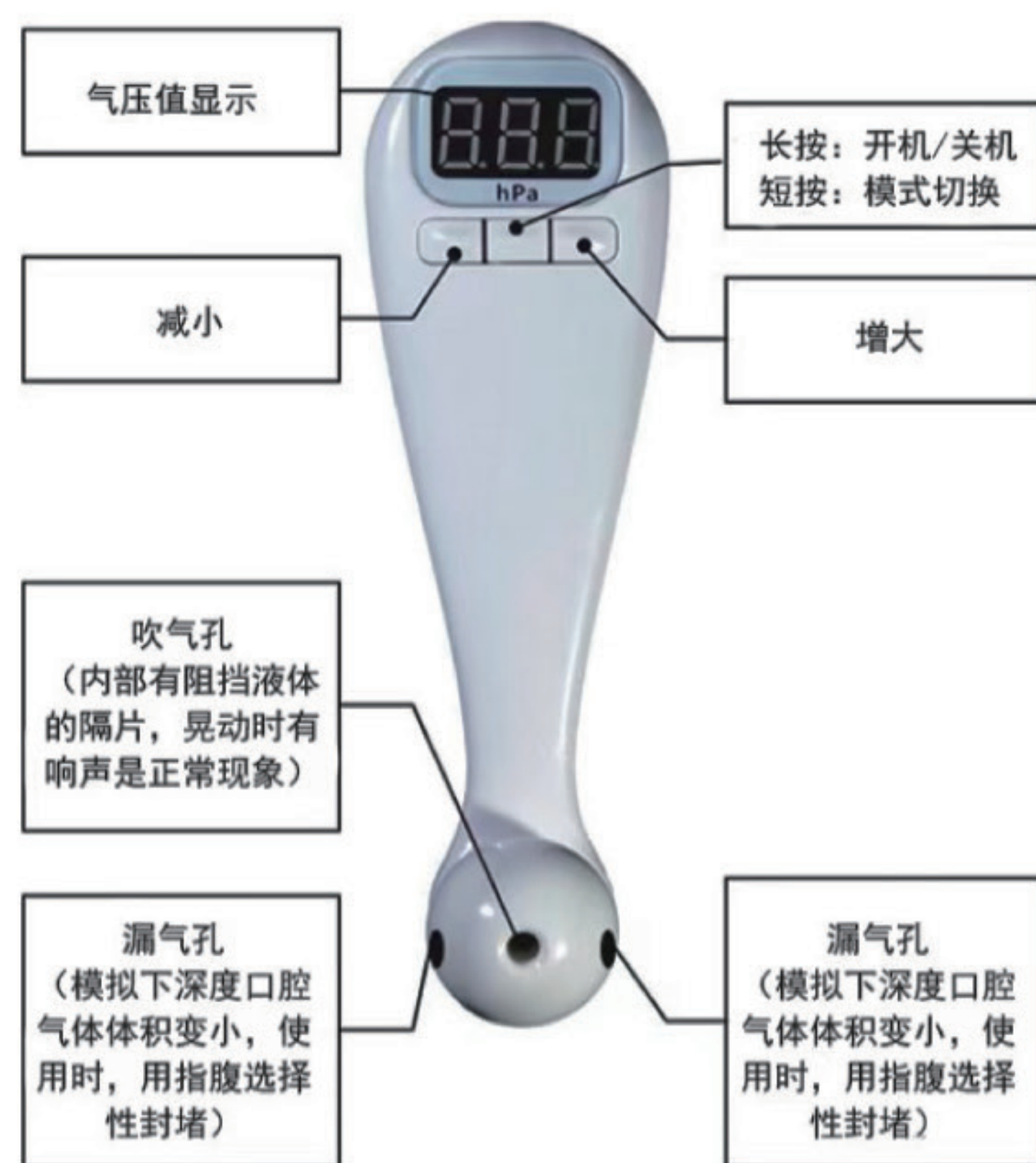


## 1. 机身说明

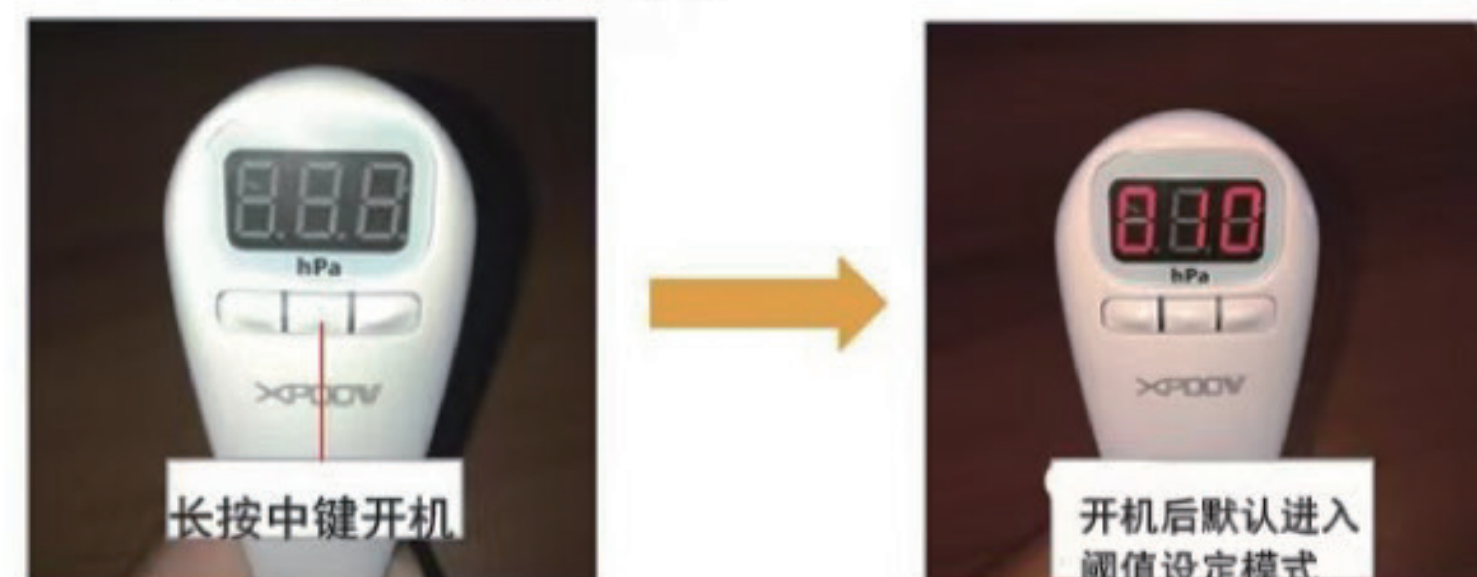


## 2. 开机

### ① 装入电池



### ② 长按中键开机



## 3. 单机练习模式

### ① 设定阈值 (临界值)



阈值设定完毕后, 短按中键, 进入练习模式。

再次短按中键, 则再次进入阈值设定模式。

