



V 4.0

QUICK GUIDE

# **CONTENTS**

Welcome to Airofit	02
What is Included	02
The Benefits	03
Product Description	04
Intended Use and Users	05
Manufacturer's Liability	06
Safety and Precautions	06
When Not to Use Airofit	08
Handling	09
Get to Know the Airofit PRO Breathing Trainer	
• Power Button	10
• The Mouthpiece	10
• Resistance Wheels	12
• Removable E-Unit	12
• Charging	13
Care and Maintenance	14
Getting Started	16
Technical Specifications	22
Troubleshooting	23
FAQ	24
Directives and Approvals	26
Airofit Limited Warranty	27

## **| 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 competing in demanding sports, or simply want to improve your general wellbeing, breathing training is beneficial for all. You will be able to train harder, recover faster, and feel better.

### **The system consists of:**

- Airofit PRO Breathing Trainer
- Airofit PRO mobile application

## **| WHAT IS INCLUDED**

### **Your Airofit PRO package consists of:**

- Airofit PRO Breathing Trainer
- Extra mouthpiece
- CE-approved charging cable
- Airofit PRO Quick Guide

## | THE BENEFITS

Here are the main areas within which Airofit improves your performance and wellbeing!



### **Respiratory Strength**

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



### **Vital Capacity**

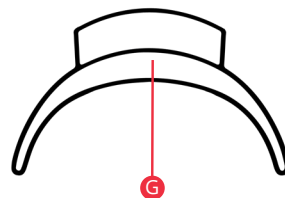
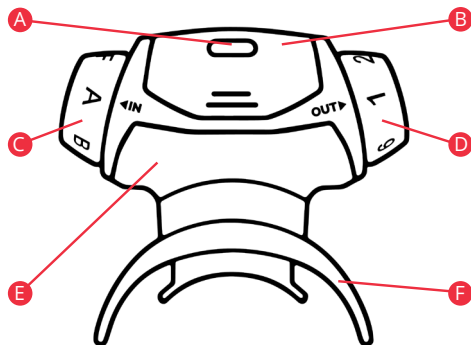
Increased accessible lung volume by training the flexibility of the diaphragm means larger amounts of oxygen in one inhale.



### **Anaerobic Threshold**

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

## PRODUCT DESCRIPTION



- |                                       |  |
|---------------------------------------|--|
| <b>A</b> Power button                 | <b>E</b> Trainer Unit                    |
| <b>B</b> Removable E-unit             | <b>F</b> Removable Mouthpiece (Advanced) |
| <b>C</b> Inspiratory Resistance Wheel | <b>G</b> Removable Mouthpiece (Simple)   |
| <b>D</b> Expiratory Resistance Wheel  |  |

## **| INTENDED USE AND USERS**

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

Sit down during breathing training as it may cause dizziness. Remember to look straight ahead while training. Airofit should only be used separately from physical activity. Breathing training during physical exercise will compromise the oxygenation of the locomotor muscles.

### **The intended users are:**

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

## **| MANUFACTURER'S LIABILITY**

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

## **| SAFETY AND PRECAUTIONS**

Only use the supplied micro USB cable or another CE certified USB cable, together with a CE certified USB charger.  
(See Technical Specifications - Page 21)

Only use the Airofit PRO Breathing Trainer together with the Airofit PRO mobile application and the selected sessions and programs. Always set resistance to the recommended settings.

To prevent the potential transmission of infections, we recommend that you do not share your Airofit PRO Breathing Trainer with other users, including family members.

Continued on next page |

The Airowit PRO Breathing Trainer is not provided sterile – we recommend that you clean the device before use.

**Do not clean the E-Unit with liquids of any kind.**

(Follow the cleaning instructions - Page 14 & 15)

Never use scouring pads, abrasive cleaning agents, or aggressive liquids such as petrol or acetone to clean the appliance. The Airowit PRO Breathing Trainer is not suitable for dishwasher or autoclave use.

Do not use Airowit PRO Breathing Trainer simultaneously with other physical activities (eg. running, cycling, rowing, driving).

Respiratory training can cause dizziness. We recommend that you remain seated after training, and breathe normally for a minimum of 1-2 minutes before moving on to other activities.

If you have more than one Airowit PRO Breathing Trainer, do not swap the E-Units. Each E-Unit is calibrated specifically to the device, 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 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 any concerning pain during the training sessions, stop training immediately.
- If you are under the age of 15, you should only use Airofit with supervision from an adult.

## **| HANDLING**

### **Airofit System Description**

The Airofit PRO system consists of the Airofit PRO Breathing Trainer and the Airofit PRO mobile application. Together with the sensors in the device, the mobile application will provide you with training information and your development over time.

