

The CapnoTrainer® GO

The **CapnoTrainer® GO** brings together physiology, psychology, and technology to create powerful learning tools for identifying good and bad breathing habits, for learning to disengage bad ones that compromise physical and mental competence, and for learning new ones that promote health and performance.

Based on live real-time feedback of breath-to-breath changes in alveolar CO₂ concentration, the GO provides for learning breathing habits that optimize respiration and its associated acid-base physiology. Allowing for the reflexes that align breathing mechanics with respiratory chemistry is essential to optimizing health and performance.

The instrument is a combination hardware and software system that provides users with training and learning tools for personalized breathing education based on the principles of behavioral analysis through the presentation of both live and recorded physiology. There are three versions of the GO: Personal, Basic, and Professional.

The GO is a uniquely powerful learning tool for a wide range of educated audiences with a serious interest in breathing science, including both practitioners and their clients: human service providers, health educators, fitness trainers, mental health professionals, corporate coaches, counselors, teachers, personal trainers, performance consultants, and self-help specialists (e.g., yoga and meditation).

The GO is battery-operated, Bluetooth, wearable, light weight (185 grams), small (fits in your pocket), and nearly silent (slight ticking sound). It operates on PC and Apple computers, tablets and I-pads, and Android and i-phones. The GO software connects to most third-party HRV Bluetooth devices and will operate up to six GO and HRV devices simultaneously in its Group mode.

The CapnoTrainer® models: GO Personal, Go Basic, and GO Professional.



Actual size: 9.7 X 7.6 X 3.2 cm
or 3.8" X 3.0" X 1.2"

GO Personal

The GO Personal CapnoTrainer is for you as an individual. It is for identifying and exploring your own breathing habits and their effects on your own health and performance. Are your breathing habits aligned with respiratory chemistry or are they compromising your performance? When and under what circumstances are your good and bad habits triggered? How do your breathing habits need to be edited and what new habits need to be learned?

The Personal GO operates on cell phones and tablets. Bluetooth HRV devices, such as the Polar Belt, will automatically connect with your cell phone or tablet; HRV signals are displayed live along with respiratory signals. Data for all physiology is stored in your Cloud Account. Should you wish to use your GO on computers, also purchase Option C. The GO Personal can also be tethered to Professional GO systems for consulting with practitioners.

The GO Personal uses **GO Basic software** that displays live physiology including (1) raw PCO₂, (2) End-tidal PCO₂ (PetCO₂), (3) breaths per minute, (4) the capnia index, (5) various heart rate variability (HRV) signals, and (6) history graphs. Features include threshold setting, X and Y axis management, annotation entry, diary keeping including audio notes, breathing challenge testing, task challenge testing, automated audio and verbal feedback while monitoring or recording, freeze signal control, screen image capturing, event marking, absolute or clock time display, and offline and online data recording. The GO Personal includes an account in the Cloud where your data is stored and from where you can configure, download, and print PDF data reports.

There are two GO Personal upgrades: (1) **Option C** provides you with a more extensive version of the GO Basic software for use on PC and Apple computers; and (2) **Option M** provides for multiple users, besides yourself, where data can be collected and reviewed for any number of persons, not just your own data.

Go Personal: \$2,500.00 - Option C: \$300.00 - Option M: \$450.00 – **UPGRADE** to Professional version: \$2,200.00

Go Basic

The GO Basic is for practitioners, instructors, and consultants who teach breathing, relaxation, stress management, yoga, meditation, and other self-interventions who are interested in combining knowledge of respiration and its chemistry with what they are already doing. Has your client learned breathing habits that compromise respiration and its associated acid-base physiology? Make monitoring and optimizing respiration an important part of what you do.

The GO Basic includes the Go Basic software along with Options C and M. It operates on cell phones, tablets, PC computers, and Apple computers. It includes additional features such as remote monitoring (where physiology is presented in a small dialog box while working on a computer) and multiple data records within a single session. Data for any number of clients can be stored in your HIPAA compliant Cloud account.

