tired!