



**When hard training  
just isn't enough ...**



**... SpiroTiger<sup>®</sup> gives  
you more power.**



**swiss  
made**

[www.spirotiger.com](http://www.spirotiger.com)



**SPIRO TIGER<sup>®</sup>**  
RESPIRATORY TRAINING FOR CHAMPIONS

## Breathe deeply and win

All athletes train hard. But the ones who win train smarter. They don't only work on their cardiovascular system but on their respiration, too. Specific endurance training for your respiratory muscles has a beneficial effect on your whole physical performance and gives you that vital extra boost.

SpiroTiger® is the only piece of training equipment which trains the endurance of your respiratory muscles. And that's why it is the insider tip of numerous successful top athletes. You, too, can take a decisive lead in your favourite sport and, with SpiroTiger®, get your respiratory muscles and your whole body into best form.



With just a little training, SpiroTiger® can smooth the way to new personal bests: more power, greater endurance and increased fitness, and higher peaks of performance under stress.

# Boost your performance with SpiroTiger®

As a professional athlete, you can gain a decisive advantage. As an amateur, you can substantially improve your performance. Or just give your general fitness a boost. With respiratory training with SpiroTiger® you can't lose – it's worth your while whatever your sport.

Respiratory training with SpiroTiger® is easy to learn and produces noticeable results even with little effort. The result: increased competitiveness, optimised, efficient breathing and generally improved fitness.



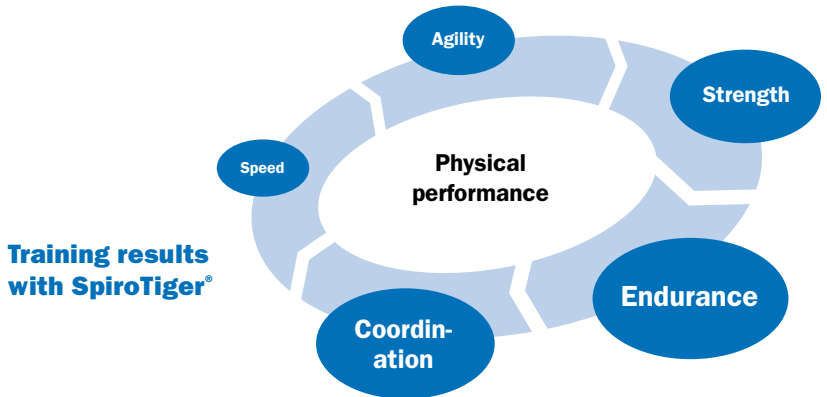
A SpiroTiger® for everyone:  
SpiroTiger® STGO, the beginners' model  
and SpiroTiger® STSMART which comes  
in a handy carrying case.

The SpiroTiger® respiratory trainer for top sporting performance comes in two different versions: the SpiroTiger® STGO for beginners and the SpiroTiger® STSMART for the more advanced.

## Off to a flying start with SpiroTiger®!

Follow the example of successful sports professionals and you, too, can boost your performance with SpiroTiger® – for a decisive lead in a competition, that little bit of extra power, or simply for that great feeling of doing something for your general fitness and health.

Interested? We will gladly send you further information, just give us a call.



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