

AIROFIT

STAY A BREATH AHEAD

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WORLD'S FIRST DATA-DRIVEN BREATHING TRAINER HAS IMPROVED

Like any other muscle group, your breathing muscles respond to resistance training.

Airofit has been developed in cooperation with world's leading breathing experts to significantly improve athletes' physical performance.

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Introducing the Airopfit PRO 2.0

The Airopfit training system consists of a breathing trainer and a mobile app.

The trainer provides adjustable resistance on your breathing muscles. Just like with any other muscle group, resistance training makes our respiratory muscles faster, stronger and more efficient.



How does the Airowit PRO 2.0 compare at a glance ?



Airowit PRO 2.0

- ✳ Bluetooth connectivity
- ✔ Advanced lung function measurement
- ✔ Personalized training plan
- ✔ 17 training sessions
- ✔ Extra precise guidance & feedback
- ✔ Progress tracking
- ✔ Long battery life (4-7 days)
- ✔ Magnetic charging cable
- ✔ Improved water resistance



Airowit PRO 1.0

- ✳ Bluetooth connectivity
- ✔ Lung function measurement
- ✔ Personalized training plan
- ✔ 17 training sessions
- ✔ Guidance & feedback
- ✔ Progress tracking
- ✔ Battery life (3-6 days)
- ✔ Micro USB charging cable



Airowit Active

- ✳ No Bluetooth connectivity
- ✳ No lung function measurement
- ✔ Training plan
- ✔ 6 training sessions
- ✔ Simple guidance
- ✳ No progress tracking
- ✳ No battery
- ✳ No charging cable

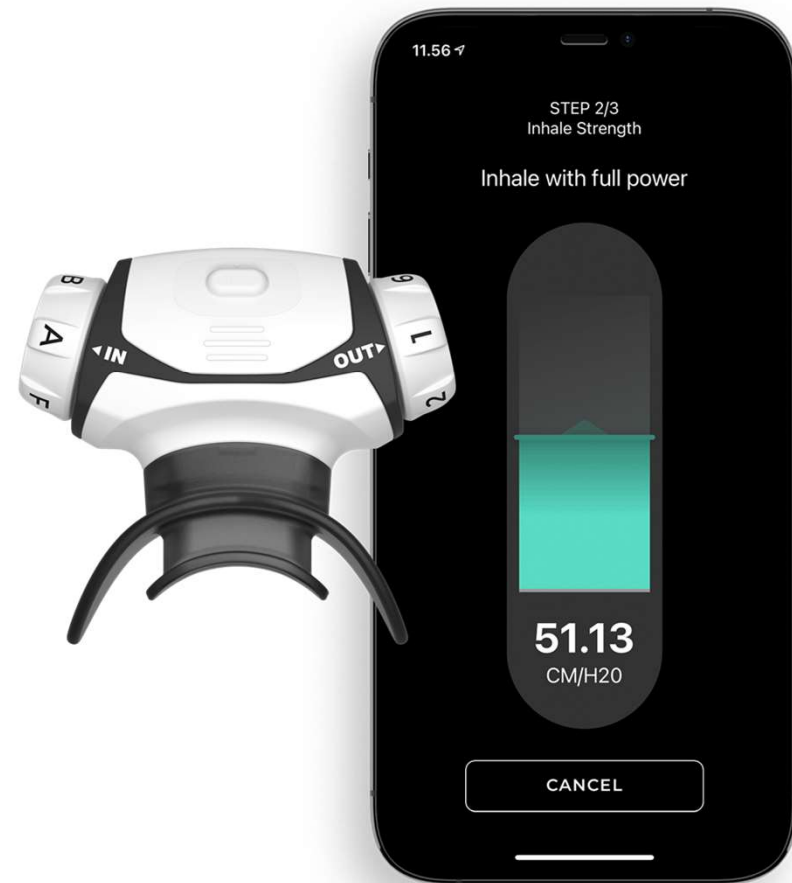
Enhanced Pressure Measurement



More precise pressure recognition in the E-Unit sensor allows for a much more accurate lung test to be performed.

