LEADING EXPERTS IN RESPIRATORY PHYSIOLOGY have found that strengthening your breathing muscles can help to prevent symptoms of respiratory diseases and increase the vital capacity of your lungs.

Airofit is the world’s first data-driven respiratory training system. Spend only five to 10 minutes twice a day using the device to significantly improve your breathing muscle strength, general well-being and physical performance.

The lightweight device adds resistance to your呼吸 while you follow the voice-guided training sessions that focus on different areas of breathing — designed by breathing experts and implemented into a user-friendly app. Since all training is made to be done separately from your daily activities, you can easily slip the exercises into your routine. The app acts as a virtual breathing coach, giving you live feedback and ensuring all exercises are performed correctly since you are able to see the level of your compliance. The access to your training data gives an overview of your progress over time.

Visit airofit.ceu for more information.