



## QUICK GUIDE



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# WELCOME TO THE AIROFIT FAMILY

Airofit is a training solution designed to help you strengthen and improve your respiratory system, using the latest technology. Whether you are cycling, swimming, or competing in other demanding sports, having more oxygen to tap into gives you a clear advantage. You will be able to train harder, recover faster, and perform better.

The solution consists of:

- Airofit Breathing Trainer
- Airofit Sport mobile application

## WHAT DO YOU GET?

Here are the main areas within which Airofit improves athletes' performance!



### Vital Capacity

Increased usable lung volume by training the flexibility of the diaphragm means larger amounts of oxygen in one inhale.



### Anaerobic Threshold

Boosted resistance towards lactate ensures prolonged ability to perform at high intensities for longer periods.



### Respiratory Strength

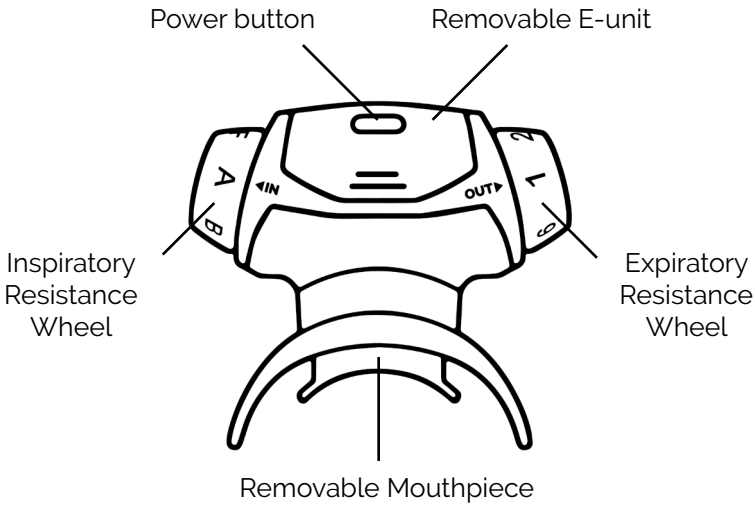
Enhanced respiratory power increases the amount of oxygen inhaled in a given period, decreasing energy consumption.



### Instant Performance

Escalated oxygenation, blood circulation, and mental concentration through tested breathing patterns.

# PRODUCT DESCRIPTION



## INTENDED USE AND USERS

The Airofit Breathing Trainer is intended to train the muscles of the respiratory system. You must familiarize yourself with the user manual before using the Airofit Breathing Trainer. Special attention shall be on warning notices and safety instructions.

The intended users are:

- The personal user of the Airofit Breathing Trainer and Airofit Sport mobile application
- Personnel instructing the user of the Airofit Breathing Trainer

## MANUFACTURER'S LIABILITY

Airofit A/S is only liable for equipment safety, reliability, and performance, provided that the Airofit Breathing Trainer is used in compliance with these instructions for use.

## SAFETY PRECAUTIONS

1. Only use the supplied micro USB cable or another USB certified cable, together with a CE certified USB charger.  
(see *Technical Specifications - Page 17*)
2. Only use the Breathing Trainer together with the Airofit Sport application and the selected sessions and programs. Always set resistance to the recommended settings.
3. To prevent the potential transmission of infections, we recommend that you do not share your Airofit Breathing Trainer with other users, including family members.
4. The Airofit Breathing Trainer is not provided sterile – we recommend that you clean the trainer prior to use.
5. Never use scouring pads, abrasive cleaning agents, or aggressive liquids such as petrol or acetone to clean the appliance. The Airofit Breathing Trainer is not suitable for dishwasher or autoclave use.
6. Do not use Airofit Breathing Trainer simultaneously with other activities (eg. running, cycling, rowing, driving).
7. Hard respiratory training can cause dizziness. We recommend that you stay in your position after training, and breath normally for a minimum 1-2 minute before raising from a sitting position.
8. If you have more than one Airofit Breathing Trainer, do not swap the E-Units. Each E-Unit is calibrated specifically to the trainer, and swapping them will cause inconsistencies in measurement results.

