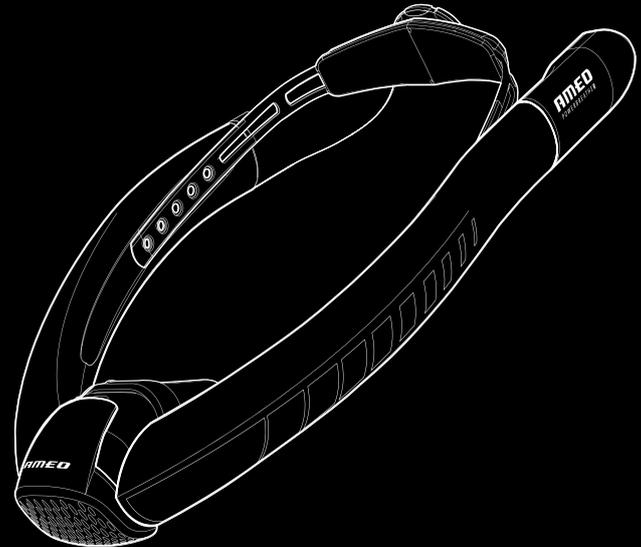


POWERBREATHER



AMEO

AMEO Sports GmbH

AM HÖHENBERG 15
82327 TUTZING | GERMANY
PHONE +49 (0)8158 90 71 389
FAX +49 (0)8158 99 79 145
INFO@AMEO.CC
POWERBREATHER.COM

AMEO and POWERBREATHER are registered trademarks. Subject to change.

AMEO.CC | POWERBREATHER.COM



AMEO
POWERBREATHER



MANUAL

Welcome to the world of the AMEO POWERBREATHER! Its intelligent breathing technology turns swimming into a whole new experience. It provides many new possibilities for swimming with greater relaxation and freedom, as well as for enjoying nature or increasing the intensity of your training. We wish you lots of enjoyment and success in your endeavors.

And another thing: We want you to feel comfortable with the POWERBREATHER from your very first breath. This will probably only be the case if you read these brief instructions. That is, after all, what they were designed for.



CONTENT

Components of the respective edition	04
Important Safety Warnings	06
Assembling the POWERBREATHER	07
Adjusting to individual head size	08
Putting on the POWERBREATHER	09
Taking off the POWERBREATHER	11
Quick exit	12
The first meter in the water	13
The flip turn	15
Care, cleaning and storage	16
Limited Warranty	17

POWERBREATHER PB01

1 AMEO FRESH AIR SYSTEM

An innovative 2-way separation system – for continuously fresh, oxygen-rich, breathable air and unblocked D-Tubes.

2 SPEED VENT

Quick valve response times along with flexible adjustment to suit different areas of application and training objectives.

3 EASY FIT AIR JUNCTION

Can be put on quickly with maximum fitting precision and worn with comfort.

4 TWIST LOCK SYSTEM

Comfortable adjustment to individual head sizes.

5 D-TUBES

D-shaped profile for comfortable, secure fit with simultaneously optimized (inner) air flow and (outer) flow resistance.