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

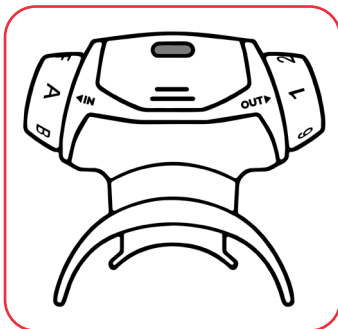
### **Handling Your Breathing Trainer Correctly**

You should be relaxed and sitting upright. Hold the device with your hand on the E-Unit. Make sure that the openings near the resistance wheels are not covered.

Place the device in your mouth so that your lips cover the outer shield of the mouthpiece to make a seal. If you are using the advanced mouthpiece, the bite blocks should be gripped between your teeth. Look straight forward, as looking down can cause more salivation.

You should not hold the Airofit PRO Breathing Trainer with your hands during training, unless necessary.

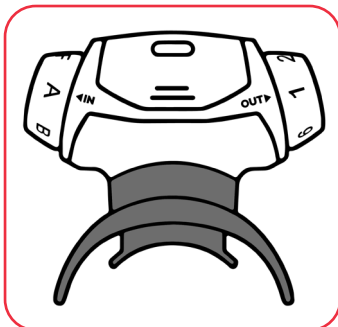
## AIROFIT PRO BREATHING TRAINER



### Power Button

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

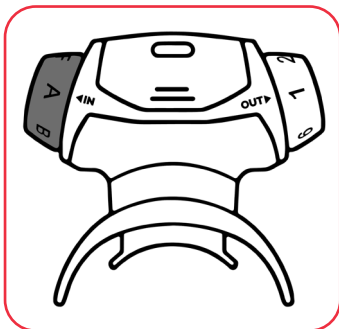
To turn the device OFF, press and hold the same button down for 3 seconds.



### The Mouthpiece

The mouthpiece is softer than the rest of the Airofit PRO Breathing Trainer, to ensure complete comfort during exercise.

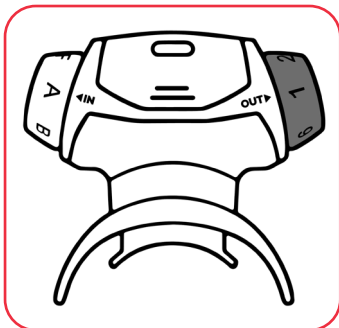
To use it, gently bend the sides of the mouthpiece and put it in your mouth.



### **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.

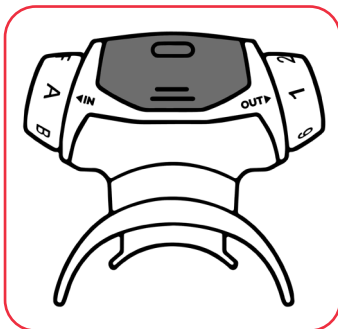


### **Expiratory Resistance Wheel**

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 PRO BREATHING TRAINER

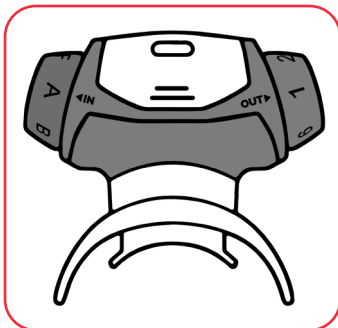


### Removable E-Unit

This part contains all electronics.

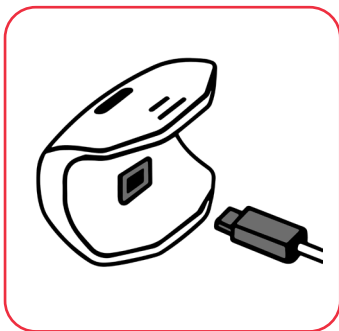
To clean or charge your Airofit PRO Breathing Trainer, gently squeeze the grips and remove the E-Unit from the rest of the body.

Do not expose the E-Unit to any liquids.



### Trainer Unit

The term 'Trainer Unit' is used for your Airofit PRO Breathing Trainer once the E-Unit and mouthpiece are removed.



## Charging

You will find the charging port 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 E-Unit is charging.

Once fully charged, the button will stop blinking and remain green.

## **CARE AND MAINTENANCE**

Please follow the guidelines below to ensure that your Breathing Trainer remains hygienic and in good working order. Always make sure that your device is dry before storing it. We advise you to always store your Airofit PRO Breathing Trainer in a suitable, clean, and hygienic way.