### ② 开始练习



### ③ 气压判定

气压超过阈值 (临界值) 时, 设备会发出蜂鸣, 反之则没有响声。



显示屏显示最后一次吹气时的气压值。离开鼻孔也不会清零。

## 4. APP练习模式

### ① 下载APP

iphone用户扫码下载↓



安卓用户扫码下载↓



微信小程序↓

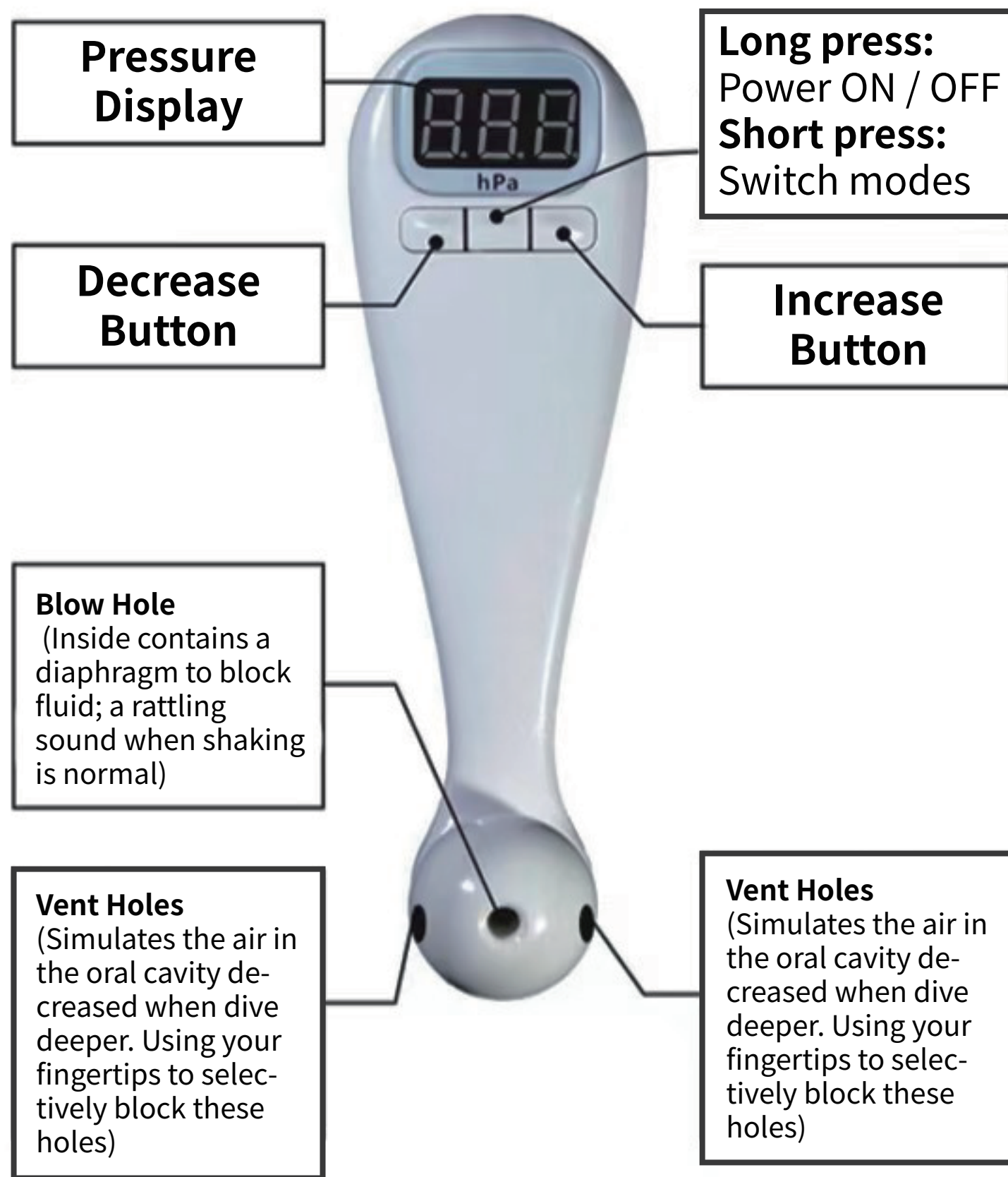


XPOOV

