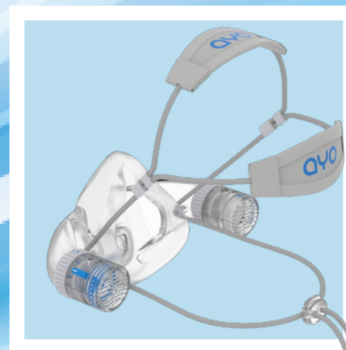
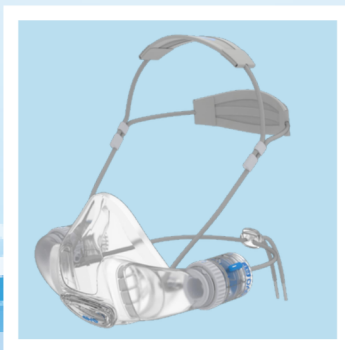


QYO™ BT

RESPIRATOR

Modular Diaphragmatic Breathing Trainer

USER MANUAL



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Introduction

Congratulations on purchasing AYO BT, the world's first modular diaphragmatic breathing training respirator. Designed in Australia with patented innovation, it is an essential tool to train and optimize diaphragmatic breathing through the nose.

AYO BT Key Benefits:

- Train diaphragmatic breathing through the nose – Activate your diaphragm naturally.
- Prevent exercise-induced Asthma – Condition air intake and breath.
- Limit hyperventilation – Normalize breathing.
- Easier adaptation to higher CO₂ and lower O₂ – Reduce breathlessness
- Improve breathing efficiency and Boost VO₂Max.
- Condition, Strengthen and Optimize Breathing.
- Increase lung capacity and Enhance sports performance

Warning!

AYO BT respirator must be used correctly to avoid adverse health effects and to gain the expected benefits. Please read the following carefully before use:

- Do not use AYO BT if you are not in good general health.
- Do not use AYO BT when you are not fully alert or not feeling well.
- Do not use AYO BT when you have known illnesses, particularly heart disease, high blood pressure, diabetes, kidney disease, blood clots, and acute gastrointestinal disease.
- Do not use AYO BT when you are pregnant.
- Do not use AYO BT if you have a recent open cut or bleeding.
- Do not use AYO BT if you have transplanted organs.
- If you are taking any prescription drugs, consult your doctor before using AYO BT.
- If you have severe asthma or COPD, do not use AYO BT without the prior consent of your doctor.
- Do not use AYO BT for a long period with severe air hunger.
- Do not use AYO BT for exercises or weather conditions that cause unbearable breath and heart rate.
- Do not wear AYO BT for over an hour without consulting your doctor.

Important!

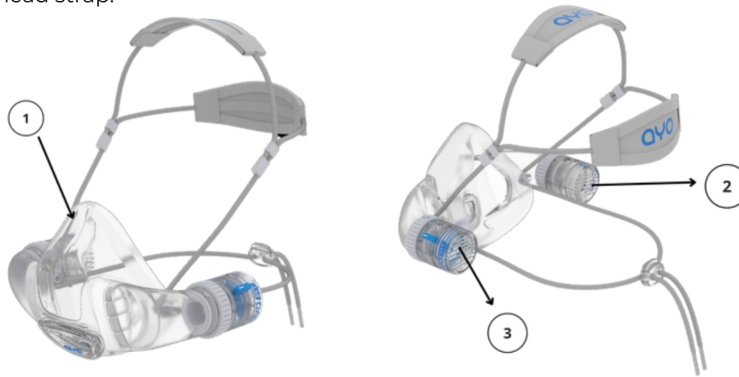
Before use, the wearer must read and understand all the warnings and instructions. Keep this User Instruction for reference. Use only as directed.

■ Know Your AYO BT

The AYO BT is designed to perform breathing training by reducing air intake whilst being worn.

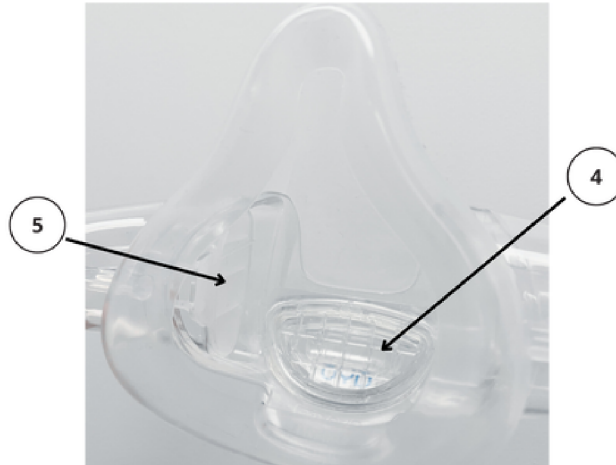
Detachable breathing training inlet module (BTi) (3) and breathing training outlet module (BTo) (2) are fitted to an AYO MA mask assembly (1) which is attached to the face with an adjustable head strap.

