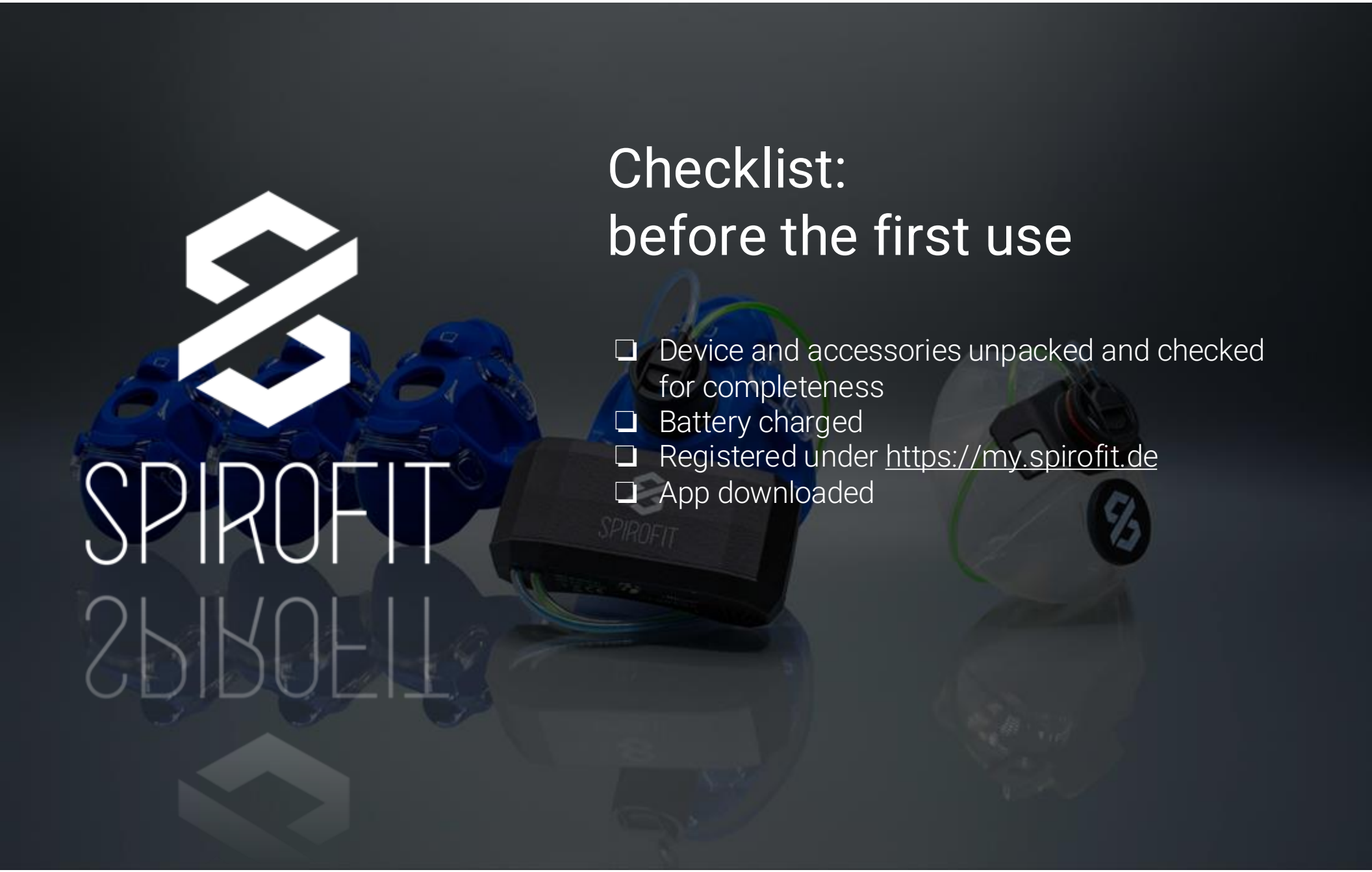
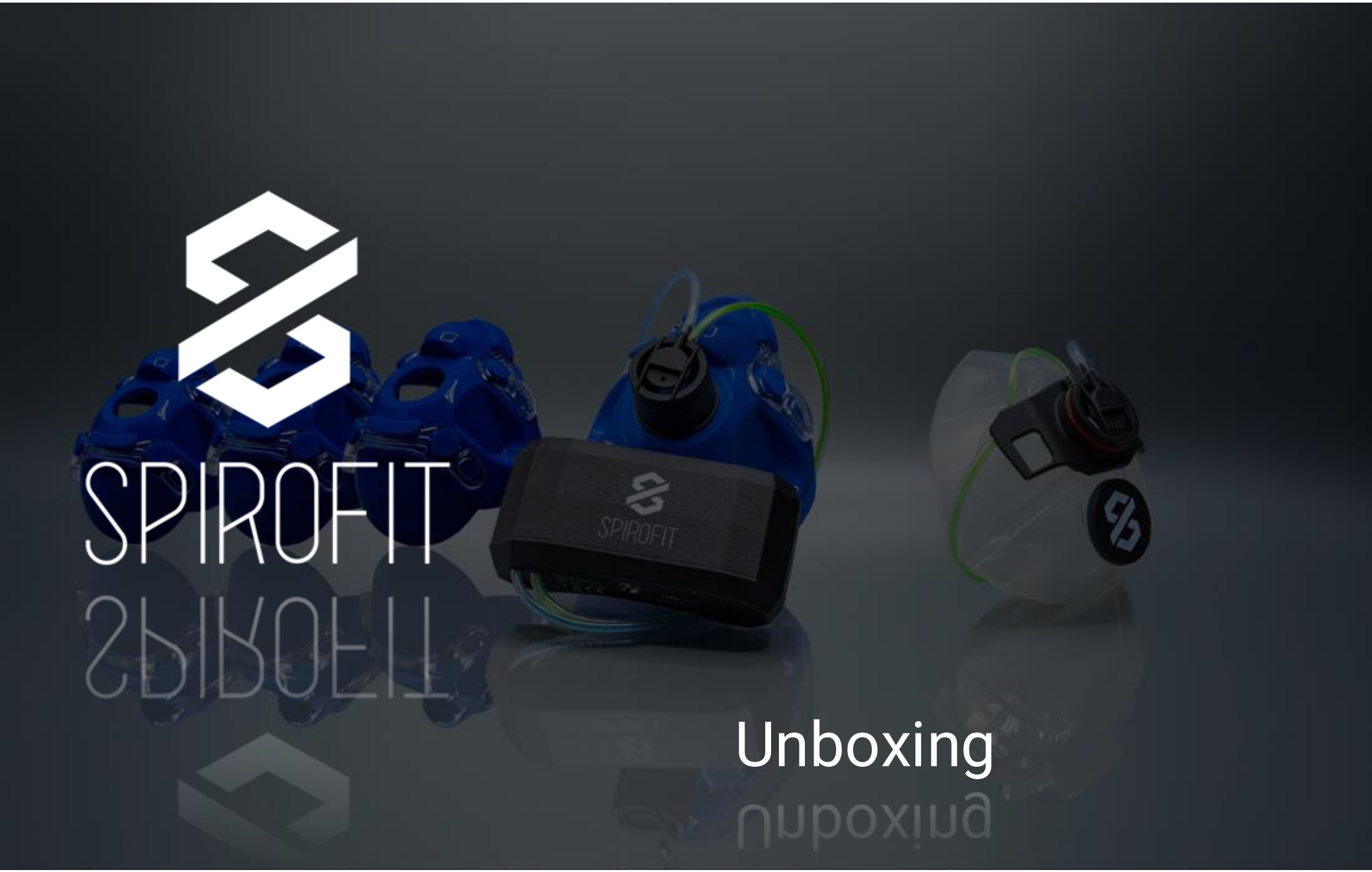