## WHEN NOT TO USE AIROFIT

- If you have a history of spontaneous pneumothorax (a collapsed lung that was not due to traumatic injury e.g. broken rib).
- If you have a collapsed lung due to a traumatic injury that has not healed fully.
- If you have a burst eardrum that has not healed fully or any other condition of the eardrum.
- If you suffer from severe exacerbations due to asthma, we recommend that you consult your doctor before using Airofit.
- If you are under the age of 15, you should only use Airofit with supervision from an adult.
- If you have any medical conditions with your respiratory system, heart, or blood pressure, we recommend that you consult your doctor before using Airofit.
- If you feel lightheaded or dizzy while training with Airofit, you should stop for 30 minutes and check if the resistance wheels for the inspiratory and expiratory settings are correct.
- If you feel any physical discomfort during the training sessions, stop training immediately.

# OPERATION

## **Airofit System Description**

The Airofit is a system consisting of the Airofit Breathing Trainer and Airofit Sport application. Together with the sensors in the trainer, the mobile application will provide you with training information and your development over time.

Major functionality consists of the Airofit Breathing Trainer providing resistance on your inspiratory and expiratory breathing. The Airofit Sport application provides guidance to respiratory training and monitors your performance.

## **Holding Your Breathing Trainer Correctly**

You should be relaxed and standing or sitting upright. Hold the trainer with your hand on the E-Unit.

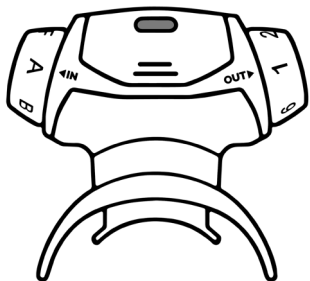
Make sure that the openings near the resistance wheels are not covered.

Now place the trainer in your mouth so that your lips cover the outer shield of the mouthpiece to make a seal. The mouthpiece bite blocks should be gripped between your teeth.

Look straight forward, as looking down can cause more salivation.



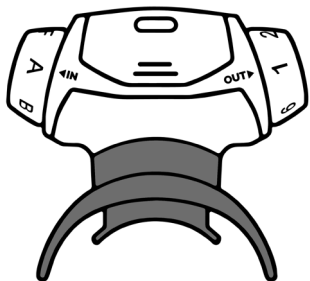
# AIROFIT BREATHING TRAINER



## Power Button

To turn ON the breathing trainer, click the button. It will begin to blink green to indicate that the trainer is ON - at this point, it is ready to be paired with the mobile application.

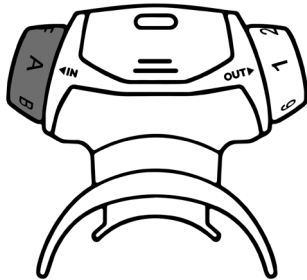
To turn the trainer OFF, simply hold the same button down for 3 seconds.



## The Mouthpiece

The mouthpiece is softer than the rest of the breathing trainer, to ensure complete comfort during exercise.

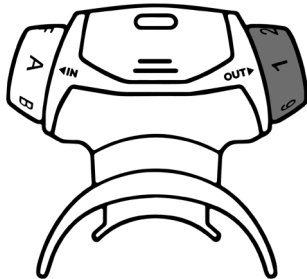
To use it, gently bend the sides of the mouthpiece and put it in your mouth.



## Inspiratory Resistance Wheel

The wheel with the letters allows you to set your Inspiratory Resistance. The letter F being the highest, and A being the lowest resistance.

Remember to adjust according to recommendations in each training session.

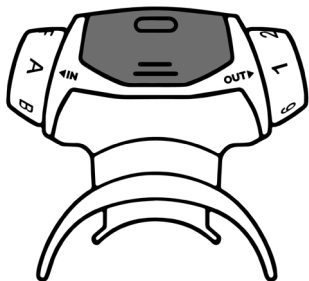


## Expiratory Resistance Wheel

The wheel with the numbers allows you to set your Expiratory Resistance. The number 6 being the highest, and 1 being the lowest resistance.

Remember to adjust according to recommendations in each training session.

