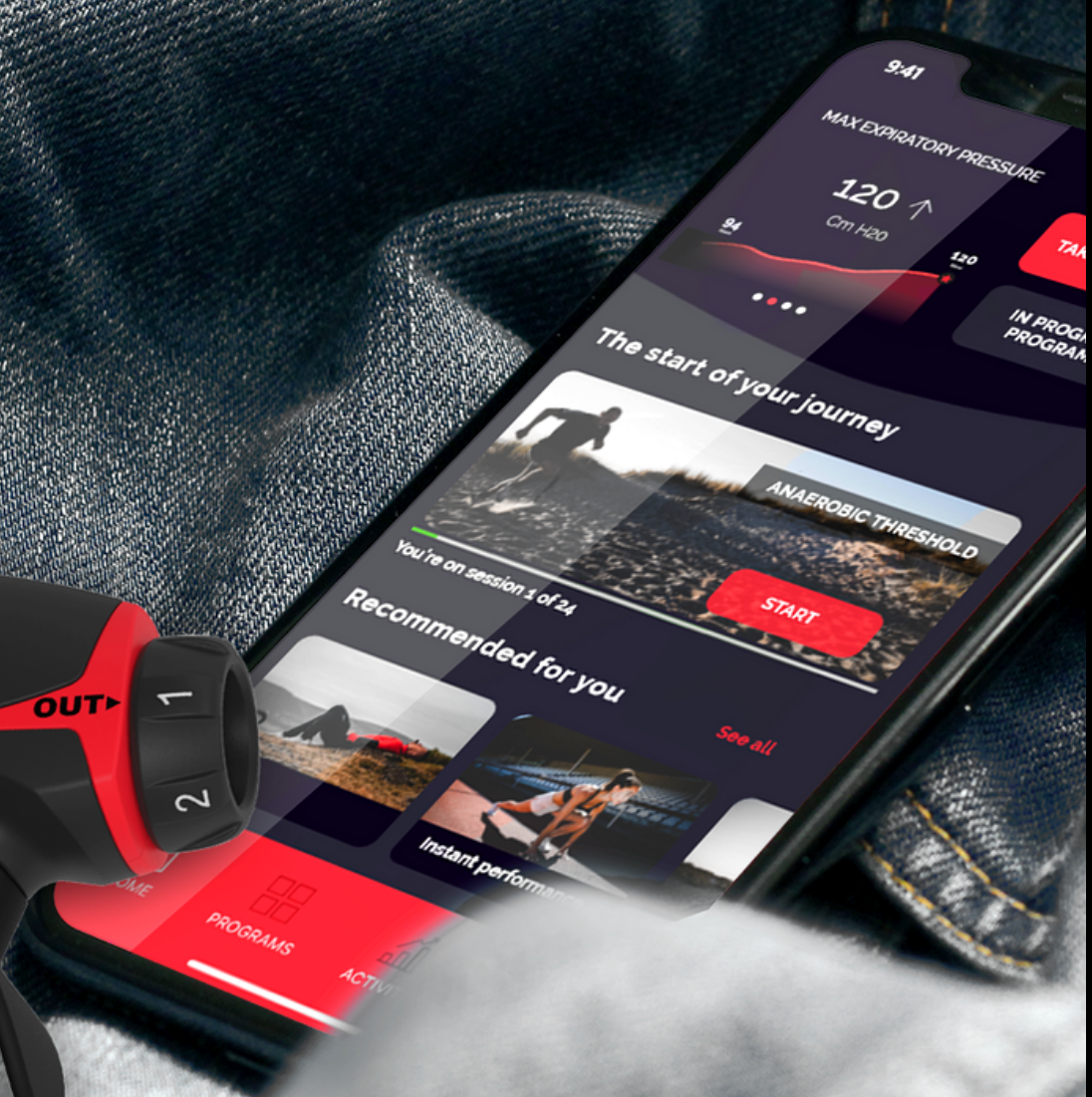


GET TO KNOW AIROFIT PRO



WHAT IS AIROFIT PRO?

