



Airofit PRO

Quick Guide

WELCOME TO THE AIROFIT FAMILY

Whether you want to improve your sports performance, general well-being, or health, your breath training journey starts here!

Your Airofit PRO at a Glance



1 Get Started

- Charge your E-Unit until the light turns solid green
- While the E-Unit is charging, rinse the rest of the breathing trainer in warm water
- Be sure **not** to get the E-Unit wet
- Scan the QR code to watch an instruction video



2 Download the App

The Airofit app is available in the Apple App Store and the Google Play Store. You can search for the app in the store or use the following QR code to find it easily.



To scan the QR code

- Open your phone's camera
- Point it at the QR code
- The app page will load in the app store, where you can download the app

3 Get Registered

Create an account and select the Airofit PRO Breathing Trainer. Choose your focus area and the app will suggest a personalized training plan.

4 Take the Lung Test

Before you start your training, you will be prompted to take a lung test. This will measure your current lung function and use your data as a baseline to further personalize your training experience.



Understanding your results

- The results show your Accessible Vital Lung Capacity, Inhale Strength, and Exhale Strength in comparison to individuals of similar age, height, and weight.

5 Explore the Airofit PRO App

The Airofit app section gives you access to:

- Your training overview
- Additional training sessions
- Your training history
- Profile settings, notifications, and music preferences



6 Start Training

Choose a training session. Prepare your Breathing Trainer and follow the instructions in the app.

7 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.
- To avoid complete battery depletion, fully charge your device before storing it for more than a week without use.
- Charge the Airofit PRO Breathing Trainer fully before resuming usage.

(Youtube: Airofit PRO - Care and Maintenance)

Daily Maintenance

Since the device is 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 from the Trainer Unit and wipe it with a dry clean cloth.

We recommend washing the Trainer Unit and the Mouthpiece in warm water (below 60°C). After washing, shake off and blow through the device to remove excess water. Make sure it's completely dry before reassembling. The Airofit Trainer is not autoclave or dishwasher safe.

Weekly Maintenance

Once a week, remove both the E-Unit and the Mouthpiece from the Airofit PRO Breathing Trainer to clean it fully. Use a drop of dish soap in water to wash your Trainer Unit and Mouthpiece thoroughly.

Put the E-Unit aside and make sure it is not exposed to any liquids.

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 it's 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 complete battery depletion.

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