# 气压计

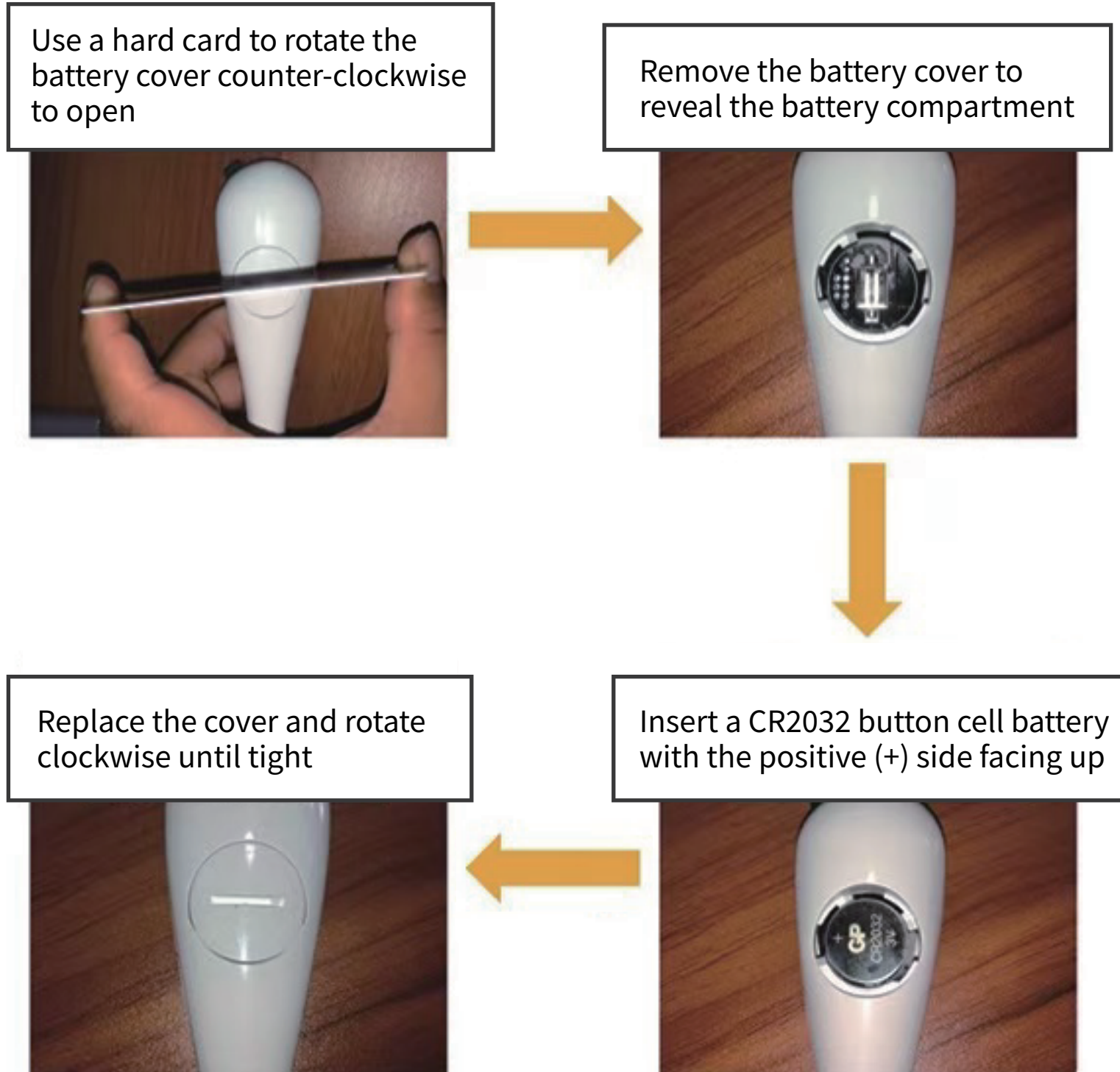
# 使用说明

# 1. Device Description

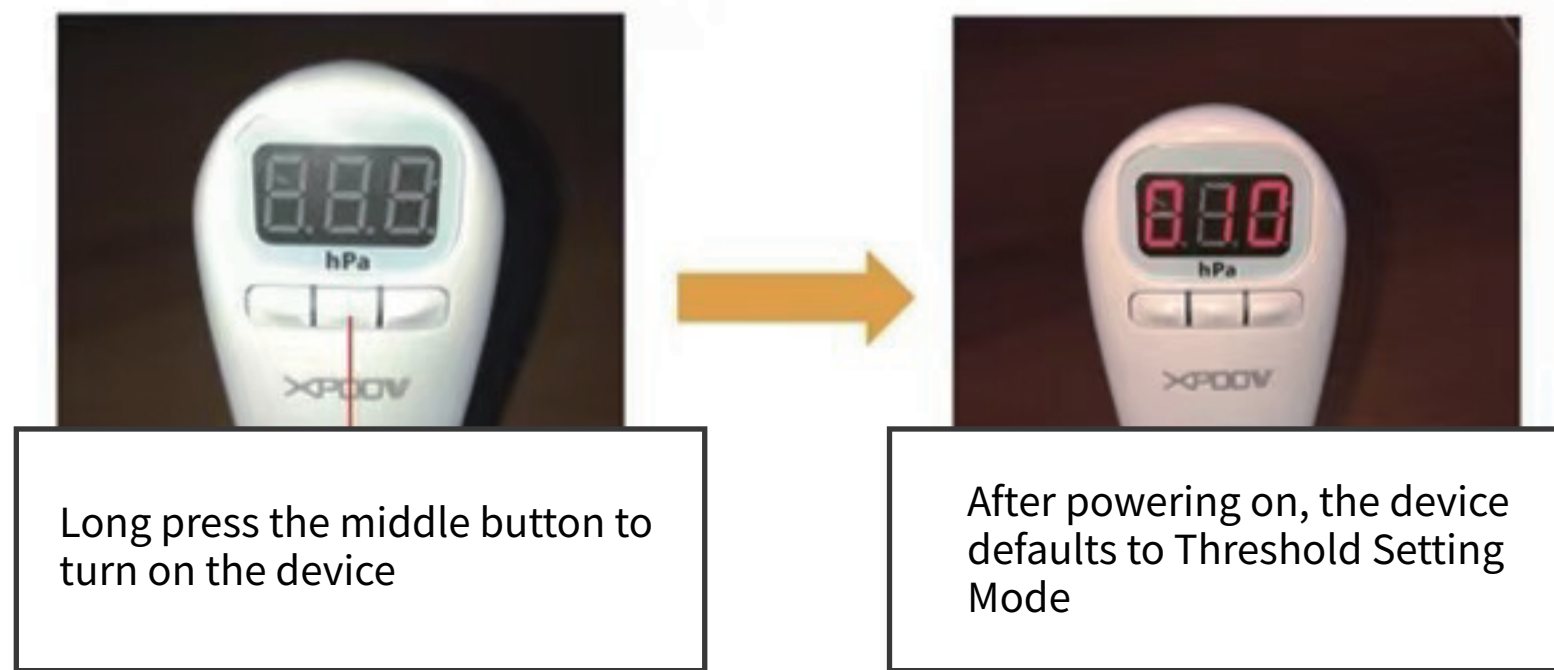


# 2. Power On

## ① Install Battery



## ② Long press to Power On



# 3. Standalone Practice Mode

## ① Set Threshold



Use the Decrease/Increase buttons to set your target pressure value. Once finished, short press the middle button to enter Practice Mode. Short press the middle button again to return to Threshold Setting Mode.