Airofit PRO is a respiratory training system, consisting of a hardware and software, that improves athletes' performance through tested breathing exercises.

Whether you're running, cycling, swimming or simply want overall better wellbeing; an improved respiratory system will benefit you.



HOW DOES IT WORK?

Airofit PRO contains resistance wheels that provide adjustable restricted airflow. This resistance causes fatigue in your breathing muscles which is then compensated by muscle tissue growth, making your respiratory muscles stronger, faster and more efficient.

The trainer pairs with your smartphone, which gives you **live feedback, guidance and the ability to track your progress.** Together with world's leading breathing experts, we have developed a range of breathing exercises that focus on different areas of your breathing to ensure you are able to unlock your full physical potential. The mobile app consists of various training programs that target different areas of your breathing like **respiratory strength, vital capacity, and anaerobic threshold.**

IMPROVED RESPIRATORY STRENGTH

Stronger breathing muscles enable athletes on all levels to **improve their performance in high intensity, as well as in endurance sports.**

Focusing on your breathing muscles, primarily the diaphragm, prolongs the time until they fatigue, and thereby prolonging oxygen supply to muscles used during exercise.

RESPIRATORY MUSCLES STRENGTH TRAINING

Research has shown, that respiratory muscle training **strengthens the respiratory muscles and improves your ability to perform different activities.** Respiratory Muscle Training (RMT) can be defined as a technique that aims to improve function of the respiratory muscles through specific exercises. It consists of a series of exercises, breathing and other, to increase strength and endurance of the respiratory muscles and therefore improve respiration.

HOW DOES IT AFFECT YOUR PERFORMANCE?

RMT can **improve sports performance** and clearly **increases respiratory muscle strength and endurance.** By increasing the strength and stamina of your respiratory system, your breathing becomes **more efficient, requiring less energy,** which leaves more energy for the motor muscles and whatever task or activity you're involved in. RMT is normally aimed at people who suffer from asthma, bronchitis, emphysema, and COPD. However, many people use it as part of their sports training as they can still benefit a lot from it.

INCREASED VITAL CAPACITY

Airofit PRO improves your **vital capacity**, which is the actual amount of air you can get in and out of your lungs. Stretching your diaphragm and intercostal muscles allows you to decrease the residual volume and increase the amount of usable air. This, of course, is interesting for athletes, as well as patients with asthma or COPD.

Increasing your vital lung capacity is one of the ways of **significantly improving your physical performance quickly**. Vital lung capacity is the amount of air that can be moved in and out of your lungs within one respiratory cycle.

The vital capacity represents the change in volume from completely empty to completely full lungs. It is an important measurement to determine a person's respiratory health, and indicate the body's constitution type and functional ability. Usually, the vital lung capacity is affected by factors like age, gender, and height, and it can be affected by genetics as well.

We encourage deep diaphragmatic breathing. If the diaphragm is not working to full capacity, the body starts to use other muscles in the neck, back and chest for breathing. This translates into lower oxygen levels, and less reserve for exercise and activity.

Deeper breathing uses a bit more energy but also allows more oxygen to enter the bloodstream with each breath while strengthening the respiratory muscles. **More oxygen in your system means you can perform longer and preserve more energy**. Simply put, it's like increasing your gas tank, which means fewer stops and more progress made.



BOOSTED ANAEROBIC THRESHOLD

To work harder, our muscles require more energy than can be produced using oxygen. Our bodies cannot supply enough oxygen for such high performance. Getting your muscles used to an oxygenless environment ensures **prolonged ability to perform at high intensities for longer periods.**

Most athletes experience the anaerobic threshold zone when they put in some serious work and add power to their workouts. When you reach it, it feels like a burn in the muscles and you will truly have to push yourself to continue. When a lot of power is used over a short period - like in weightlifting, sprints or those exhausting HIIT workouts - your muscles need more oxygen than what your bloodstream can provide.