The lung test is a baseline for all the trainings and sessions within the Airofit Pro App.

In 2023 this upgraded sensor will allow a new 3 step lung test to be integrated for free for all Airofit PRO 2.0 users



More robust & water resistant E-Unit



While the E-unit is not water-proof or completely water resistant. The new PRO 2.0 E unit has a better casing and much better ability to repel liquid and especially saliva.

This leads to a more robust unit with less malfunction and complications.



Magnetic Charging & Improved Battery



Quicker, easier and improved battery charging.

The magnetic cable allows snappy and easy connection.

The battery itself holds charge for slightly longer and keeps better when not in active use

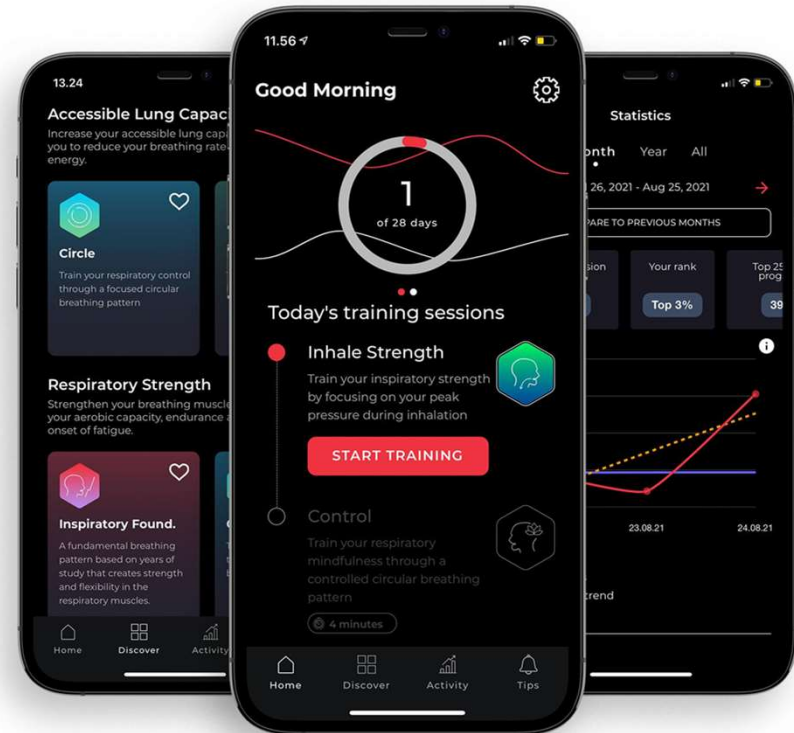




AIROFIT IS TAILORED TO YOU

Airofit is a smart trainer. We connect breathing training with the latest technology to give you live guidance and feedback during your exercises, as well as the ability to track your progress.

All exercises are tailored to you. We take measurements of your lung capacity and breathing strength and adjust training sessions to an individual with your abilities, your size, gender and age.