6 SPEED VENT easy S

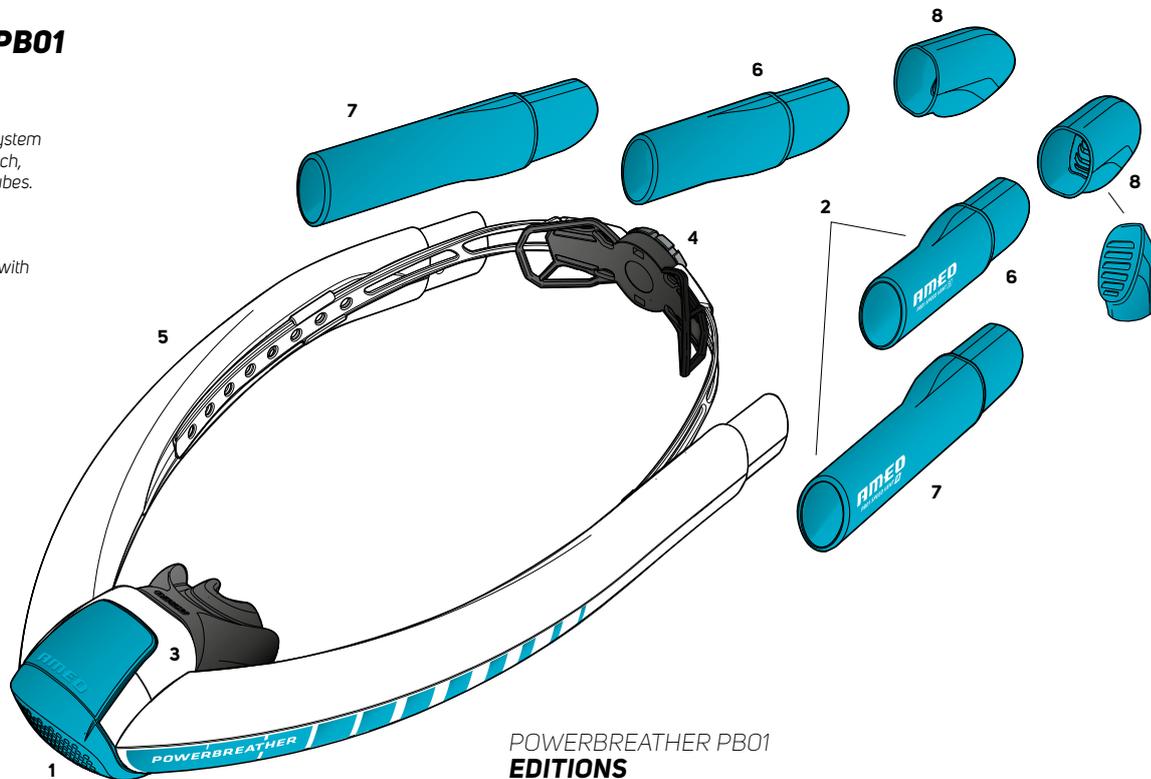
For unresisting, easy breathing in swimming pools as well as in calm open water.

7 SPEED VENT easy L

For unresisting, easy breathing in turbulent open water and for deeper swimming.

8 FLIP CAP

For flip turns as well as turbulent water conditions.



POWERBREATHER PB01 EDITIONS

WAVE	LAP	SPORT	
■	■	■	SOFT CASE
■	■	■	SPEED VENT easy S
■	■	■	SPEED VENT easy L
■	■	■	FLIP CAP

WARNING AND SAFETY NOTES

WHAT YOU NEED TO KNOW FOR SAFETY



THE POWERBREATHER IS FOR ADULT USE ONLY. CHILDREN SHOULD NOT USE THE POWERBREATHER WITHOUT ADULT SUPERVISION.

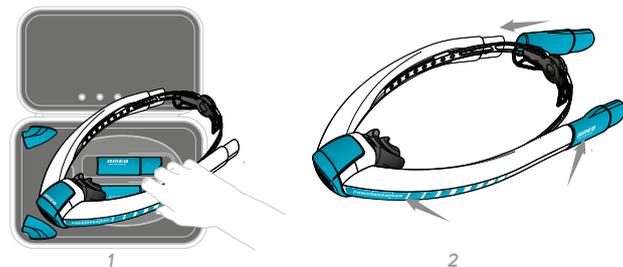
- // Do NOT use the POWERBREATHER for diving. The POWERBREATHER is only intended for swimming and active snorkel diving.
- // The POWERBREATHER is intended for experienced swimmers. The POWERBREATHER is not suitable for non-swimmers and does not provide protection against drowning.
- // Prior to each time you put on the POWERBREATHER, check to make sure that the system and all of its components are free from foreign particles.
- // Do not use the POWERBREATHER under the influence of alcohol, drugs or medications that could impair your awareness or responsiveness.
- // Do not modify the POWERBREATHER or any of its components. This could, under certain circumstances, endanger safety or even your life.
- // In the event that the POWERBREATHER malfunctions, stop using it immediately, seek medical attention where necessary and contact us at info@ameo.cc for service or repair.
- // Please save these instructions for future reference. Additional copies and updates are available at www.powerbreather.com.
- // The use of the POWERBREATHER requires an exact understanding and observance of this instruction manual.
- // Prior to the very first use of the POWERBREATHER, practice putting on and taking off the POWERBREATHER.

ASSEMBLY

THAT'S HOW ALL PARTS FIT TOGETHER

BEFORE USING THE POWERBREATHER IN THE WATER, YOU WILL HAVE TO ASSEMBLE YOUR DEVICE PROPERLY. ASSEMBLY IS QUICK AND EASY.