Training our anaerobic threshold is usually associated with various interval exercises. However, focusing directly on our lungs, training your respiratory muscles will **strengthen our ability to hold our breath**, called apnea. This ability is also needed in the anaerobic threshold zone, where we lose breath. Therefore, respiratory muscle training benefits your anaerobic threshold.

By increasing anaerobic tolerance we also **increase our bodies' resistance toward lactate and we will be able to perform at higher intensities for longer periods, decreasing muscle fatigue and lowering our recovery time.**

THE HARDWARE



POWER BUTTON

Airopfit needs to be turned on before use in order to be synced with the app.

WHEELS

The two wheels on the sides allow you to set your inspiratory and expiratory resistance - they should be adjusted according to recommendations in each training session.

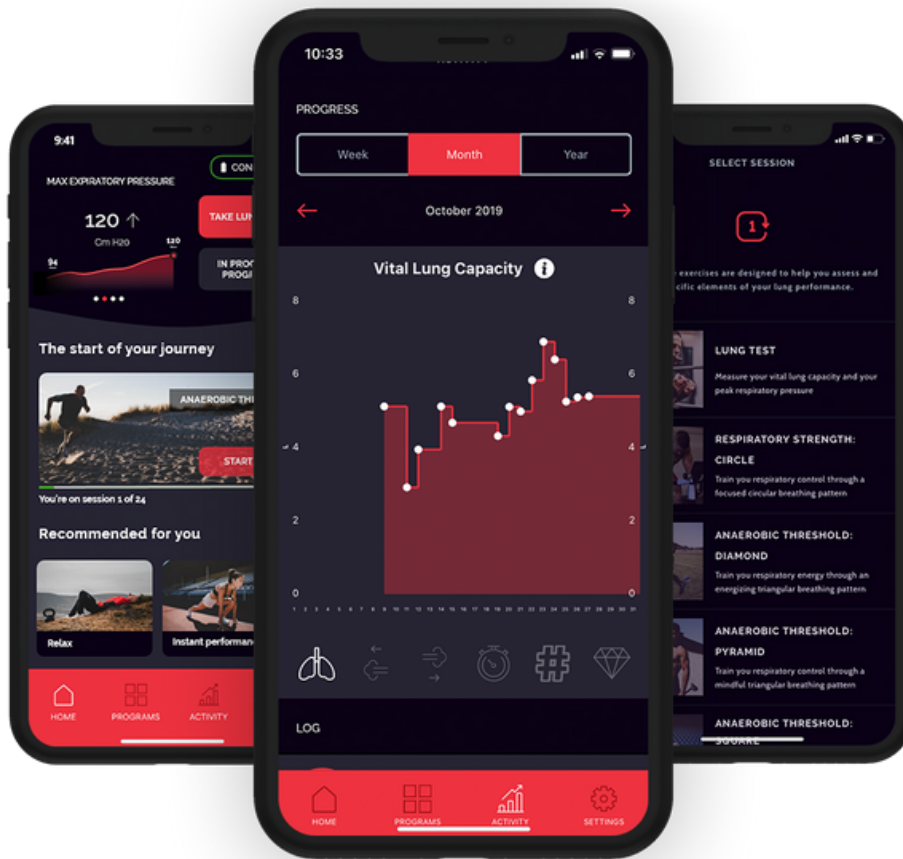
MOUTHPIECE

The mouthpiece adds extra comfort to your grip during the exercise.

E-UNIT

This removable part contains all electronics. You will find the charging plug on the inside of the E-Unit.

THE SOFTWARE



Airofit has combined respiratory training with the latest technology by connecting the trainer to your smartphone.

Since all training is designed to be done separately from physical activity, your phone guides you through all exercises.

The app acts as a virtual breathing coach, giving you live feedback and ensuring all exercises are performed correctly since you see the level of your compliance. The access to your training data gives an overview of your progress over time.



**HAPPY
TRAINING!**

AIR  FIT