Fully charge your device if you are storing it for more than a week without use to avoid the battery depleting. Remember to charge the Airofit PRO Breathing Trainer fully before resuming usage.  
(Youtube: Airofit PRO - Care and Maintenance)

### **Daily Maintenance**

As the device will be exposed to saliva during use, it is important to clean it frequently. We recommend cleaning your device after each training session. Always remove the E-Unit and wipe it with a dry clean cloth. We recommend washing the Trainer Unit (Page 13) and the Mouthpiece (Page 11) in warm water (below 60°C). After washing, shake off and blow through the device to remove excess water, making sure it's completely dry before reassembling. Airofit must not be washed in an autoclave or a dishwasher.

Continued on next page |

### **Weekly Maintenance**

Once a week, remove both the E-Unit and the Mouthpiece from the Airofit PRO Breathing Trainer to be able to clean it better. Use a drop of dish soap in water to wash your Trainer Unit thoroughly. Once washed, hold the Trainer Unit under running water, allowing it to run through. Shake off excess water, blow through the device, and dry with a clean towel. Let it air dry and make sure the device is completely dry before reassembling.

### **Monthly Maintenance**

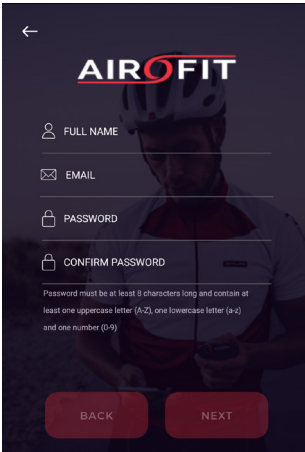
Please remember to charge your Airofit PRO Breathing Trainer fully at least once a month even when not in use, to avoid the battery getting depleted.

**Do not clean the E-Unit with liquids of any kind.**



## GETTING STARTED

Start by charging your Airofit PRO Breathing Trainer for 8 hours (Charging - Page 14) When you have installed the Airofit PRO mobile application on your smartphone and your Airofit PRO Breathing Trainer is fully charged, you can start your registration.



←

**AIROFIT**

👤 FULL NAME

✉ EMAIL

🔒 PASSWORD

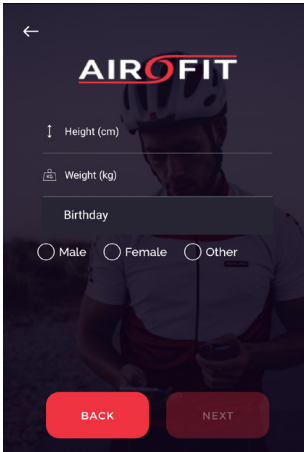
🔒 CONFIRM PASSWORD

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)

BACK NEXT

### Register

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



←

**AIROFIT**

📏 Height (cm)

⚖ Weight (kg)

🎂 Birthday

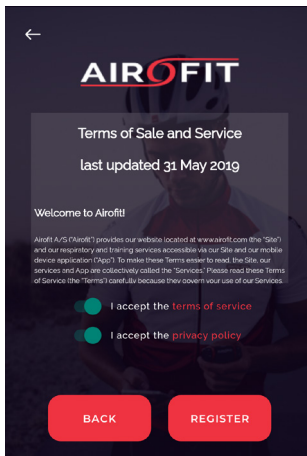
☐ Male ☐ Female ☐ Other

BACK NEXT

### Fill in your information

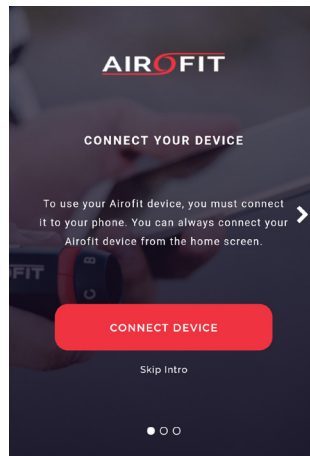
Your stats are important to give you the best possible feedback on your respiratory system.

Next, you must select your training goal. Choose the option that best suits you. In the next step, you indicate how often do you work out (on average).



### The terms

To finalize your registration, you must accept the terms of service and privacy policy.

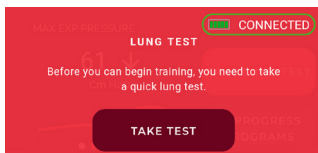


### Connect your device

Turn on your device and push Connect Device Remember to turn on Bluetooth on your phone.

## GETTING STARTED

Before you start training, you are required to take a lung test. This measures your current inspiratory and expiratory strength and vital lung capacity to use it as the baseline and personalize your training load.

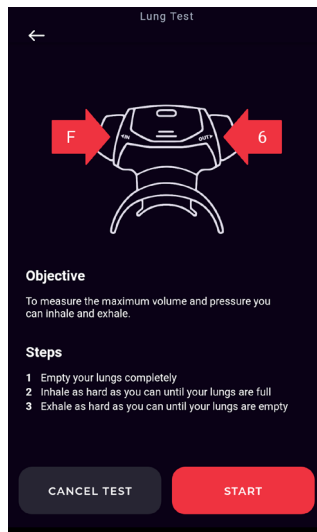


Select **“TAKE TEST”**.

