



Who are we?

Airofit is a Danish company with a global outreach that takes on the challenge of improving people's health, general well-being and athletic performance through isolated, guided breathing exercises.

We have combined breathing training expertise with modern technology to offer customized and tailored breath training programs to anyone - whether they are into sports, want to sleep better, or simply want to feel better on daily basis.

What do you get?

More energy daily



Increase your accessible lung capacity, reduce breathing rate and feel more energized throughout the day

Lower heart rate



Reduced breathing rate lowers your resting heart rate and blood pressure as well as during physical activity

Better performance



Airofit allows you to push yourself harder, faster, and for longer periods of time, making you a better athlete

Better sleep



Meditative breathing patterns will help you relax before bed, fall asleep quicker, and reduce snoring

Airofit PRO

Smart and data-driven.

Airofit PRO is the world's first truly smart breathing training device. It measures your current lung function and personalizes all training.

Live guidance ensures you train correctly and the data-driven approach allows for consistent progress which can be tracked over time.



Airofit Active

Simple and effective.

If you want to improve your health, overall well-being and physical performance through guided fundamental breathing exercises, then Airofit Active is the perfect tool for you!

Airofit Active is a simplified version of our Airofit PRO breathing trainer.