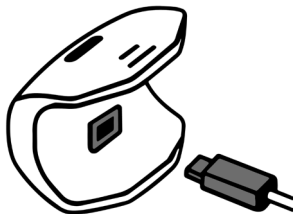
# AIROFIT BREATHING TRAINER



## Removable E-Unit

This part contains all electronics. To clean or charge your Airopfit Breathing Trainer, hold the grips and remove the E-Unit from the rest of the body.

**Make sure that the E-Unit does not get in contact with any liquids.**



## Charging

You will find the charging plug on the inside of the E-Unit. Insert your Micro USB cable to charge. If the button is blinking green, you have inserted your cable correctly and your Airopfit is charging.

Once fully charged, the button will remain green.

## CARE AND MAINTENANCE

Please follow the guidelines below to ensure that your Breathing Trainer remains hygienic and in good working order.

As the Airofit Breathing Trainer will be exposed to saliva during use, it is important to clean it frequently.

We recommend cleaning after each training session.

**Always store your Airofit Breathing Trainer in the provided storage pouch or another suitable clean and hygienic way. Always make sure that your Airofit Breathing Trainer is dry before storing in a closed container.**

**Always remove the E-unit before cleaning with water or other liquids!** (*Removable E-Unit - Page 10*)

After each training we recommend that you wash the trainer in warm water.

**After washing, shake off and blow through the device to remove excess water, making sure it's completely dry before use.**

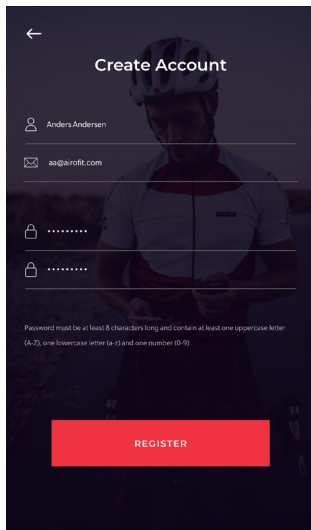
Once a week, remove the mouthpiece from the trainer to be able to clean it better. Use a mild disinfectant solution instead of water. The disinfectant solution used must be intended for use on equipment that comes into contact with the mouth, such as that used for baby bottles. If in doubt, ask your pharmacist.

After, hold the Breathing Trainer under running water, allowing it to run through. Shake off excess water and dry with a clean towel.

# GETTING STARTED

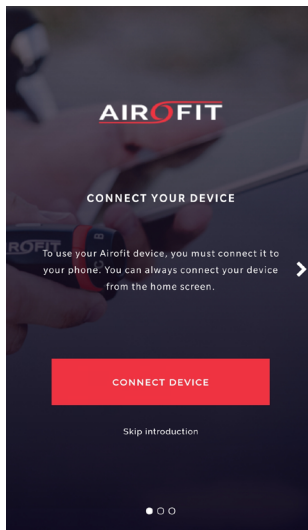
Start by charging your Airofit Breathing Trainer for 3 hours  
(Charging - Page 10)

When you have installed the Airofit Sport application on your smartphone and Airofit Breathing Trainer is fully charged, you can start your registration.

A screenshot of the Airofit app's registration screen. The background is a dark image of a person wearing a white cycling jersey and a helmet. The screen has a dark overlay with white text and input fields. At the top left is a back arrow. The title 'Create Account' is centered. Below it are four input fields: a name field with 'Anders Andersen', an email field with 'aa@airofit.com', a password field with masked characters, and a confirm password field with masked characters. Below the password fields is a small text note: 'Password must be at least 8 characters long and contain at least one uppercase letter (A-Z), one lowercase letter (a-z) and one number (0-9)'. At the bottom is a large red button labeled 'REGISTER'.

## Register

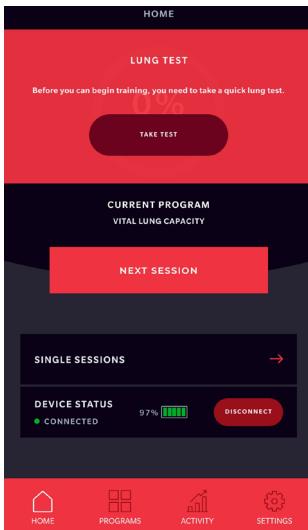
Before you can use the Airofit Sport application, you need to create your Airofit account.