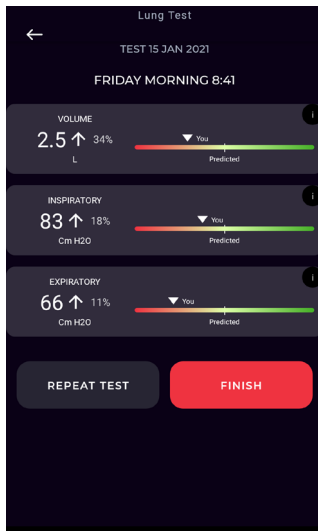
You might need to turn your device on and reconnect.

Make sure that you set the resistance wheels according to the values shown in the app. This applies every time you take a lung test or train.

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**. The colored line indicates your results compared to individuals of similar age, height, weight, etc.

**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 individuals of similar age, height, weight, etc.

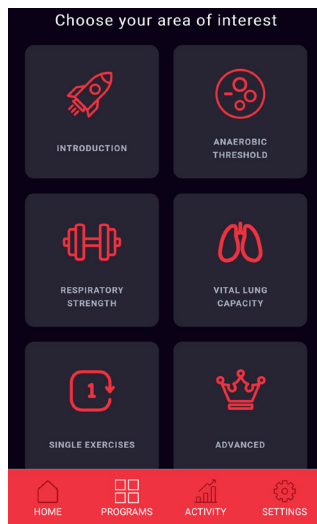
## GETTING STARTED

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.

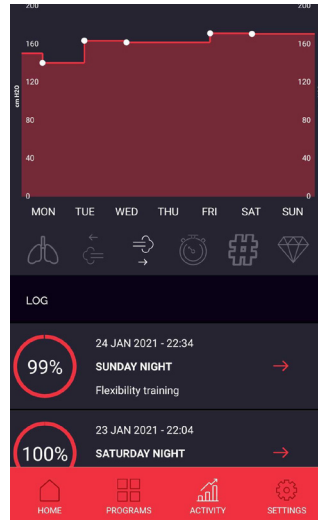


You can have an overview of all previous training activities.



Select **“ACTIVITY”** in the menu bar at the bottom of the screen.

Here you can see your full training history in a weekly overview as well as a detailed list of training sessions and lung tests.



## TECHNICAL SPECIFICATIONS

<b>Measurement method</b>	Automatic electronic respiratory pressure measurement when inhaling and exhaling
<b>Power</b>	1x3.7 V lithium-ion button cell type battery. Rechargeable with a micro USB cable
<b>Unit dimensions</b>	L: 7cm, W: 7.7cm, D: 2.7cm
<b>Weight</b>	45g, including the mouthpiece
<b>Materials</b>	ABS plastic (housing), silicone (valves), and TPE (mouthpiece)
<b>Cable</b>	Micro USB 2.0 cable
<b>Charger</b>	Use a CE certified USB charger 5V/min 100mA
<b>Airofit PRO Mobile App</b>	The application works with iOS version 11 or newer and Android version 7 or newer
<b>Environment</b>	Operating temperature: 5°C to 45°C Charging temperature: 5°C to 45°C
<b>Standards</b>	Your Airofit PRO Breathing Trainer is produced according to ISO 13485

## **| TROUBLESHOOTING**

### **Why does my device not connect to the Airofit PRO mobile application?**

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

### **Why does my Airofit PRO Breathing Trainer disconnect?**

- Make sure that the device is fully charged.
- Do not push the button after the connection has been established
- Do not close/exit the app while using the device.
- Stay within a 5 meter range to the smartphone that the device is connected to.

### **How do I know when my device 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 device 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 device 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.

Continued on next page |

- 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.
- Ensure that you're taking the lung test every time under the same conditions. For example, in the morning, before breakfast.

### **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 that 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)  
Medical Device Class I



Packaging and Packaging  
Waste Directive 94/62/EC



FCC ID: 2ATQX-AF002



WEEE Directive 2012/19/EU



IC: 25191-AF002



REACH Directive 1907/2006/EC



Radio Equipment Directive  
2014/53/EU (RED)



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 twenty-four (24) months from the date of purchase, provided that the product is used in a home environment and according to this manual.

This limited warranty does not cover failures due to abuse, accidental damage, or if repairs or attempts 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.

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.



© 2021 Airofit A/S - All rights reserved  
Teglværksgade 37, 3, Copenhagen, DK-2100, Denmark

---