AIROFIT PRO APP FEATURES



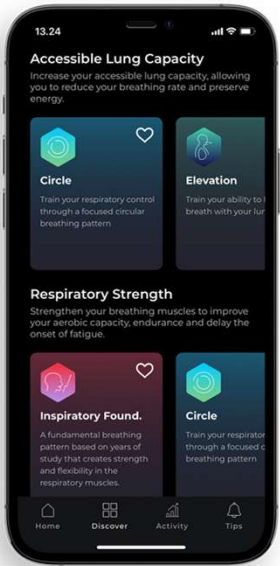
Personalized daily training plan



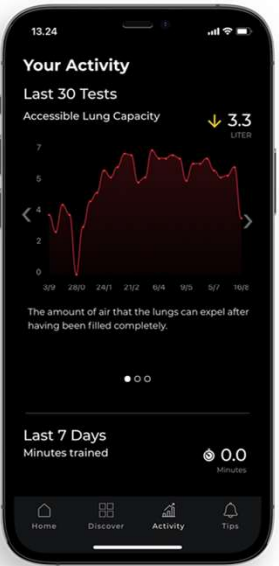
Measure your lung performance



Live guidance and feedback

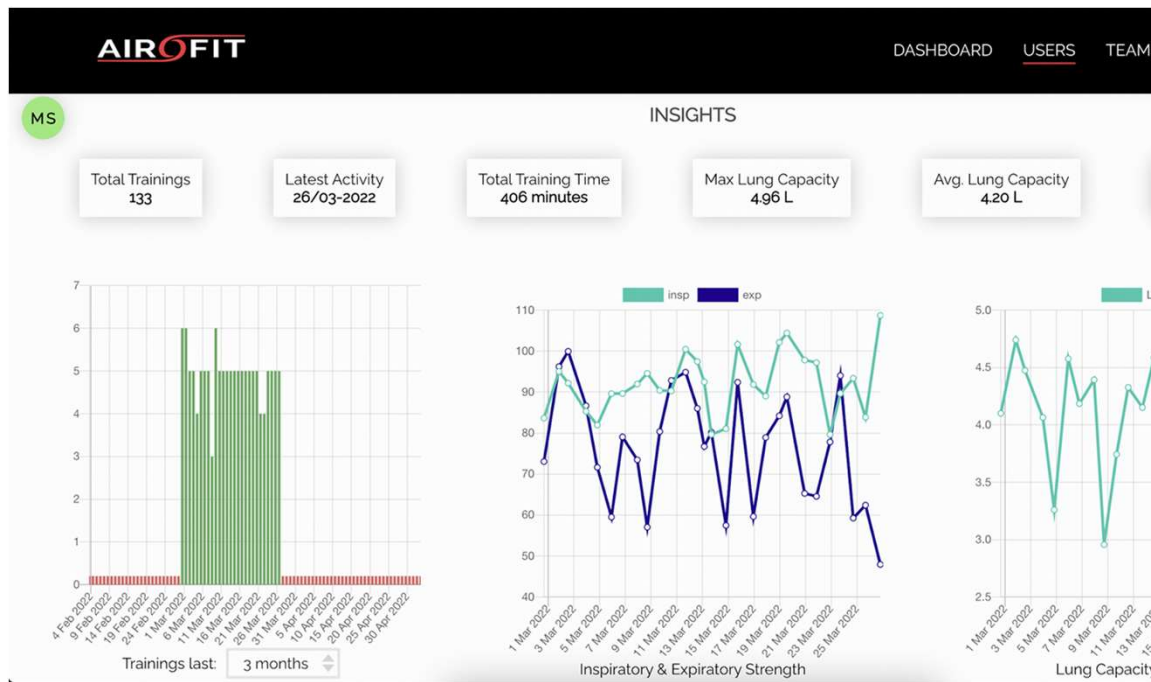


Live guidance and feedback



Track progress over time

FOLLOW OTHER'S TRAINING: Expert module



Airofit's expert module gives nursing staff and healthcare professionals the opportunity to monitor and follow the patient's daily training with Airofit - and be able to follow up if they do not follow the training as planned

The therapist can adjust the resistance of the equipment to the patient's respiratory strength



USER PROFILE:

Athletic performance

Motivation:

- Seeking a competitive edge
- Constant desire to keep improving and competing against themselves
- Aspiration for physical fitness

Benefits of Respiratory Muscle Training:

- Easier exercise perception
- Ability to train harder & longer with the same effort
- Scientifically proven improvement in performance
- Most time-efficient training
- Reduced heart rate

Success Story

> [Alex Wallace, a competitive cyclist improving his performance](#)