## Connect your device

Turn on your device (Page 8)  
Push Connect Device on the screen of your phone.

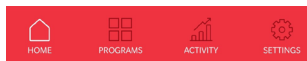
You are now in the main menu of the Airofit Sport mobile application and can finish setting up your profile.



Select "SETTINGS" in the menu bar at the bottom of the screen.

Scroll down in the settings menu and select "UPDATE PROFILE"

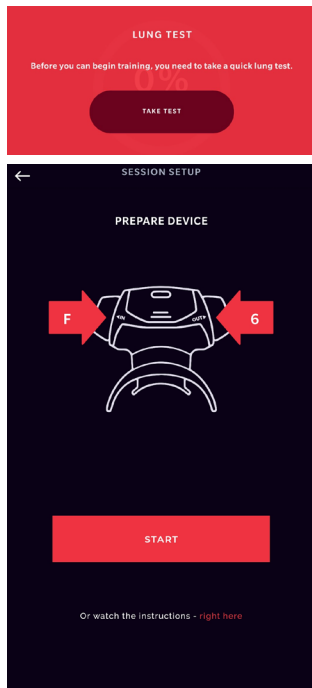
Fill in your height/weight/age. This is important to give you the best feedback on your respiratory system.



Select "HOME" in the menu bar at the bottom of the screen to return to the home screen.

# GETTING STARTED

Before you start training, you will be required to take a lung test. This measures your inspiratory and expiratory strength to give you the optimal performance level and starting point for the training.



Select "TAKE TEST" on the screen. You might need to turn your trainer on and reconnect.

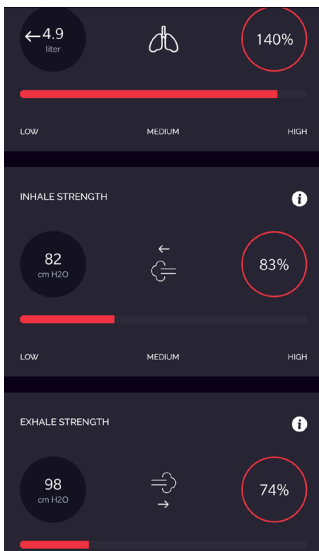
Make sure that you adjust the resistance wheels as shown on your screen. This applies every time you take a lung test or train.

To help you get familiar with the Airofit test and training session, we recommend that you start by watching the instruction videos at the bottom of the screen.

Select "right here" to watch the video.

Select "START" to take your Lung Test.

After taking the Lung Test, you are presented with your results. These levels and numbers will be the starting point to measure and give feedback on your future training sessions.



Here you can see your Vital Lung Capacity. Percentage and "LOW" to "HIGH" measurements show how your results compare to individuals your age, gender, and size.

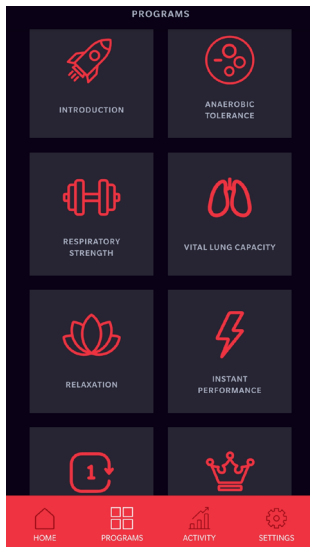
Inhale Strength and Exhale Strength shows your maximum inspiratory and expiratory pressure. They are measured in centimeters of water (a standard unit of pressure).

Again, you can see your results compared to an individual of your age, gender, and size.



# GETTING STARTED

After taking the Lung Test, you are ready to begin your training!



Select "PROGRAMS" in the menu bar at the bottom of the screen.

We recommend that you start with the "INTRODUCTION" program until you are familiar with the training sessions.

