



MAXIMUS  
FITNESS ACCELERATOR

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## MAXIMUS FITNESS ACCELERATOR Device Diagram



### How Does MAXIMUS Fitness Accelerator work?

Traditional **Respiratory Muscle Training devices, (RMT)** are designed for sick people with asthma, COPD, cardiac surgery rehab, etc. These basic **RMT devices** provide breathing resistance breathing in, only, and afford significant benefits for sick patients. However, these basic RMT devices provide minimal benefits for healthy athletes.

MAXIMUS was scientifically designed with **DART - Dual Airflow Resistance Technology** - for healthy athletes. Thus, providing resistance both, inhaling and exhaling, through the device while exercising. MAXIMUS provides a significant cardiorespiratory load, over and above exercise alone, which

increases the heart rate, breathing difficulty, hypoxia, and caloric burn.

**MAXIMUS acts as a force multiplier on both your exertion and your results rapidly maximizing both lactate threshold, VO2 Max, strength and endurance.**

As a healthy athlete, two-way airflow resistance during exercise challenges the cardiorespiratory system much more than exercise alone, providing a more potent and significant cardiorespiratory performance improvement in strength, endurance, speed.

## **MAXIMUS USAGE INSTRUCTIONS**

Regardless of your level of fitness, you should follow these introductory steps prior to employing MAXIMUS into your training regime.

**Breathe only through the MAXIMUS Device when exercising, do not breathe through the nose when using device as this will negate some benefits of using the device to strengthen and maximize lung function and overall fitness acceleration.**

**\*\* Usage of MAXIMUS will increase saliva production significantly, as with any device you put into your mouth. You will acclimate to MAXIMUS over time. The more you use the device the less saliva will be produced. This usually takes two to three weeks to acclimate.**

**1. Place MAXIMUS mouthpiece in your mouth to acclimate to minor resistance breathing, level #1 and to gain comfort with resistance breathing through the device. Focus on breathing only through the device, not your nose. DO NOT BREATHE through your nose you will lose much of the benefit of**

**improving lung efficiencies, strengthening, etc.** Use while sitting or walking focus on breathing very deeply and thoroughly through device only inhaling and exhaling fully, gradually advance to use with moderate exercises, jogging, etc. Breathe deeply diaphragmatically, fully inhaling and exhaling through the device. Once the user has gained confidence and the MAXIMUS is comfortable, proceed to step 2.

2. Begin using device while walking, jogging as tolerated, and light exercise. Gradually increase exercise intensity over time practicing deep diaphragmatic breathing, fully inhaling and exhaling.

3. When you can comfortably exercise using MAXIMUS at resistance level #1, while employing deep diaphragmatic breathing, fully inhaling, exhaling through device only, proceed to level #2. As your comfort level using the device increases, the level of resistance of the device may be increased to level #3, and beyond.

-Progressing from any given resistance level to the next level may take a week or more, depending on intensity, frequency, and duration of device use.

-Once you can breathe through the device via mouth only, without nose breathing, breathing deeply and diaphragmatically you can move to the next level of resistance. If you find you are breathing through your nose, reduce level until only breathing through device, then advance to next level.

-Always consider Intensity and duration of exercise as well as airflow resistance levels when acclimating to device. The more you use device the

greater the benefit, assuming you are not overtraining.

-As with any exercise program you should stop exercising and remove device if you feel light-headed or begin to hyperventilate. Always focus on deep diaphragmatic breathing when using device and deep diaphragmatic breathing through nose when not using device.

### **MAXIMUS Use Precautions**

1. Do not use the MAXIMUS Fitness Accelerator if: (a) you have a known allergy to silicone rubber; (b) you develop any irritation; (c) it does not fit comfortably and properly in your mouth; or (d) you suffer from a medical condition, until you have consulted with your physician and given approval to use device.
2. This product is not intended to treat, cure, diagnose or prevent any disease or illness.
3. MAXIMUS Fitness Accelerator is not to be used as, or considered, a protective mouthguard and should not be worn during physical contact activity or sports, such as hockey, football, lacrosse, or other contact sports. Do not wear the MAXIMUS Fitness Accelerator in a pool or in water.
4. Do not use this product during sleep and keep away from children as small parts present hazard.
5. It is recommended that you wear a HR monitor for best results, prevent over-training and for creating a baseline for comparisons before and after MAXIMUS Fitness Accelerator usage.
6. If you have congestion or inflammation in your sinuses, throat, or lungs, you should not use this device. Wait until you have clear throat and sinuses to use device.

7. As with any exercise, sports activity, and workouts, if you feel light-headed or dizzy, stop exercising and remove lung trainer immediately.
8. Use of heart rate monitor is recommended during use, in order, to prevent over-training.
9. Lifting heavy weights is not recommended during MAXIMUS usage.

MAXIMUS is recommended for ages 15 and up.

Use MAXIMUS Fitness Accelerator at your own risk.

### **Performance Baseline Testing – No Device Used During Testing**

It is highly recommended that you perform baseline testing, prior to MAXIMUS use, to show progress made over 8, 16, 24 weeks or more.

Keep it simple and choose one endurance test, and two strength tests, examples included, not limited to 2 or 5 mile run for time. Cycling 5, 10, 20 miles for time. Rowing for time 2,500, 5,000 Meters. Rowing for distance 20, 30, 60 minutes max effort for distance. Once you use MAXIMUS for 8 weeks you retest to see progress.

Include exercises that you will continue to do during your weekly exercise routine for 8, 16, 24 weeks.

Include two strength exercises, AMRAP body weight exercises recommended.

**AMRAP = As Many Repetitions As Possible**, until failure.

Pushups, elevated pushups, chin-ups, pull-ups, dips, other bodyweight exercises are common choices. Choose exercises you will continue over 8, 16,

24 weeks.

Do not include exercises that you will not continue weekly during 8, 16 or 24 weeks.

### **MAXIMUS One-Size Fits All**

MAXIMUS currently offers a one size fits all users that is designed to be customized to your fit & comfort. We recommend you wear the device for several days before trimming the mouthpiece. This will allow for teeth marks to form on the mouthpiece, also allowing you to acclimate to the device. The more you use the device the more comfortable it will feel over time. See website for possible user fitment options. [TRAINMAXIMUS.COM](http://TRAINMAXIMUS.COM)

### **Cleaning the MAXIMUS Fitness Accelerator**

There will be saliva present, it is important to keep your MAXIMUS device clean daily.

**Cleaning is a simple four step process that includes the following:**

1. Separate Valve Body from mouthpiece.
2. Wash valve body and mouthpiece using mild soap and hot water.
3. After washing, rinse thoroughly and shake off excess water while towel drying
4. Simply air dry in a non-humid location.

**Do not use the dishwasher to clean the MAXIMUS Fitness Accelerator.**