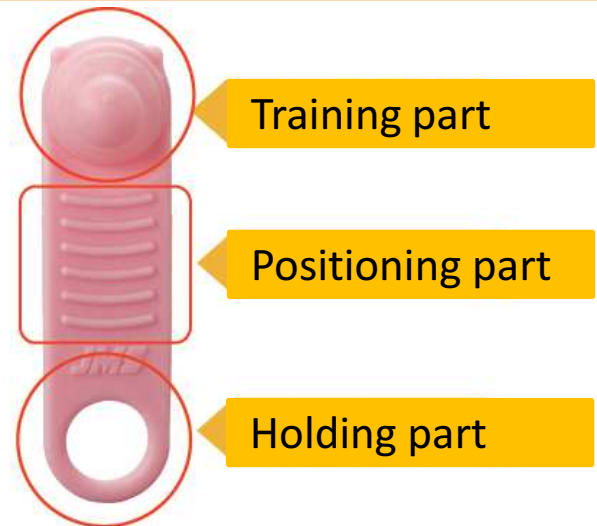


What is Peco-Panda?

Peco-panda is a **training device** to develop tongue power (tongue pressure).

Tongue has various functions such as receiving food in mouth and feeding food into the back of throat. Those functions need Tongue power (Tongue pressure).

Configuration



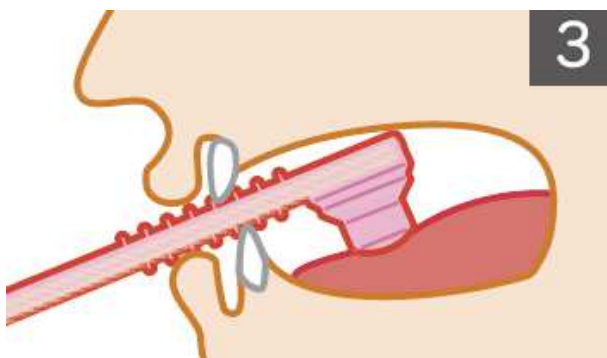
How to use



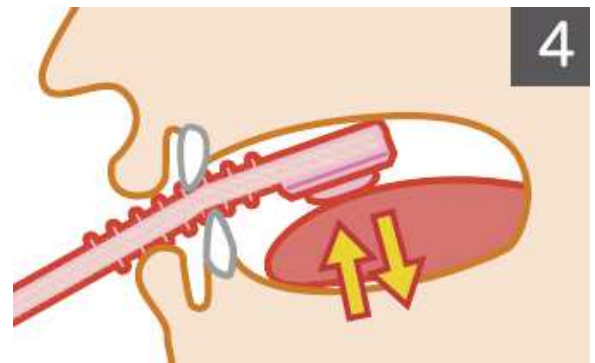
Before using, push a training part a few times with clean finger



Hold as the drawing position



Place a training part on a tongue and bite positioning part to hold



Push up a training part repeatedly by a tongue

A tongue has various functions, such as receiving food in mouth and transferring it to back of a throat. Such functions require power of tongue (tongue pressure).

Training Model

Recommended: 3 times / day, more than 3 times / week

For increasing tongue muscle

Surely squeeze

5 times X 3 sets

X

1 day

3 times

Target of hardness

Manage to
squeeze

For building up endurance of tongue muscle

Slowly squeeze

10 times X 3 sets

X

1 day

3 times

Target of hardness

Easily
squeeze

Recommended choice of hardness

Super Soft

SS

People with difficult S

Soft

S

At first, try to get used to do training of tongue.

Medium Soft

MS

For the next step, train with medium.

Medium

M

Keep practicing until easily squeezing a device.

Hard

H

Maintain the current tongue muscle.