

# CONTENTS

## MANUFACTURER'S LIABILITY

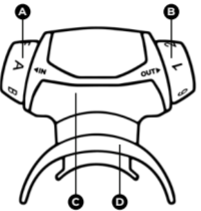
Airofit A/S is only liable for equipment safety, reliability, and performance, provided that the Airofit Active Breathing Trainer is used in compliance with these instructions for use.

## WELCOME TO THE AIROFIT FAMILY

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

Remember to train every day and make it a habit. You won't regret it!

## GET TO KNOW YOUR AIROFIT ACTIVE



- A** Inspiratory Resistance Wheel
- B** Expiratory Resistance Wheel
- C** Trainer Unit
- D** Removable Mouthpiece

## GETTING STARTED

### 1 Download the app

The Airofit app is available in the Apple App Store and 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.



### 2 Get registered

Create an account and select your focus area.

### 3 Explore the Airofit Active app

The Airofit Active app gives you access to:

- Daily training sessions
- Overview of simple training sessions
- Your training history
- Profile settings, notifications, and music preferences.

### 4 Start Training

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

### 5 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 Active Breathing Trainer in a suitable, clean, and hygienic way.

### Maintenance

As the Breathing Trainer will be exposed to saliva during use, it is important to clean it frequently. We recommend cleaning it after each training session in warm water (below 60°C). Once a week, use a drop of dish soap to wash the Breathing Trainer. After washing, shake off and blow through it to remove excess water. The Airofit Breathing Trainer is not autoclave or dishwasher safe.

### 6 Intended Use and Users

The Airofit Active Breathing Trainer is intended to train the muscles of the respiratory system.

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.

Place the device in your mouth so that your lips cover the outer shield of the mouthpiece to make a seal, the bite block should be gripped between your teeth. Look straight forward, as looking down can cause more salivation. You should not hold the Airofit Active Breathing Trainer with your hands during training, unless necessary.

### The intended users are:

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

### 7 Safety Precautions

To prevent damage to your Airofit Active Breathing Trainer or injury to yourself, read the following precautions in their entirety before using the Airofit system.

- To prevent the potential transmission of infections, we recommend that you do not share your Airofit Active with another user, including family members.

- The Airofit Active is manufactured in a safe environment. However, the Airofit Active is not provided sterile – we recommend that you clean the Breathing Trainer prior to use
- Do not use Airofit Active simultaneously with other activities (e.g. running, cycling, rowing, driving)
- Do not use Airofit Active more than 60 minutes per day
- 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.
- The Airofit Active is suitable for ages over 12. If you are under the age of 15, you should only use Airofit with supervision from an adult
- Immediately stop the exercise if you feel any physical discomfort
- If you feel light-headed or dizzy while exercising with Airofit, you should stop and check if the resistance wheels for the inspiratory and expiratory settings are correct
- If you are suffering from a cold, sinusitis, or respiratory tract infection, we advise you not to use the Airofit Active until symptoms have disappeared.
- If you have any medical conditions with your respiratory system, heart or blood pressure, we recommend that you consult your doctor before using Airofit Active

- Do not use Airofit Active to inhale any type of substance
- Do not drop your Airofit Active. Dropping the trainer may result in total malfunction.
- Ensure that inhale/exhale vent located on the sides of Airofit Active is not obstructed while training with Airofit Active.
- Never use scouring pads, abrasive cleaning agents, or aggressive liquids such as petrol or acetone to clean the appliance. The Airofit Active is not suitable for dishwasher or autoclave use. For cleaning instructions, refer to the Care & Maintenance section.

### **8** Contradictions

There have been no reports of adverse event following IMT, however, there is a *theoretical* risk of barotrauma-related events. Accordingly, caution should be exercised in the following situations:

- A history of spontaneous pneumothorax (collapsed lung) i.e., not due to traumatic injury.
- A traumatic pneumothorax that has not fully healed
- A burst eardrum that has not healed fully, or other conditions of the eardrum

The subgroup of asthma patients with unstable asthma with an abnormally low perception of dyspnea (shortness of breath) are also unsuitable candidates for IMT.

### **9** Troubleshooting

General troubleshooting guidance is available online at: <https://www.airofit.com/pages/frequently-asked-questions>

### **10** Technical Specifications

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

**Weight:** 45g, including the mouthpiece

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

**Airofit mobile app:** The application works with iOS version 11 or newer and Android version 7 or newer

**Standards:** Your Breathing Trainer is produced according to ISO 13485

### **11** Directives and Approvals

Airofit Active is designed and produced in compliance with:



### **12** 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.

# Airofit Active

made in Denmark