1. Remove the body (two D-Tubes including twist lock and mouthpiece) from the case. (*fig. 1*)
2. Then slide both selected (identical) SPEED VENTS onto the D-Tubes, starting from the top all the way down till the very end.
3. Make sure the markings on the SPEED VENT face outwards and the highest upper edge of the SPEED VENTS faces forward towards your swimming direction. The alignment is correct, once both the markings on the D-Tubes and on the SPEED VENTS are legible at the same time, i.e., none of the two parts is positioned "upside down". You may then start. (*fig. 2*)



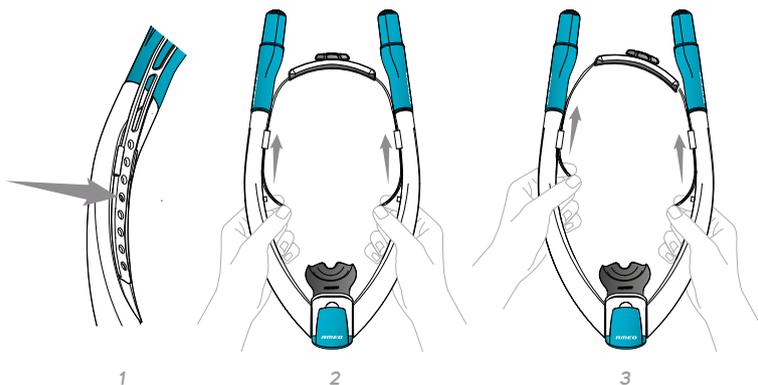
TIP

The SPEED VENTS are available in two lengths (S and L) and with different resistances / membranes (easy, medium, power). Check our web shop for all different models, and refer to our homepage for more information on "Respiratory muscle training". The SPEED VENTS S / L from 2015 and 2016 are equivalent to SPEED VENT medium S/L starting from 2017.

ADJUSTING

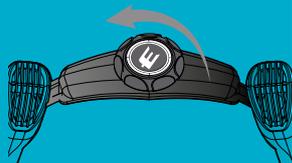
THIS IS HOW TO SET THE SIZE PROPERLY

1. The lateral headbands enable you to adjust the POWERBREATHER initially to the approximate size of your head. There are eight holes on each side for this. The middle hole in each case corresponds to a medium head size (**fig. 1**).
2. To adjust the size, lift the headbands slightly at the free ends (**fig. 2**). You can now push them upward in order to increase the head size. If you pull them down, then the head size becomes smaller.
3. Always adjust both sides symmetrically.
4. You can fix the setting by clicking the buttons into the holes (**fig. 3**).



TIP

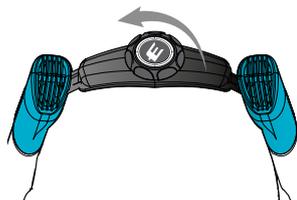
You can check whether the headband is set correctly by completely opening the TWIST LOCK SYSTEM once. To do this, turn the wheel to the loosest setting. There should now be a finger width of space between the back of the head and the headband.



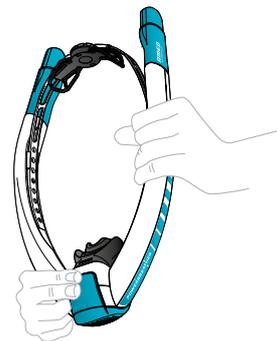
PUTTING IT ON

THIS IS HOW TO PUT ON THE POWERBREATHER PROPERLY

1. Always wear goggles or diving masks first before putting on the POWERBREATHER.



2. Open the TWIST LOCK SYSTEM completely by turning the wheel counter-clockwise.

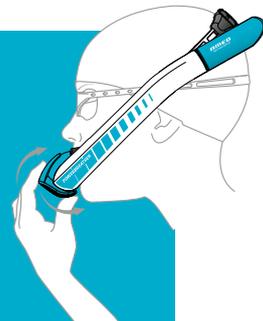


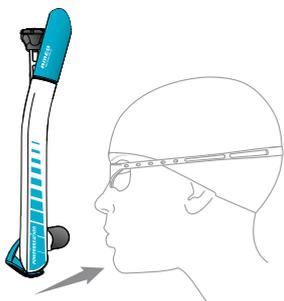
3. Hold the POWERBREATHER in both hands like this, so that the AMEO lettering on the front end of the device points upward.