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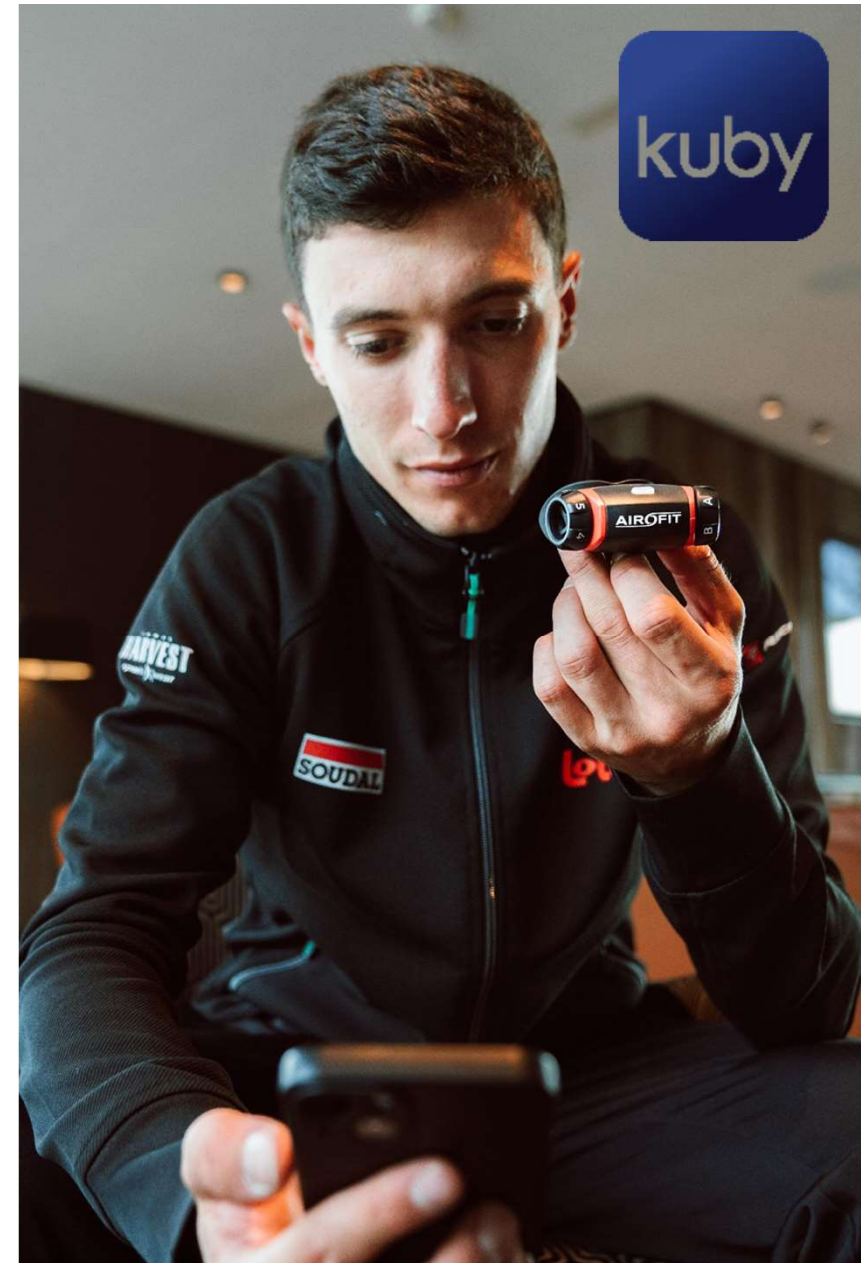
IMPROVED ENDURANCE

Due to Metabolic Reflex, breathing muscle fatigue during extended exercise causes blood vessel constriction in the limbs.

This redirects blood flow towards the diaphragm, compromising oxygen delivery to the legs.

Strong and efficient breathing muscles can postpone or eradicate the *Metaboreflex*.

