

# Kinetic Features Table

	<b>Features</b>	<b>Explanation of features</b>	<b>K1</b>	<b>K2</b>	<b>K3</b>
<b>Loading System</b>	Auto-optimising IMT technology	Intelligent inspiratory muscle training system automatically adapts to your personal training requirements	✓	✓	✓
	Advanced variable load training	Loading optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness	✓	✓	✓
	Detachable valve assembly for cleaning	The detachable valve head can be removed and rinsed or soaked in sterilising solution	✓	✓	✓
	Triple aperture rotary valve	Rapid response valve mechanism used to load the inspiratory muscles	✓	✓	✓
	Precision torque limiter positioning system	Allows the valve to be positioned to an accuracy of 0.08°	✓	✓	✓
	Training mode	Trains the inspiratory muscles using a resistance training protocol	✓	✓	✓
	Warm-up mode	Used to warm-up the inspiratory muscles prior to exercise			✓
	Cool-down mode	Used to cool-down the respiratory muscles after exercise			✓
	Relax mode	Used for slow breathing and relaxation		✓	✓
	<b>Results Display</b>	Latest session load (cmH2O)	Displays load achieved during most recent training session	✓	✓
Inspiratory muscle strength improvement (%)		Displays improvement in training load since first session	✓	✓	✓

	Previous session load (cmH2O)	Displays load achieved during previous training session		✓	✓
	Graphical load history (last 38 sessions)	Displays load achieved during last 38 training sessions		✓	✓
	Lung Volume (Litres)	Displays maximum lung volume achieved		✓	✓
	Inspiratory muscle power improvement (%)	Displays improvement in average power since first session			✓
	Previous session power (Watts)	Displays average power achieved during previous training session			✓
	Graphical power history (last 38 sessions)	Displays average power achieved during each of the last 38 training sessions			✓
	Latest session work (Joules)	Displays work achieved during most recent training session			✓
	Inspiratory muscle work improvement (%)	Displays improvement in work since first session			✓
	Previous session work (Joules)	Displays work achieved during previous training session			✓
	Graphical work history (last 38 sessions)	Displays work achieved during each of the last 38 training sessions			✓
	Estimated MIP display (cmH2O)	Displays estimated maximum inspiratory pressure			✓
<b>Training Guidance System</b>	Breathing pacing coach	Alarm indicates when the user should breathe in order to optimise breathing patterns and reduce dizziness	✓	✓	✓
	Current training session breath counter	Displays number of breaths	✓	✓	✓

		remaining in current training session				
	End of training session indicator	Alarm indicates that training session is over	✓	✓	✓	
<b>Electronic Features</b>	Electronic power-on/select and scroll buttons	Used to switch the device on and to navigate through the menu system	✓	✓	✓	
	LCD display	Used to display results and settings	✓	✓	✓	
	Charge level indicator	Indicates battery life remaining	✓	✓	✓	
	Charging LED	Red LED: on = charging, off = charging complete	✓	✓	✓	
	Auto power-off	Shuts down after 1 minute of not being used	✓	✓	✓	
	<b>Power System</b>	Rechargeable NiMH battery of mains power	Powered from NiMH rechargeable battery pack or mains supply	✓	✓	✓
Mains 5V mini-USB charger		Mains 5V mini-usb charger for recharging or mains operation	✓	✓	✓	
Rechargeable via PC USB port		Can be connected to a PC USB port for recharging using a mini-USB cable	✓	✓	✓	
Charge time		14hrs recharge time	16hrs	16hrs	16hrs	
Training time (Battery Life)		2 weeks training time (@30breaths, twice a day)	2 weeks	2 weeks	2 weeks	
<b>Accessories</b>		Soft-touch nose-clip	Can be used to close off the nose during training	✓	✓	✓
		Recharging and display stand	To display the device during charging	✓	✓	✓
	Storage pouch	To keep the device clean during storage	✓	✓	✓	