TIPS

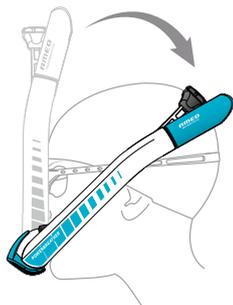
The POWERBREATHER stays in place better with a bathing cap. If you swim with goggles, then always put them on before the POWERBREATHER. If you practice flip turns you must wear a bathing cap.

Does the mouth piece sit comfortably? If not, it can be moved up or down by slightly turning the EASY FIT AIR JUNCTION. Ideally, it should fit without pressure on the upper and lower jaws.

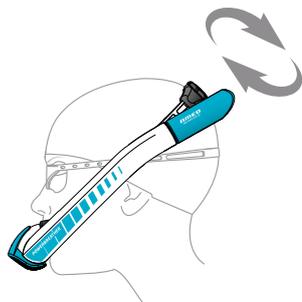




- 4.** Now fold the D-TUBES upward at the same time, so that they are positioned at a 40-degree angle to the mouth piece.



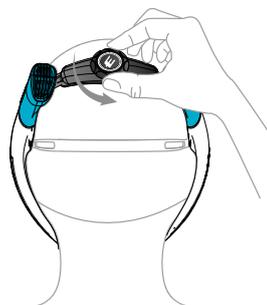
- 5.** You can now hold the mouth piece loosely in your mouth and pull the D-TUBES parallel over your head. The D-TUBES must run above the ears – approximately along the temples, and must not cover the ears.



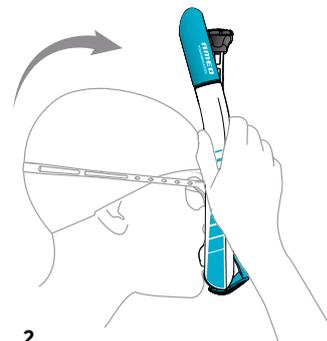
- 6.** Now fix the POWERBREATHER in place on the back of the head with the TWIST LOCK. To do this, turn the twist lock clockwise until the device sits comfortably but firmly in place.

TAKING IT OFF

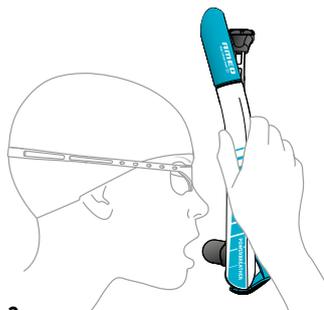
THIS IS HOW TO TAKE OFF THE POWERBREATHER PROPERLY



- 1.** Unscrew the TWIST LOCK SYSTEM: Keep turning until you can easily remove the POWERBREATHER from your head without resistance.



- 2.** Fold the D-TUBES forward in parallel with both hands at the same time.



- 3.** You can now remove the mouth piece from your mouth and take off the POWERBREATHER.

TIPS

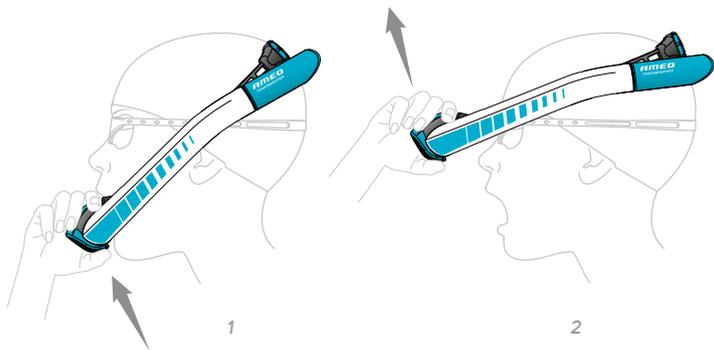
Prior to the very first use of the POWERBREATHER in the water, we recommend that you practice taking off the sports equipment correctly.

QUICK EXIT / EMERGENCY EXIT

THIS IS HOW YOU PULL THE POWERBREATHER OFF YOUR HEAD IN CASE OF EMERGENCY

If, for whatever reason (such as swallowing water), it gets necessary to take off the POWERBREATHER very quickly, proceed as follows:

1. Open your mouth. Use slight pressure and push the mouthpiece quickly from down to up (towards the nose) using your hand.
2. That way, the mouthpiece will be released immediately and you can breathe freely.