## TECHNICAL SPECIFICATIONS

**Measurement method:** Automatic electronic respiratory pressure measurement when inhaling and exhaling.

**Power:** 1x3.7V lithium ion button cell type battery. Rechargeable with a micro USB plug.

**Unit dimensions:** L 7cm W: 7.7cm D: 2.7cm

**Weight:** 45g including the mouthpiece

**Materials:** ABS plastic (housing), silicone (valves), and TPE (mouthpiece)

**Cable:** Micro USB 2.0 cable

**Charger:** Use a CE certified USB charger 5V/min 100mA

### **Application with smartphones:**

The application works with iOS version 11 or newer and Android version 7 or newer.

### **Environment:**

Operating temperature: 5°C to 45°C

Charging temperature: 5°C to 45°C

### **Standards:**

Your Breathing Trainer is produced according to ISO 13485.

### **Spare parts:**

You have received an extra mouthpiece with your trainer. You can interchange the mouthpieces, depending on preference.

## TROUBLESHOOTING

### **Why does my trainer not connect to the Airofit Sport mobile application?**

- Make sure that the trainer is fully charged.
- Make sure that the button is blinking when pushed.
- Make sure Bluetooth on your smartphone is turned on.

### **Why does my trainer disconnect?**

- Make sure that the trainer is fully charged.
- Do not push the button after the connection has happened.
- Do not leave the app while using the trainer.
- Do not move the Airofit Breathing Trainer more than 5 meters away from the smartphone that the trainer is connected to.

### **How do I know when my trainer is fully charged?**

- When the E-unit is connected with the cable, the button will light constantly when the battery is fully charged.

If not fully charged, the button will blink. Note that the blinking frequency is the same when the trainer is charging and when it is connected to the mobile application.

## FAQ

### **The exercises cause me to create a lot of saliva - is there anything I can do to stop this?**

- Try pausing during your training (press pause in the App) in order to allow saliva in your mouth to clear.
- You might want to take the trainer out of your mouth while swallowing.
- Alternatively, and if the session allows it, you can lie down while training. This will not reduce the training effect.

### **My results vary a lot - is this normal?**

- The action of breathing is by its very nature extremely variable and difficult to control accurately. When you first start training with Airofit, you may find that your results vary widely between different sessions.
- As you get used to the action of breathing against resistance, you should find that your results become more consistent and controllable.
- You may still find that there is a variation from day to day, depending on your physical condition and state of mind on a particular day, just as any other form of exercise.

### **I do not see any improvement - what can I do?**

- If you are not seeing any improvement in the training or test results, try increasing the level that you are training against.
- It is important that you are training against a load which is challenging in order to increase the strength of your respiratory muscles.
- However, remember that after 6 to 8 weeks, your training improvements will tend to plateau. After this, aim to maintain your improved breathing results by continuing to train regularly.

# DIRECTIVES AND APPROVALS

The equipment is CE compliant with the following directives:



Medical Device Directive 2007/47/EC (MDD)  
The Airofit System complies to medical device Class I



Radio Equipment Directive 2014/53/EU (RED)



Packaging and packaging waste Directive 94/62/EC



WEEE Directive 2012/19/EU



REACH Directive 1907/2006/EC



RoHS Directive 2011/65/EU

## AIROFIT LIMITED WARRANTY

Airofit Sport A/S warrants this product to be free from defects in material or workmanship for a period of twelve (12) month from the date of purchase, provided that the product is used in a home environment and accordantly to this manual.

This limited warranty does not cover failures due to abuse, accidental damage or if repairs or attempt to repairs have been made by anyone other than Airofit Sport A/S. A defective product meeting the warranty conditions set forth herein will be replaced or repaired at no charge.

In case of a defective product, return the product to the retailer from whom it was purchased (provided that the store is a participating retailer). Returns should be made within the time period of the warranty period. Proof of purchase is required. Please check with the retailer for its specific return policy regarding returns or exchanges.

The second option is to send the product to Airofit Sport A/S. Proof of purchase is required.

This warranty does not apply to accessories. This warranty gives you specific legal rights and you may have other rights which vary from state to state. Should you have any questions, contact Airofit Customer Support.

This product is not intended for commercial use, and accordingly, such commercial use of this product will void this warranty. All other guarantees, express or implied, are hereby disclaimed.