SPIROFIT
Quick Start Guide



Checklist:
before the first use

- ❑ Device and accessories unpacked and checked for completeness
- ❑ Battery charged
- ❑ Registered under https://my.spirofit.de
- ❑ App downloaded


SPIROFIT
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Unboxing

Scope of Delivery: Principal Package *



1. BreathPilot: The central processing unit of the SpiroFit.
2. Hans Rudolph Performance Mask (Size S) with adaptor
3. SpiroFit Performance Sleeve for the Hans Rudolph Performance Mask
4. Heart Rate Chest Strap
5. Battery Set: Includes two batteries and a charging cable.
6. Resting Metabolic Mask
7. Ultralight Sleeve for the Resting Metabolic Mask

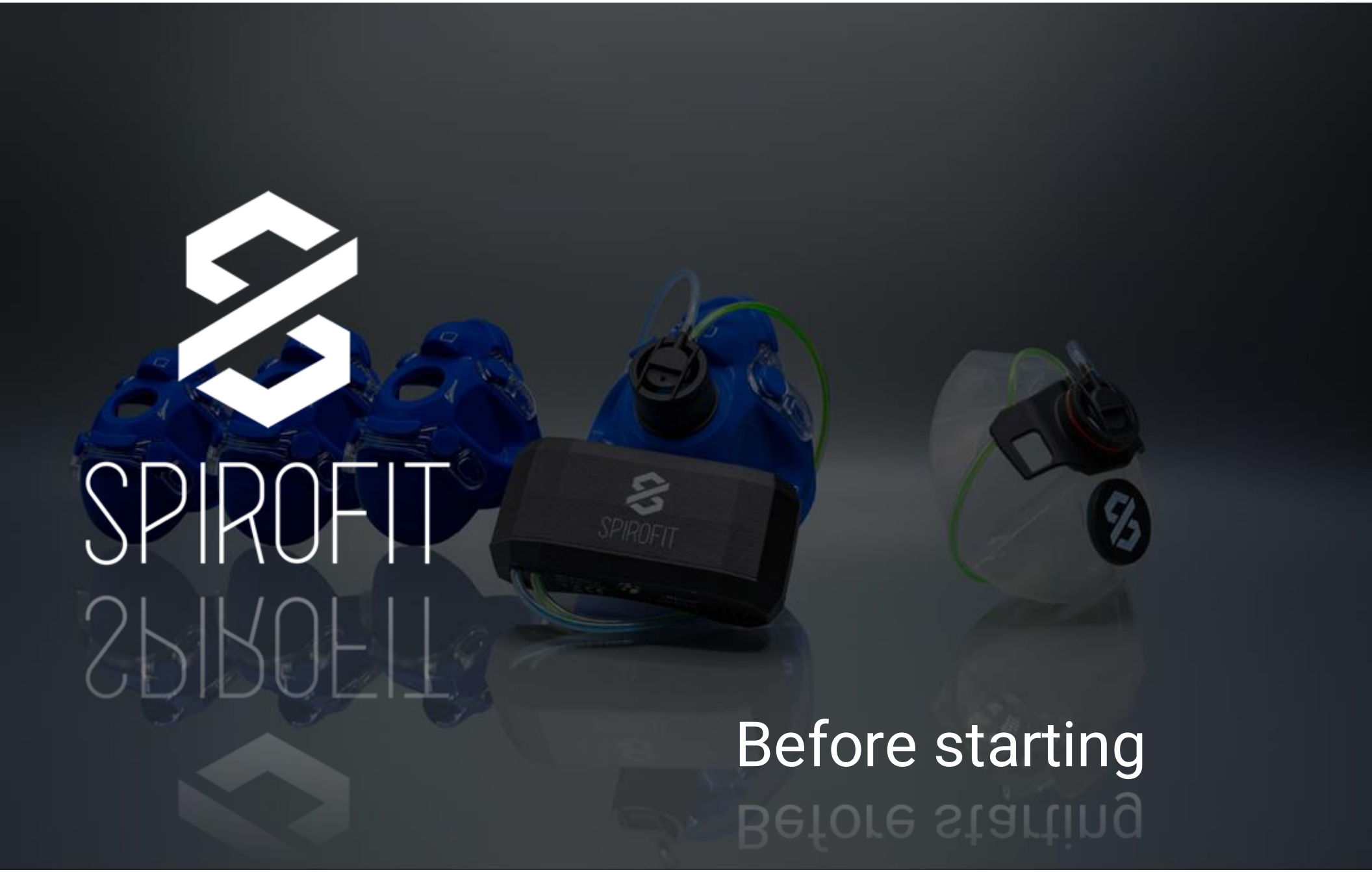
* The scope of delivery may vary depending on the availability of individual components and ongoing product improvements.

