SPIROTIGER®
Respiratory endurance training

Training log

Respiratory training using SpiroTiger® initially requires the ability to coordinate – and patience. Several sessions are needed before everything runs smoothly. You should therefore first concentrate on achieving steady breathing. Once you can manage to maintain the required rhythm you should then try to modify your depth of respiration.

Training can only really be effective when progress is documented. This will also monitor achievement of the training objectives. It therefore makes sense to record the key values achieved following each training session.

In order to ensure the maximum training effect, you should perceive the exercise sessions to be medium to strenuous. This corresponds with an effort of 3-4 on the therapy training log scale. If on the other hand, you find the session to be very strenuous (effort of 5) or relaxed to very relaxed (effort of 1-2), we recommend that you modify the training session. You will find guidelines for this in the dossier *SpiroTiger® - modifying the training intensity.*

Key to the table

No: SpiroTiger® gives each training session a number. Please note that as soon as the memory is full, all of the sessions will be overwritten.

RR: Respiratory rate in breaths per minute.

BV: Bag volume in litres (l)

VT: Total respired volume in litres (l)

VM: Average respiratory minute ventilation in litres per minute (l/min)

CT: Cycle Timing = time relationship between inhalation and exhalation (only $_{ST}$SMART)

P: Selected training program (only $_{ST}$SMART)

Effort during the therapy session:
Place a check mark: 1 = very relaxed, 2 = relaxed, 3 = medium, 4 = strenuous, 5 = very strenuous

Notes:
Space for additional notes on the general state of health and current training status in relation to the current phase of training.

Using the SpiroTiger® for training can in rare cases cause dizziness, breathlessness, headaches, sickness or problems with balance. Should negative symptoms arise, training using the SpiroTiger® must be stopped immediately. The user accepts full responsibility for his training. Idiag shall not be liable in any way whatsoever for any consequences resulting from SpiroTiger® training.

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2013-0517_GG/ES

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No.	Date	Time	Duration (min:sec)	RR (1 / min)	BV (l)	VT (l)	VM (l / min)	STSMART		Effort (check)					Notes
								CT	P						
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
										1	2	3	4	5	
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