SWIMMING

BREATHING FOR THE FIRST TIME IN THE WATER

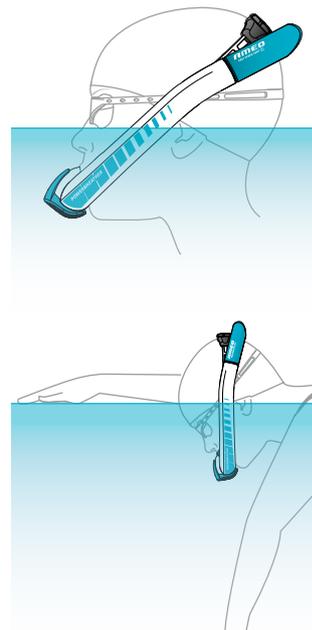
1. When using for the first time, do not use any FLIP CAPS.



2. First, hold on to the edge of the pool or find a place with secure footing in shallow water.

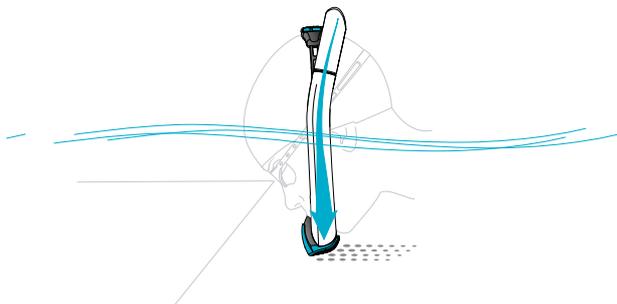
3. Then sink down into the water, so that your mouth and nose are underwater. Inhale and exhale steadily and deeply through the mouth for at least 4 minutes until you have accustomed yourself to breathing with the POWERBREATHER.

When using the POWERBREATHER, only breathe through your mouth. Breathing out should also be done through the mouth primarily. Switching between mouth and nose while breathing out is possible. After breathing out through the nose for 3 times, the user must fully breath out through the mouth for at least one time.



SWIMMING

BREATHING FOR THE FIRST TIME IN THE WATER



4. Start with an easy crawl or breast-stroke. Allow your head to lie quite calmly in the water. Turning to the side to inhale – as is otherwise common with the crawl – is no longer necessary with the POWERBREATHER.

5. Only inhale with the POWERBREATHER if the valve system of the D-TUBE is completely above the surface of the water. Breathe in through your mouth only, breath out through your mouth primarily.

6. You can gradually increase the intensity of the swimming training.

TIPS

At first you might experience a slightly more difficult breathing action as compared to without snorkel. That is normal when using snorkels, and the feeling goes away by itself over time.

The mouth piece can be easily turned upward in the direction of the nose as needed, such as during breaks, in order to be able to speak. The entire POWERBREATHER does not need to be taken off for this.



FLIP TURN

THIS IS HOW TO COMPLETE THE TURN

You should master this fully before you first attempt a flip turn with the POWERBREATHER. For this reason, first practice the flip turn several times without the POWERBREATHER. When performing flip turns with the POWERBREATHER, exhale primarily through the mouth. Never actively exhale when you are positioned on your side or back. The following instructions are only intended for those with practice!



- 1.** First, clip the two FLIP CAPS onto the SPEED VENTS on both sides (fig. 1). If your POWERBREATHER edition does not include Flip Caps, they can be ordered as extra accessories at www.powerbreather.com at any time.
- 2.** As always, you should take a deep breath before you start the flip turn.
- 3.** Throughout the entire turning movement, you should only allow a part of the air to flow out, primarily through your mouth.

Never actively exhale when you are positioned on your side or back.

- 4.** Only breathe the remaining air out once you are again in the face-down position. This ensures that the moisture from breathing, and occasional water, cannot be discharged into the D-TUBES.

TIPS

Any powerful exhaling is to be avoided with the POWERBREATHER, as some swimmers are familiar with from flip turns using a snorkel. Very little water enters the system during a flip turn, and therefore no powerful exhaling is necessary. In addition, it would have a counteractive effect on the innovative valve system. Using the POWERBREATHER allows for relaxed exhaling without any pressure!

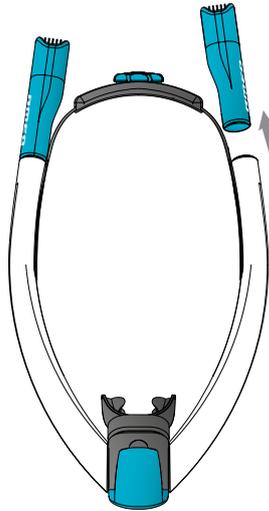
CARE

THIS IS HOW TO GET LONG-LASTING ENJOYMENT FROM YOUR POWERBREATHER

The POWERBREATHER is a piece of technical sports equipment that requires a certain amount of basic care. Only in this way can it maintain its optimum functioning in the long term.