Scope of Delivery: Executive Bundle *



1. BreathPilot: The central processing unit of the SpiroFit
2. Heart Rate Chest Strap
3. Resting Metabolic Mask
4. Ultralight Sleeve for the Resting Metabolic Mask
5. Battery Set: Includes two batteries and a charging cable
6. 4x SpiroFit Performance Sleeve for the Hans Rudolph Performance Mask
7. 4x Hans Rudolph Performance Mask (Sizes P, XS, S, M) with adaptor

* The scope of delivery may vary depending on the availability of individual components and ongoing product improvements.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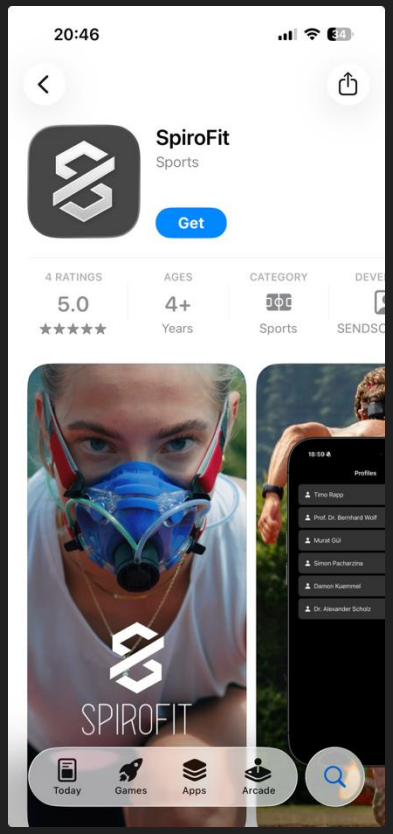
Before starting

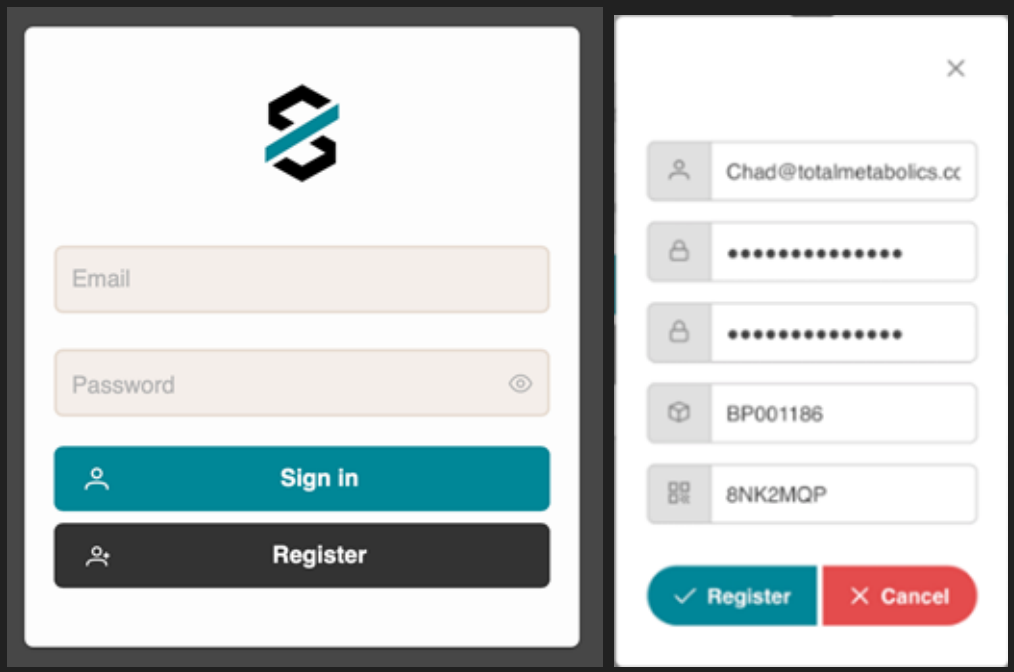
Download the mobile app

- Scan the QR code and download the SpiroFit mobile app.



Register at MySpiroFit Cloud

- To access the cloud server, enter the following address in your desktop or iPad browser's address bar: https://my.spirofit.de/
- "Register" your device by filling in the required fields. You will find the 8-digit serial number and activation code in the battery compartment of the analyzer.



Charge the battery

- While your batteries should come pre-charged, check the charge status by plugging them into the supplied charging cable and noting the color:

  green = charged
  orange/red = charging

- Charge the battery using the supplied charging cable.

- Note: SpiroFit does not have a battery level indicator. Therefore, always insert a fully charged battery into the SpiroFit before starting a new measurement.

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Assembling the device

Insert the Battery

- Open the battery compartment and insert a fully charged battery.
- Close the battery compartment and ensure it is securely locked.
- One battery charge allows for at least 1 hour of testing.
- Only insert the battery into the device when the device is needed.





Preparing a Resting Test



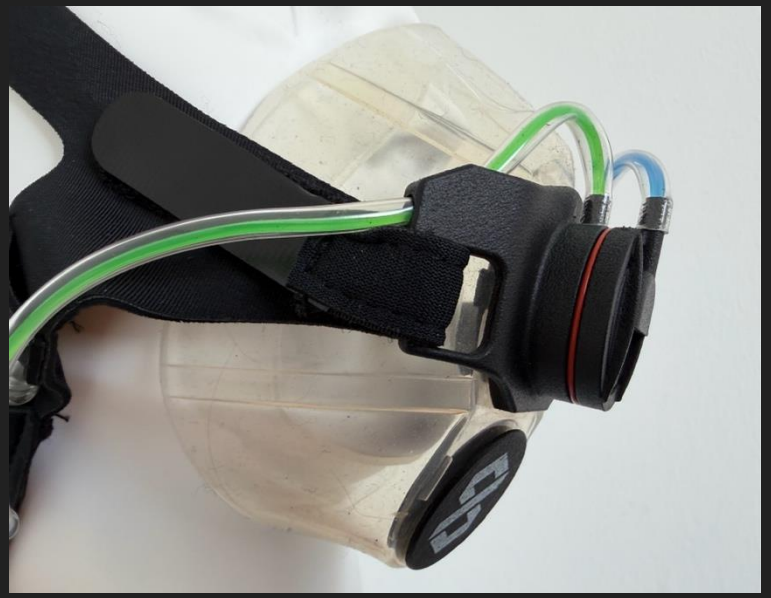
Attach the SpiroFit BreathPilot

- Insert the SpiroFit BreathPilot into the retaining loop of the sleeve so that the hose connectors are positioned at the bottom left.
- The loop is located on the back (rear side of the head) of the SpiroFit sleeve.
- Guide the hoses through the designated hose guides on the sides of the SpiroFit sleeve.
- Route the blue hose along the left side of the head and the green hose along the right side.



