Don’t use 1L bottle- balloon does not stay on bottom. Use something smaller (e.g. 500 ml)

Make sure big bottle for lung capacity has thick side walls. Crysal geyser 1G jugs imploded when turned upside down!

Used this type of tee

Malida 1/4" Tee 3 Way Tube Quick Connect Push Fit RO Water Reverse Osmosis System set of 10

And ¼” tubing. With this there is no need for rubber bands for balloons or clay for tube-tee connection (still need clay to block bottle hole).

Would be good to use smaller balloons for lungs and bigger ones for diaphragm.