



In preparation for our South African Rugby Tour I decided to utilise the POWERbreathe technology for 4 weeks prior to departure. We integrated POWERbreathe with our training in an attempt to simulate the breathlessness that you experience in high altitude conditions. All Players felt it aided them in adapting both mentally as well as physiologically for the hyperventilation, feeling of breathlessness, altitude cough and dryness in the mouth that you experience exercising at a high intensity at altitude, especially noted those players with breathing difficulties such as asthma.

**Dirk Spits (B.Ed, MAAESS, AEP)**  
**Athletic Performance Coordinator**  
**Old Reds Rugby Union Super 14 Team**

**POWER**  
**breathe**<sup>®</sup>  
*"for anyone who breathes"*

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