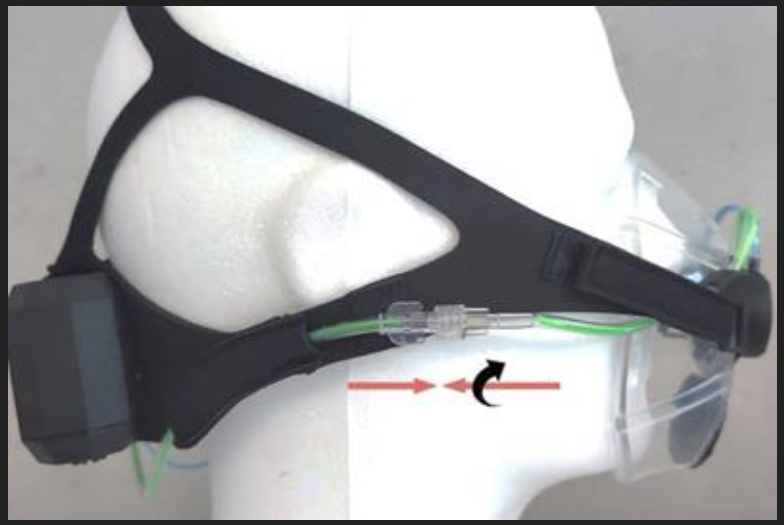
Attach the SpiroFit Sleeve & adjust the fit

- Thread the hook-and-loop-covered ends of the SpiroFit sleeve from the inside to the outside through the loops of the Resting Metabolic Mask and secure the headstrap to itself.
- Thanks to the extra-long straps, the fit of the headstrap can be adjusted so that the mask sits firmly, yet comfortably, on the head.



Connect the measurement tubes

- Connect the tube ends together and lock them by twisting, making sure to match green to green and blue to blue.
- The blue tube is for respiratory gas measurement, while the green tube is for airflow measurement.
- Make sure there are no kinks in the tubes.



Before running a test

- Switch on the device and let it run undisturbed in a wind-free environment for at least 60 seconds
- This allows the sensors to stabilize and perform their initial calibration

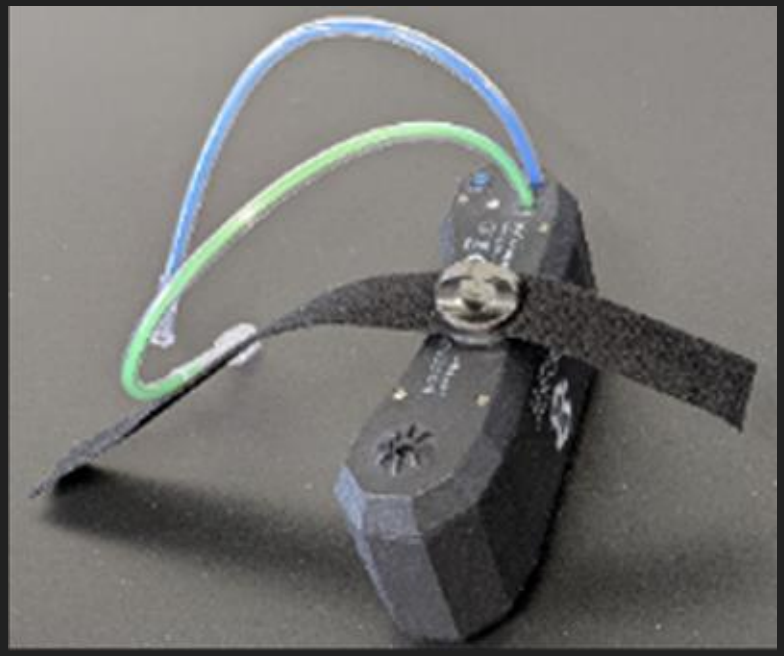


Preparing an Active Test



Attach the mounting strap to the BreathPilot *

- Screw the fastening screw of the mounting strap into the thread on the underside of the BreathPilot.
- Make sure that the short end of the strap points toward the SpiroFit logo on the front of the BreathPilot.



* When using the SpiroFit with the Hans Rudolph Headgear (red)

Attach the BreathPilot to the headgear *

- Thread the long end of the strap through the upper bar of the Hans Rudolph Performance Headgear.



- Pull it tightly over the BreathPilot and fasten the strap securely to itself.



* When using the SpiroFit with the Hans Rudolph Headgear (red)

Attach the Breath Pilot and the mask *

- Insert the SpiroFit BreathPilot into the retaining loop of the sleeve so that the hose connectors are positioned at the bottom left.
- Connect the hooks of the sleeve with the Hans Rudolph Performance Mask (blue)



* When using the SpiroFit with the SpiroFit Performance Sleeve

Insert the adapter

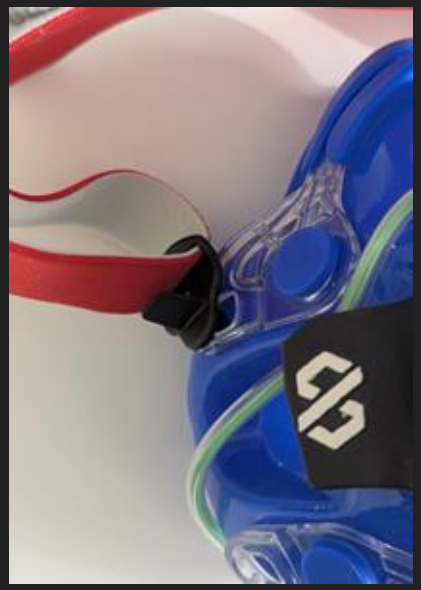
- Insert the Adapter into the Hans Rudolph Performance Mask so that the tubes point upward.
- Remove any existing adapters or measurement tubes from the mask beforehand.
- Make sure that the tubes are connected properly to the adapter





Connect everything

- Attach the Performance Mask to the Performance Headgear using the hook-and-loop straps.
- Connect the tubes and secure them tightly.
- Adjust the mask and headgear fit by loosening or tightening the black velcro straps.