Make sure that the POWERBREATHER is not subjected to heat, particularly from heater fans or prolonged periods in the sun. Heat can damage the POWERBREATHER!

1. Rinse out the POWERBREATHER and the valve system with clean water after each use.
2. For this purpose, the SPEED VENTS and any Caps used are pulled upward to remove them.
3. Allow the POWERBREATHER and all of the other parts to completely dry off prior to storage in the AMEO case.
4. Store the POWERBREATHER in the product packaging. This offers the best protection. Any residual moisture is able to evaporate through the ventilation holes.



TIPS

The best way to dry the POWERBREATHER is to place or hang it with the openings of the D-TUBES pointing vertically down. The SPEED VENTS should be placed with the opening pointing down on some absorbent material. Blow-dryers for hair or hands are not suitable for drying the equipment. Heat can damage the POWERBREATHER!

LIMITED PRODUCT WARRANTY

The liability of AMEO SPORTS GMBH ("Manufacturer") shall be limited to the foreseeable damages typical of such contracts. Exceptions to this Limitation of Liability are (i) damages resulting from injury to life, limb or health involving intentional or negligent violation of duties on the part of the Manufacturer or its vicarious agents, (ii) other damages involving intentional or grossly negligent violation of duties on the part of a legal representative or vicarious agents of the Manufacturer, and (iii) damages according to the German Product Liability Act.

The Manufacturer warrants that for a period of one (1) year from the date of purchase ("Warranty Period"), the POWERBREATHER and its components shall be free from material defects in assembly, manufacturing, and workmanship ("Limited Product Warranty"). A customer making a claim under this Limited Product Warranty must send a request in writing, by fax, email, or pre-paid first class postage to the manufacturer at the following address:

AMEO Sports GMBH
Attn: Jan v. Hofacker
Am Höhenberg 15
82327 Tutzing | GERMANY
Fax +49 (0)8158 99 79 145
INFO@AMEO.CC | POWERBREATHER.COM

The customer must provide notice of a claim during the Warranty Period and within a reasonable time of discovery that a POWERBREATHER does not comply with the Limited Product Warranty. Customer, at the request of AMEO Sports GmbH, shall return the POWERBREATHER to AMEO Sports GmbH for inspection and analysis. AMEO Sports GmbH shall pay the cost of shipment. The Limited Product Warranty shall not apply to and be void if any non-conformity or defect is caused by or arises due to:

1. Customer's making any further use of a POWERBREATHER after giving a notice of a claim under the Limited Product Warranty;
2. Customer's failure to follow the instructions as to the use or storage of the POWERBREATHER;
3. Customer's altering the POWERBREATHER; or
4. Any abuse or normal wear and tear, willful damage, negligence, or abnormal training conditions.

EXCEPT AS EXPRESSLY SET FORTH HEREIN, AMEO MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY THAT THE PRODUCTS ARE NON-INFRINGEMENT, ARE OF MERCHANTABILITY QUALITY, OR THAT THE PRODUCTS SHALL BE FIT FOR ANY PARTICULAR PURPOSE.

1. THERE ARE NO OTHER WARRANTIES EXPRESSED OR IMPLIED BY OPERATION OF LAW OR OTHERWISE.
2. IN THE EVENT OF A BREACH OF THE LIMITED PRODUCT WARRANTY, CUSTOMER'S REMEDY SHALL BE LIMITED TO THE REPAIR OR REPLACEMENT OF THE PRODUCT.
3. IN NO EVENT SHALL AMEO OR ANY OF ITS AFFILIATES, OR THE MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, REPRESENTATIVES, LICENSORS OR LICENSEES BE LIABLE TO A CUSTOMER OR ANY THIRD PARTY FOR DAMAGES OF ANY KIND ARISING OUT OF THE USE, INABILITY TO USE, OR IMPROPER USE OF THE POWERBREATHER (INCLUDING, BUT NOT LIMITED TO, ANY DIRECT, INDIRECT, SPECIAL, PUNITIVE, INCIDENTAL OR CONSEQUENTIAL DAMAGES), AND REGARDLESS OF THE FORM OF ACTION, WHETHER IN CONTRACT, TORT, OR OTHERWISE.

WWW.POWERBREATHER.COM



AM-EO