

Recommended times

Beginners: Starting out, we recommend using the EWOTpro for 10 to 15 minutes and setting your exercise equipment on low intensity. This will give you the ability to understand the equipment and know your limitations.

Begginer Goals: Increase oxygen saturation throughout the body and increase the motion of the circulatory system to flush out waste.

Intermediate Users: When you become familiar with the equipment, we recommend using it for 15 to 30 minutes based upon your physical ability, and setting your exercise equipment to easy or moderate.

Intermediate Goals: Increase oxygen saturation while increasing blood flow to crucial parts of the body to aid in recovery and optimum performance.

Advanced Users: For people who are familiar with this equipment, you can use for 25 to 40 minutes based upon your ability. We recommend setting the exercise equipment to moderate or advanced. This is for people who are physically fit and exercise regularly.

Advanced Goals: Increase oxygen saturation throughout the entire body while allowing your body to naturally sweat and eliminate toxins.

Note: We recommend all users discuss fitness goals and current health issues with a health practitioner before use.

promolife
EWOT pro



EWOTpro by Promolife

www.ewotpro.com

www.promolife.com

888-742-3404

Thank you for purchasing the EWOT Pro. This guide will provide easy step by step instructions on how to use and set up the bag.

Setting up the EWOTpro

Using without a stand: The EWOTpro comes with four corner grommets and bungee cords. This will allow you to attach the bag either vertically or horizontally depending on your needs. Bungee cords must be used because, as the bag inflates, the bungee cords will provide necessary stretch. The EWOTpro can be attached to a wall or to the ceiling as long as hooks are in place to attach the bungee cords.

Using with a stand: The EWOTpro comes with four corner grommets and bungee cords. Please refer to the instructions provided with the stand. Once the stand is set up you will only use the top two grommets to attach the bag to the stand. Attach the bungees to the grommet holes on the bag and hook the other end of the bungee to the top corners of the stand. [Figure A]



Figure A

Filling the bag: Once the bag is properly installed you can begin filling it. We highly recommend using the provided pressure relief system [Figure B] to prevent the bag from over-inflating in order to avoid damage. The tubing with the pressure relief system is labeled so you can easily attach it to your concentrator and the bag. The pressure valve will only release if the pressure is too high.

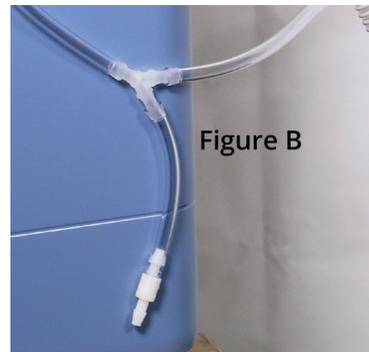


Figure B

Once the tubing is attached to the oxygen concentrator and the bag, make sure the on/off valve is positioned vertically [Figure C]. This will open the flow from the concentrator to the bag.

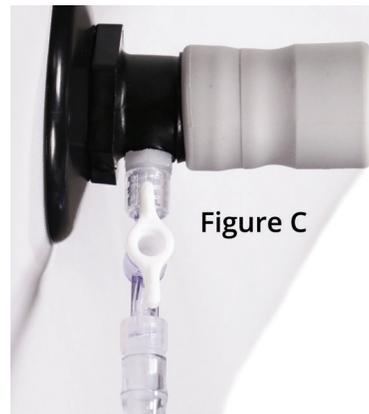


Figure C

Before you begin filling the bag, attach the 8' section of EWOT tubing with the threaded fitting to the inlet connection on the bag (you will need to screw it on to secure it) [Figure C]. The other end of the tubing has a clear fitting. You will attach a black cap to this to block the air from escaping while the bag is filling [Figure D].

Once everything is hooked up, begin to fill the bag by turning on the oxygen concentrator. Run a 5 LPM

concentrator on 5 LPM and a 10 LPM concentrator on 10 LPM. It will take about two hours to fill at 5 LPM and one hour at 10 LPM.

Setting the oxygen concentrator: When setting up your oxygen concentrator, make sure you provide adequate airflow to your machine. Do not place it up against a wall or objects that could restrict flow. Do not use your concentrator in highly humid environments. If you go past the fill time the pressure system will release air and prevent the bag from over-inflating. For more information on your oxygen concentrator see the instructions provided with it.

Once the bag is full: When the bag is full you will want to keep the valve vertical on the bag inlet and the oxygen machine running [Figure C]. This will allow oxygen to continually flow into the bag which will increase the usage amount. To lock oxygen in the bag for later use, turn the dial to the horizontal position.

Next make sure the mask is fully secured and comfortable on your face [Figure E]. Take off the black cap on the end of the EWOT tubing and push the clear fitting connected to the tubing on to the inlet opening of the EWOT mask (the upper hole). You are now ready to use the bag.

Additional Information

Inflating the Mask: You will want to adjust the air pillow on the mask based upon fit. Use the 30ml syringe provide and push it directly over the small inlet located on the mask. You can either suck air out to deflate or push air in to inflate. Over inflating will cause to air pillow to rupture. [Figure F]

What to expect: When you begin, you may notice it is a little more difficult to breathe. The EWOTpro encourages taking deep breaths. If you are a shallow breather this may be difficult. As you continue, your breathing style will change to deeper, stronger breaths, which is what you want.

Cleaning your mask: Cleaning your mask after each use is recommended. Fill a container with warm, mild, non-fragrant soapy water. Swish the mask back and forth for 30 seconds in the water or until clean. It is also recommend to lightly scrub the entire mask. This will ensure the septa valves are washed. When done, rinse with water to remove any soap and then air dry.

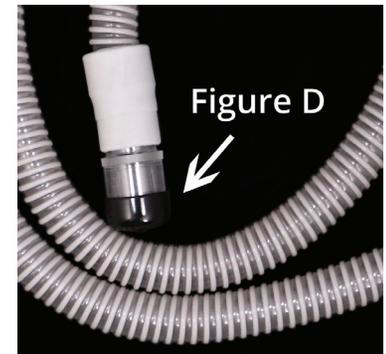


Figure D

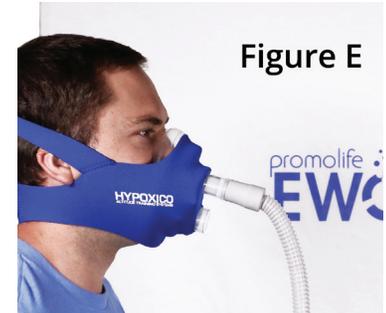


Figure E



Figure F