Before running a test

- Switch on the device and let it run undisturbed in a wind-free environment for at least 60 seconds
- This allows the sensors to stabilize and perform their initial calibration

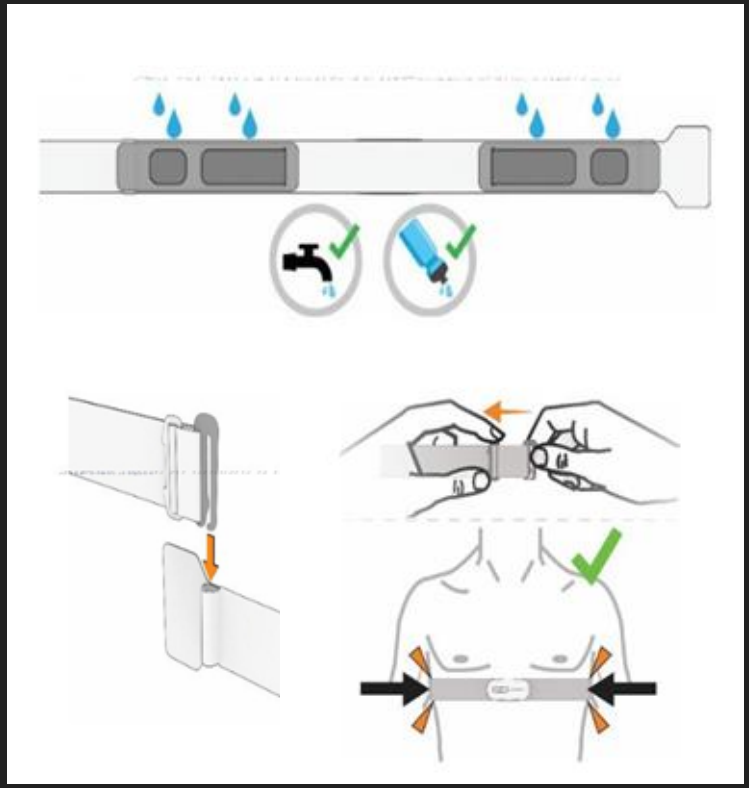




Pairing and wearing the heart rate monitor

Wearing it

- Wet the sensors to ensure effective data capture.
- The heart rate monitor must be worn directly on the skin
- Connect the strap hook on the front or side of your body.
- Adjust the straps to a snug, but comfortable fit.
- When satisfied with the fit, orient the strap so that the module sits in the middle of your chest, as shown.





Running a test

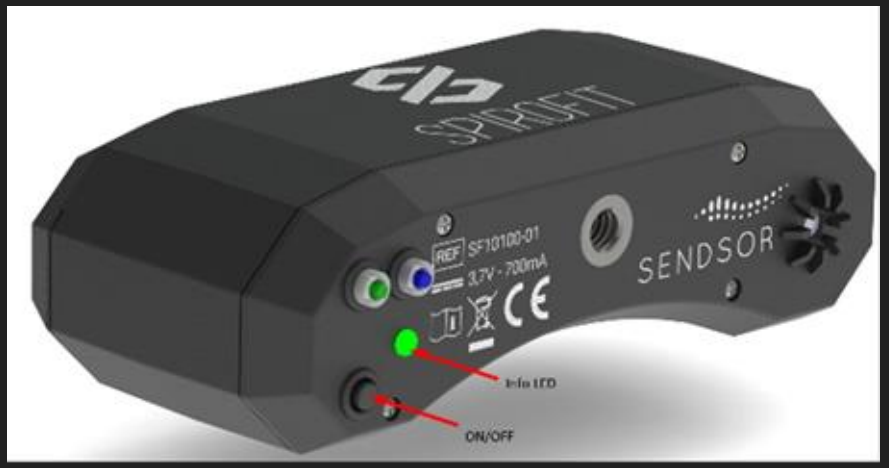
Checklist for avoiding measurement errors

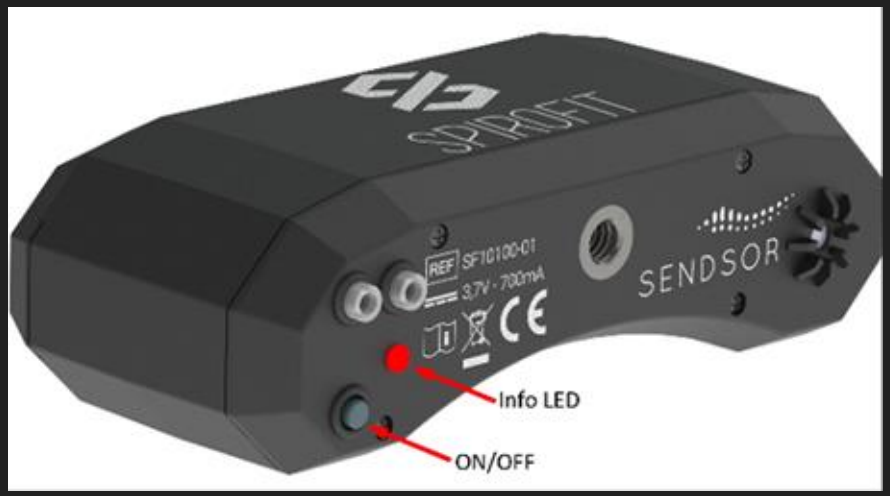
- ❑ Device has run undisturbed in a wind-free environment for at least 60 seconds away from the user
- ❑ Tubes point upward on the front and downward on the back
- ❑ Tubes are properly connected, and free of kinks
- ❑ Mask fits tightly
- ❑ Note: to use the mask for an Active Metabolic Test, we recommend first attaching ONLY the upper hook-and- loop straps of the mask, then attaching the bottom ones after the mask and headgear are on the head.