## ② Start Practice



Align the Blow Hole with one nostril. Use your finger to seal the other nostril and begin practicing. (You can use your thumb and index finger to selectively block the vent holes)

## ③ Pressure Judgment

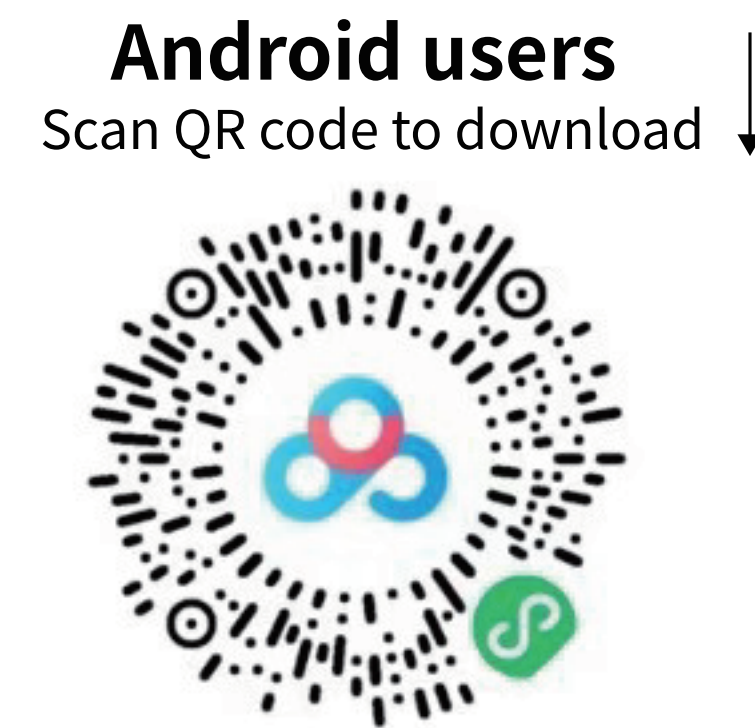
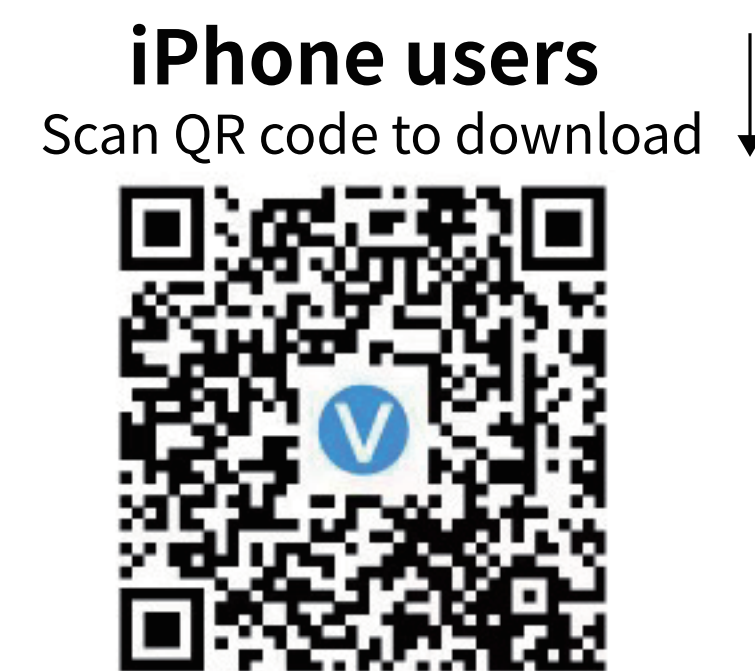
When the pressure exceeds the set threshold (critical value), the device will emit a beep. If it is below the threshold, there will be no sound.



The screen displays the pressure value of the last blow. The value will not clear even after removing it from the nostril.

# 4. APP Practice Mode

## ① Download APP



**WeChat Mini-Program**  
Scan QR code to use the mini-program directly



# Pressure Gauge User Manual