

## What is Airowit?

Airowit is a respiratory training system that improves your physical performance, as well as general wellbeing through tested breathing exercises.

Airowit generates resistance on your respiratory muscles. This causes fatigue, which is then compensated by muscle tissue growth, making your breathing muscles faster, stronger and more efficient - just like any other muscle group.



### Better control during competition

Airowit helps strengthen your diaphragm so you can breathe more effectively and get more oxygen while racing. As a result, you can go longer between breaths while swimming and maintain control throughout.



### More endurance during long swims

Swimming longer distances and incorporating breath control work into your workouts each week can help you challenge yourself and ensure you are staying mindful of your technique and breathing.



### Perform when it counts the most

Whether you want to swim a no-breath 50 free, conquer a 200 stroke or improve your underwaters, Airowit boosts your anaerobic threshold which prolongs the period of time you can perform at maximum power output.

## Used separately from other physical activity

Airowit is designed to be used separately from training and other physical activity. This means that you can use Airowit in any free moment - at work, after a gym session or whatever suits you best.

**And it only takes 5-10 minutes a day.**

**AIROWIT**  
STAY A BREATH AHEAD



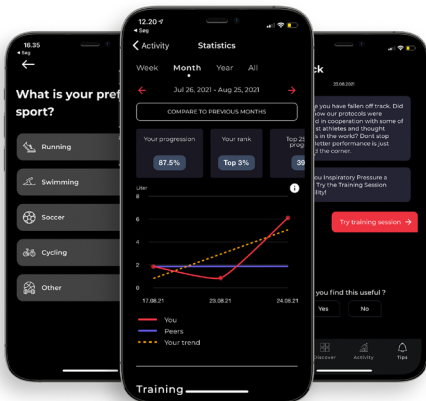
## How does Airofit work?

The Airofit Breathing Trainer provides adjustable airflow resistance to your respiratory muscles. It measures your breathing volumes and strength and sends data directly to our app on your smartphone.

**“After 4 weeks of training with Airofit, I increased my accessible lung capacity by over 25%. I definitely feel the difference in my swimming.”**

**FARES KSEBATI**

*Swimmer, Co-Founder of MySwimPro*



## What does the app do?

The app acts as a virtual breathing coach, giving you live feedback and ensuring all exercises are performed correctly. Your training data is stored and gives you an overview of your progress over time. Compatible with iOS and Android.