Starting the measurement

- Briefly press the On/Off button – the Info LED lights up green.
- Put on the mask only after the device has been turned on and has been running for at least one minute.





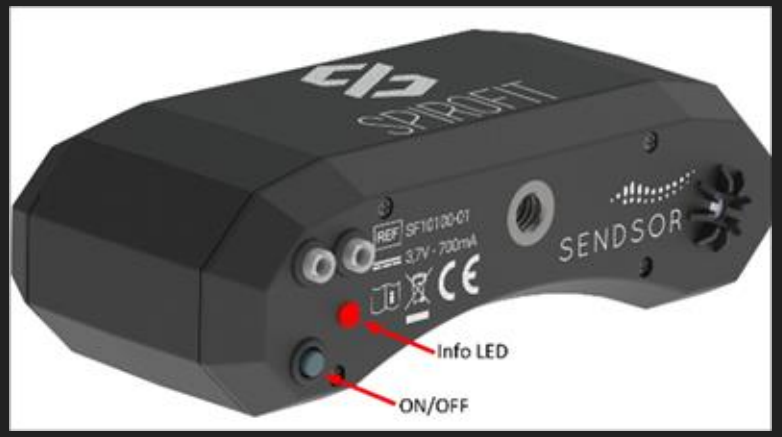
Drying

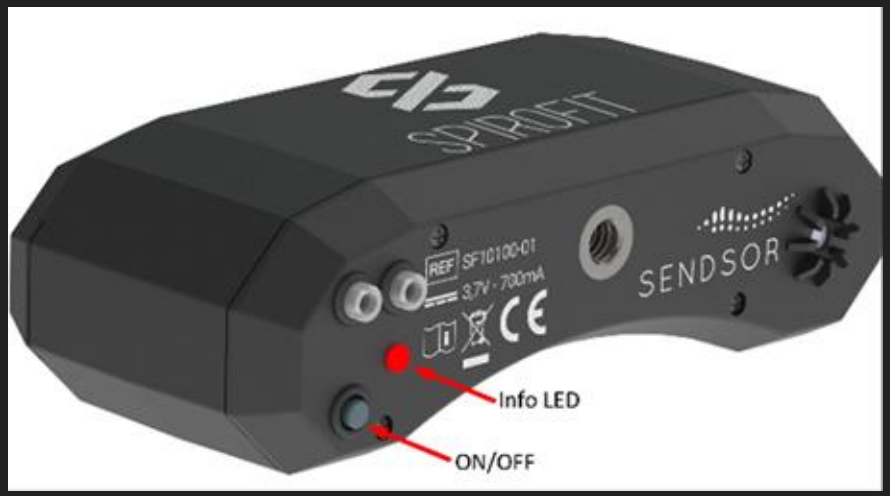
Important: Drying after the measurement

After the measurement, the integrated pump keeps running and the LED lights up yellow. It switches off automatically once drying is complete.

If you still see moisture, or if the device was used outdoors and brought inside, turn it on again. If it can then be switched off by holding the On/Off button for 2 seconds, it is sufficiently dry.

After each test, let the device dry in a warm, dry environment. Do not store it until it has dried for at least 24 hours.





Cleaning

Mask Cleaning

- We recommend cleaning after each use.
- Connect the hose connectors of the blue and green tubes of the SpiroFit Resting Metabolic Mask to each other to reduce the risk of water entering.
- Wash the masks with soapy water.
- Disconnect the tubes again and let the masks air-dry or dry with a lint-free cloth.

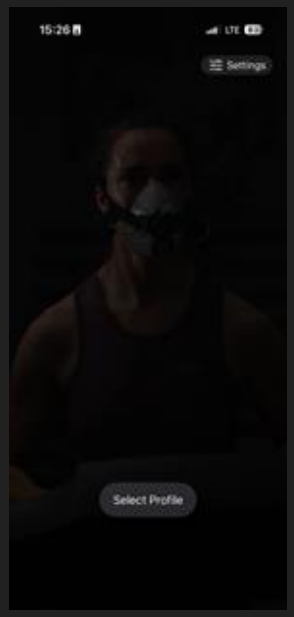


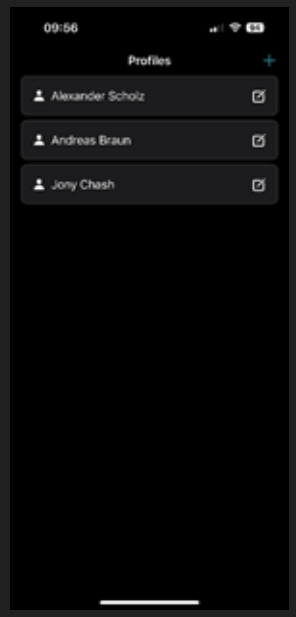
Cleaning

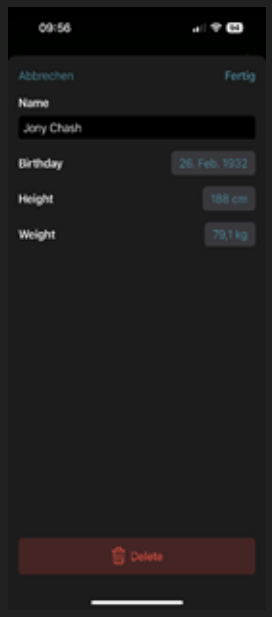
- Ensure that all parts are thoroughly dried after each cleaning.
- Do not use any solutions containing bleach, chlorine, or alcohol.
- Avoid direct sunlight during long-term storage.
- Not suitable for cleaning in dishwashers or other mechanical cleaning systems.
- Never store the SpiroFit or any of its components in the SpiroFit carrying case or any other container while they are still damp.

Open the SpiroFit app on your iPhone or iPad

Click “Select Profile” to create, edit, or delete an athlete profile or view an existing athlete’s landing page where you can start a new test or view past test data.