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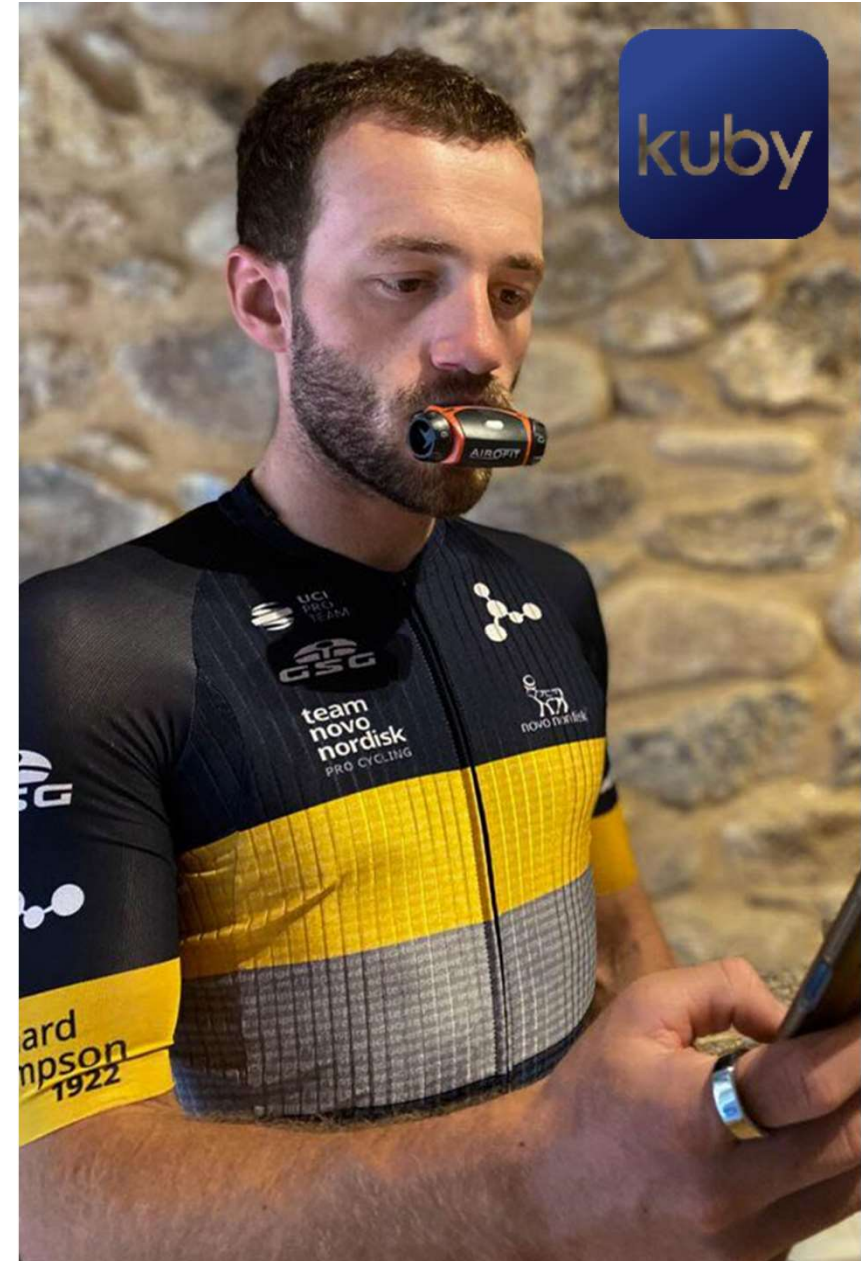
INCREASED PACE

Breath-hold exercises help you increase your CO₂ tolerance, which optimizes gas exchange processes.

Higher CO₂ levels increase the amount of oxygen released from haemoglobin to the cells.

Improved muscle tissue oxygenation allows you to push harder, for longer.

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USER PROFILE:

General wellness

Motivation:

- Feeling out of shape, possibly overweight
- Looking for solutions to improve overall well-being due to decrease in sleep quality
- Dealing with stress in work environment

Benefits of Respiratory Muscle Training:

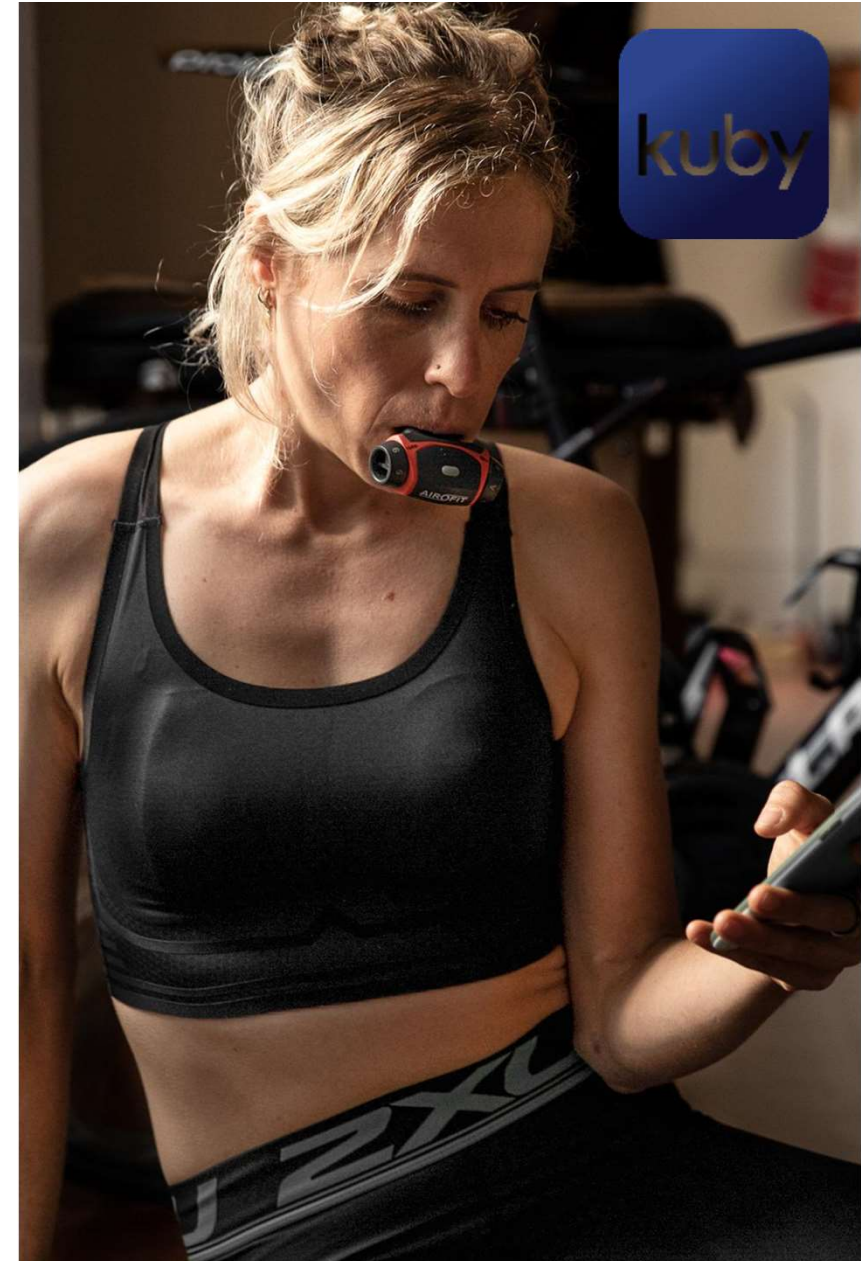
- Vagus nerve activation leads to improved relaxation and mindfulness
- Correct breathing patterns help with stress and anxiety
- Breathing muscle strength decreases breathlessness, enabling eased weight-loss

BETTER RECOVERY

While meditative breathing patterns will help with recovery during the night, breath training will also help recover between efforts during performance.

Lowered breath rate and heart rate allows athletes to train at lower heart rate zones and lower the exercise perception without lowering exercise intensity.

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USER PROFILE:

Health benefits

Motivation:

- Pulmonary issues like COPD or asthma
- Ageing that has lead to decrease in lung efficiency
- Recovery from respiratory disease like COVID-19
- Decreased lung function due to smoking

Benefits of Respiratory Muscle Training:

- Increased ability to deal with COPD and Asthma symptoms
- Potential decrease in necessary medication
- Regaining physical independence

Success Story

[> Mike Agathagelou overcame COPD and post-Covid symptoms <](#)

Compilation of selling points



Benefits-related:

- Improves overall performance in just a few weeks, training 5-10 minutes a day
- Increases lung performance by 10% in under four weeks
- Stronger breathing muscles get less fatigued and work more efficiently
- Faster recovery time after exercise
- Improves sleep quality
- Reduces stress, anxiety, and depression
- Frees up more energy for use elsewhere in the body
- Airofit benefits everyone - professional and amateur athletes, fitness fans, and anyone who has ever run out of breath while taking the stairs
- Helps sufferers of pulmonary conditions like Asthma, MS, COPD, & long Covid
- Benefits of respiratory training are backed up by substantial research
- Used by elite sports people & teams in many disciplines

Product-related:

- The training system consists of a breathing trainer and a mobile application
- The trainer connects to the app via Bluetooth (compatible with iOS version 11 or newer, and Android version 7 or newer)
- The breathing trainer improves your breathing performance - inspiratory and expiratory strength and vital lung capacity, using adjustable resistance levels
- The app processes training session data which is visualized on your smartphone in real-time, giving you live feedback, guidance, and the ability to track your progress
- All Airofit training sessions and programs are tailored to each individual - their physical ability, age, sex, and personal preferences
- Respiratory training works just like training any other muscle group, using resistance to strengthen your breathing muscles, making them faster, stronger, and more efficient
- All Airofit's sessions and programs are developed by breathing experts
- The app allows the user to validate the progress they are making
- Unlike its competitors, Airofit targets different areas of breathing. While others can train only inspiratory, and sometimes expiratory strength, Airofit trains both inspiratory and expiratory strength, vital capacity, anaerobic threshold, revitalization, and other area



After 1 week of using Airofit I set a new Functional Threshold Power during a race, whilst matching my previous maximum 20-minute power output for an entire 40 minutes.

Alex Wallace, Bikestrong-KTM

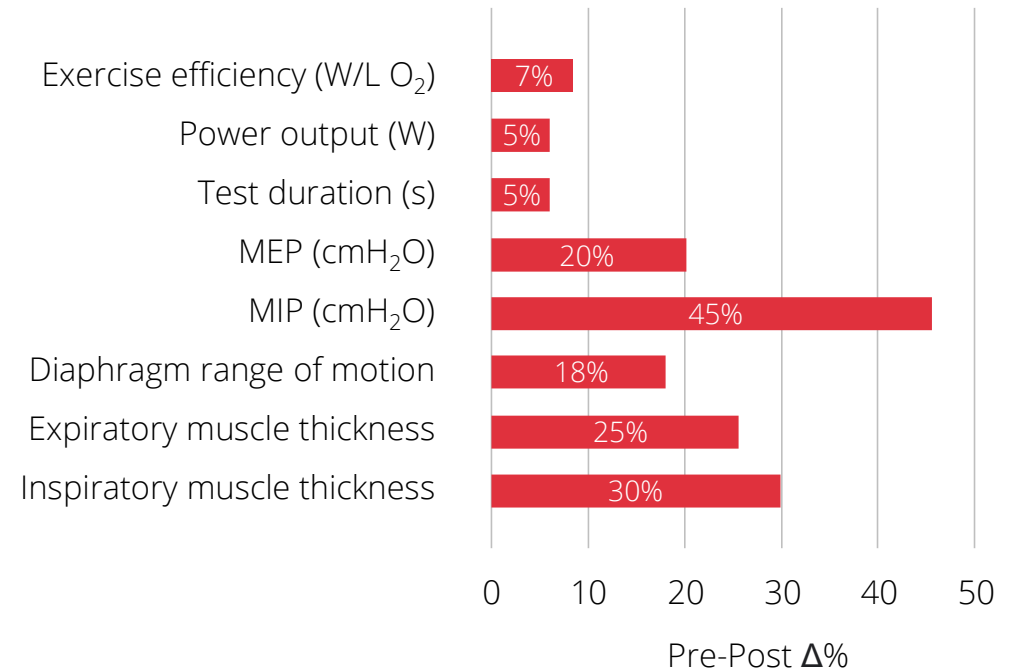


TESTED AND PROVEN

In September 2022, Airofit was tested on 24 healthy individuals tested Airofit's effect on their physical performance.

While the participants saw massive improvements in their respiratory function, they also increased their exercise efficiency, power output, as well as exercise duration under maximum effort.

[> See the full paper here <](#)



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