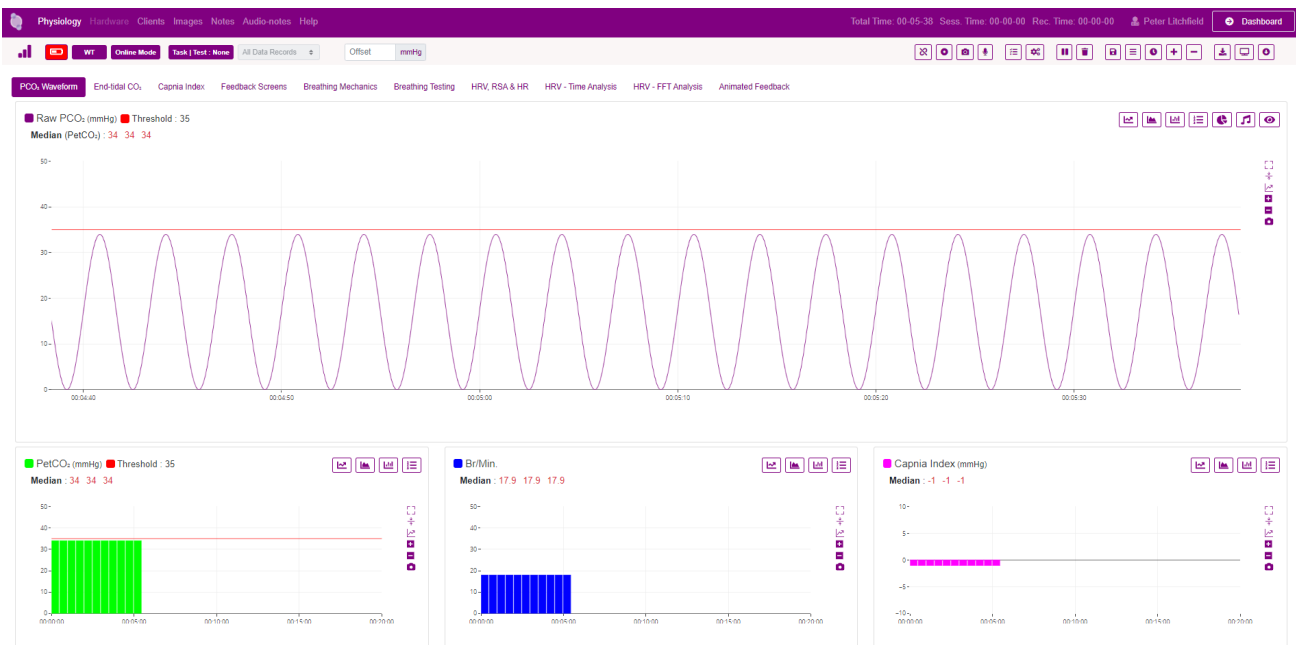
Go Basic: \$3,250.00 - **UPGRADE** to Professional version: \$1,450.00

GO Professional

The GO Professional is for practitioners, trainers, and consultants who provide breathing services as an integral part of their businesses, e.g., physiotherapy, athletic coaching, performance counseling. Personal GO and Basic GO users may upgrade to the Professional GO at any time in less than a minute.

The GO Professional includes the **GO Professional software**, a comprehensive breathing service network program which includes a HIPAA compliant database account in the Cloud. It features include breathing testing, breathing challenges, numerous kinds of live and history displays, client management, multiple trainer management, in-the-field instrument rental management, tethering with clients who own GO Personal instruments, customized reports and their management, client and trainer logins and subaccounts, picture taking, session notes, report notes, audio notes, PDF file making, report assembly functions, group work (up to six GOs and six HRV devices), advanced HRV displays and data collection, options for up to four EMG signal displays and recording, numerous small features (e.g., hide and alarm functions), learning tutorials, and live tech support by Zoom appointment.

GO Professional: \$4,700.00



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