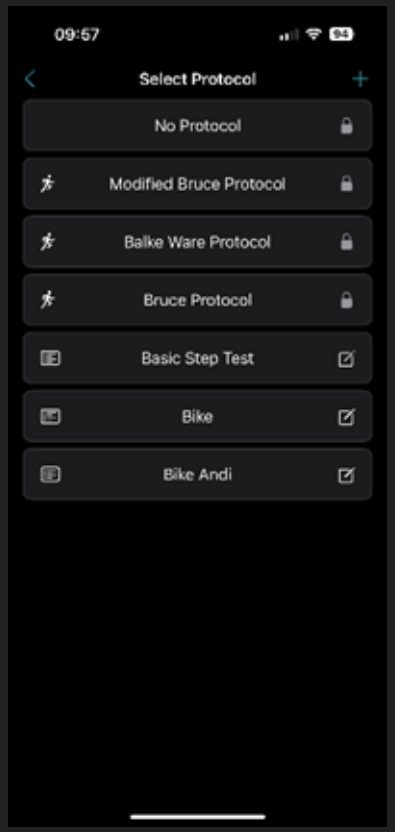






Setting up an Active Test

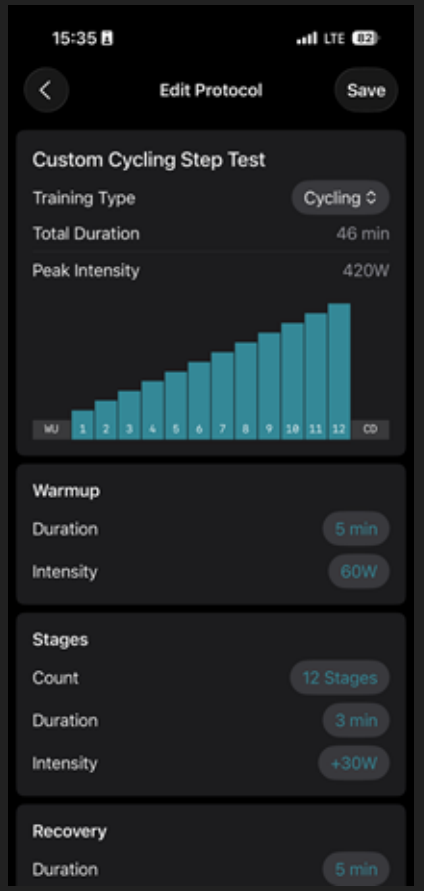
- If you wish to perform an ”Active Test,” you will be required to choose or create your desired test protocol.
- If you wish to perform a non-traditional exercise test or simply experiment with your activity and data collection, “No Protocol” will likely suffice.



Setting up an Active Test

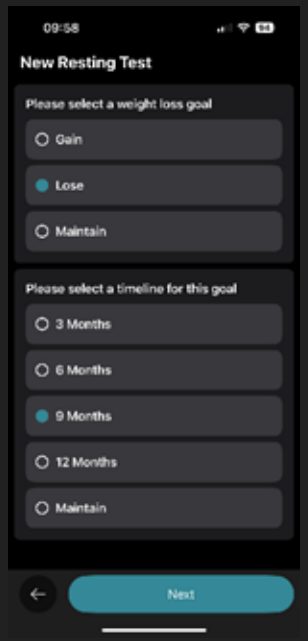
Correct application of measurement phases:

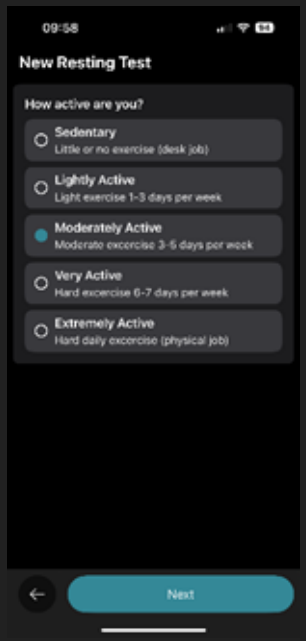
- 5 minutes of light exercise without load (warm-up phase for baseline)
- Perform test with desired load
- Make sure to have a Peak Intensity significantly higher than the expected peak of the athlete
- 5 minutes of light exercise without load (cool-down phase)

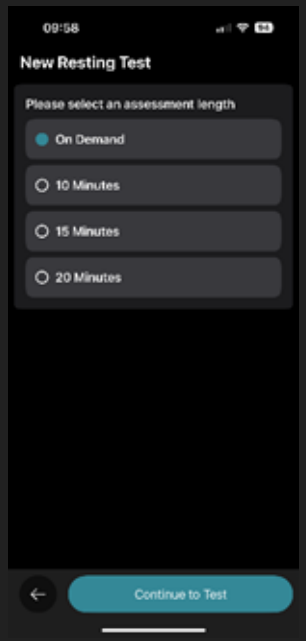


Setting up a Resting Test

- If you wish to perform a ”Resting Test,” you will be prompted to answer questions specific to athlete goals and desired test length.
- Do not measure directly after eating.
- Avoid movement and speaking.
- Duration: at least 15 minutes; the first 5 minutes should be excluded during cloud analysis.

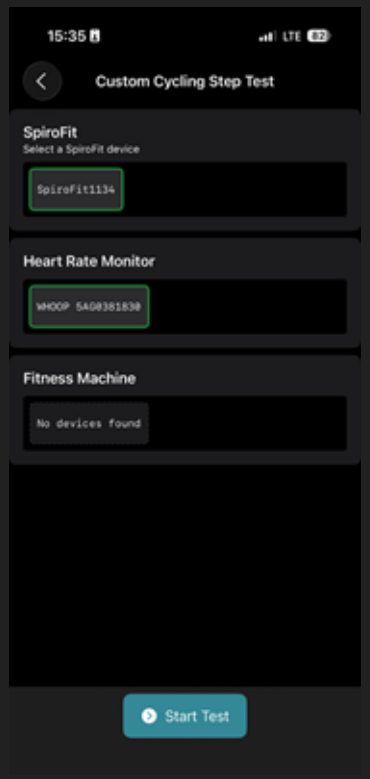


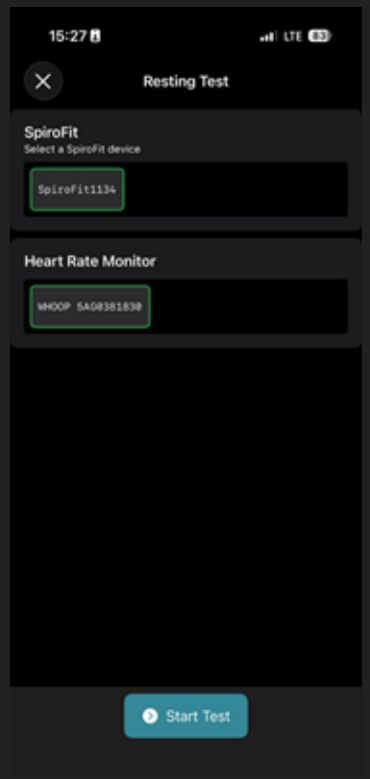




Beginning a test

- After protocol selection, you must select and connect (*tap to highlight*) to the SpiroFit analyzer you will be testing with (this is required to begin a test).
- We highly recommend you connect to a heart rate monitor, though it is not required.
- Press “Start Test” to begin testing.





Live measurement data

- During the measurement, live data and protocol stage information are shown in real time.
- Selecting live data tiles displays the corresponding values graphically in the chart area.
- To select a new metric to display, you must first de-select one or both of the current tiles.
- You may skip stages, pause your test, or end measurements early.



Live measurement data

- RF: Breathing rate - Number of breaths per minute.
- HR: Heart rate - pulse rate in beats per minute. Only available with a connected pulse sensor.
- POWER: The current power in watt. A bike trainer connection must be established for this.
- TV: Tidal volume - volume exhaled per breath.
- VE: Ventilation (minute volume) - volume of air (in liters) that is inhaled and exhaled per minute.
- VO2: Oxygen consumed by the body in ml/min. If body weight is specified in the settings, the unit changes to ml/min per kg body weight.
- VCO2: CO2 content of exhaled air in ml/min. If body weight is specified in the settings, the unit changes to ml/min per kg body weight.
- RER: Respiratory exchange ratio.
- PEAK EXP FLOW: Maximum respiratory flow during exhalation (expiratory).



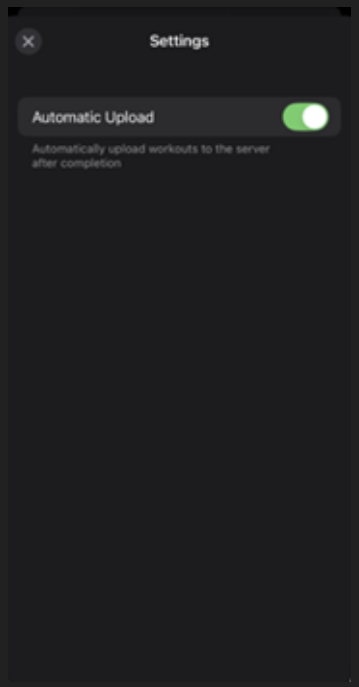


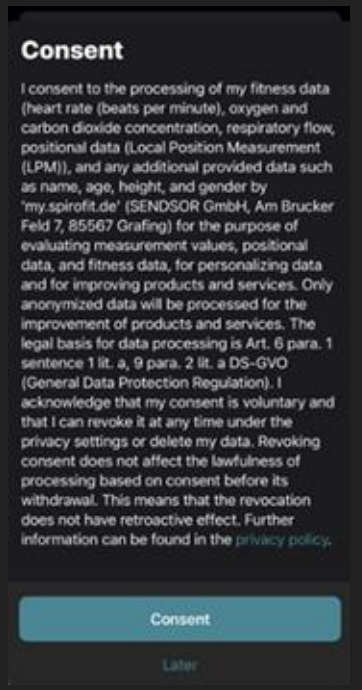
Data analysis

Upload data to the cloud

- To view and analyze your data in the cloud server, you must be sure to export it and consent to the processing of your data.
- To export automatically, you can navigate to “Settings’ (top right) and ensure that “Automatic Upload” is selected.
- To export manually, you can tap a previously finished test and select “Upload to Server.”

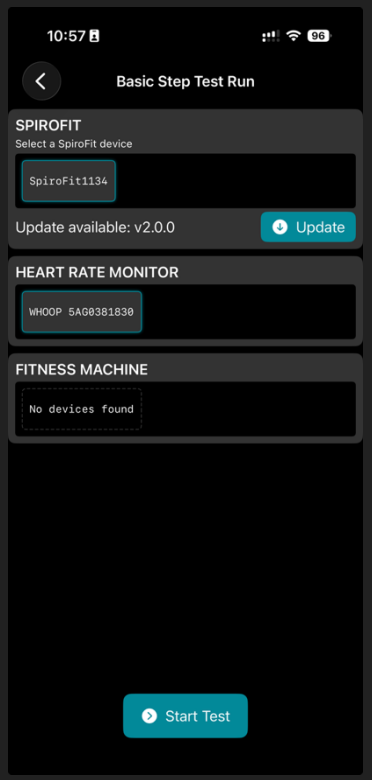


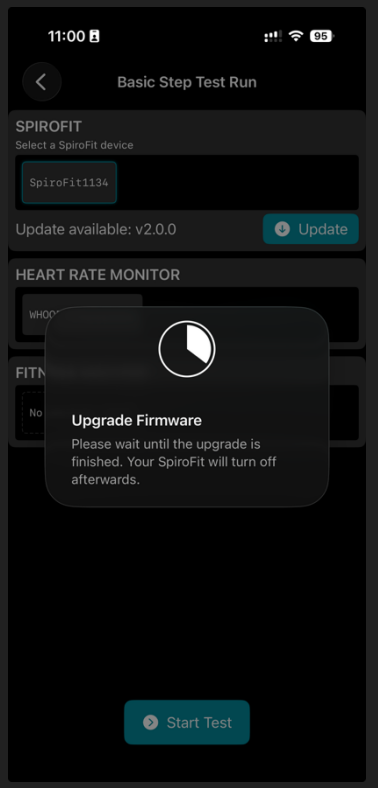




Keep your device up to date

- Firmware updates will be displayed when connecting to a device.
- For optimal functionality, accept firmware updates when they are available.
- Keep the app open during the update process to not interrupt the installation.





Data analysis and reporting

- After registering yourself and your SpiroFit device, you can view extended data analysis and print/share test reporting via the MySpiroFit Cloud.

  For example:
  https://my.spirofit.de/en/demo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