AYO BT Components



1	AYO MA Mask Assembly	Part No. AP059 - Medium
		Part No. AP060 - Small
		Part No. AP061 - Large
2	Outlet module Bto	Part No. AP053o
3	Inlet module Bti	Part No. AP053i

The AYO MA Mask Assembly is comprised of a silicone mask, a bridge assembly, and a removable head strap. The bridge assembly consists of a speech diaphragm (4) to facilitate speech and an inlet non-return valve (5) to direct airflow during use.



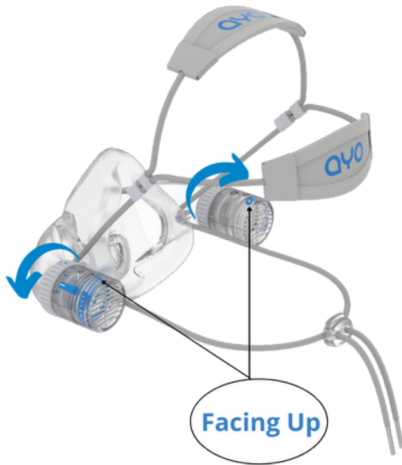
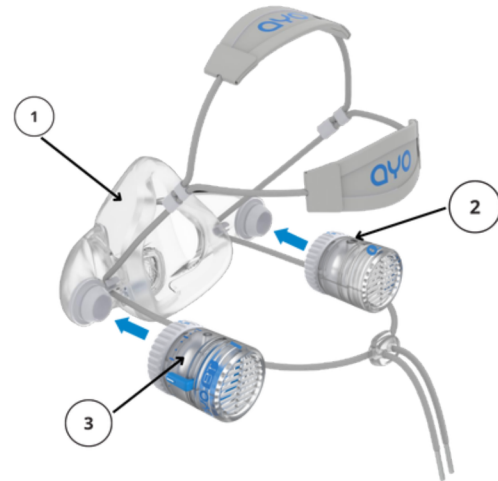
Adjustment of the head strap tension combined with a proper silicone mask selection (Small, Medium and Large cushion size) will ensure good comfort and air seal.

How To Use

1. Connection

For the default configuration, connect the BTi (3) to the left side of the AYO MA (1), and the BTo (2) to the right side of the AYO MA (1) by pushing the Push-Fit Plugs on the mask to the socket of BTi/BTo until a 'Click' sound is heard and the AYO MA is reliably connected with the modules.

(For more optional configurations, please refer to 'possible AYO BT configurations')



2. Adjustments before using

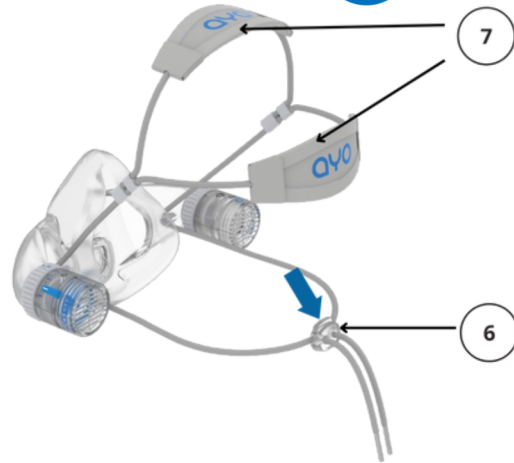
Adjust or rotate each module to the desired orientation relative to the AYO MA: adjust the BT modules with the 'i' and 'O' symbols facing up.



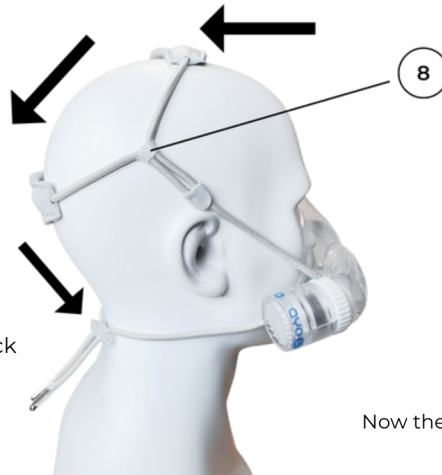
Adjust the air inlet handle on BTi to suit the intensity of exercise & your fitness level.

3. Donning

- Press the strap lock button (6) to adjust strap length/tension and establish a roughly suitable strap length.
- Place the strap on the back of the neck and place the mask on the face.
- Slide two head pads (7) to the top and the back of the head in the position shown.
- Adjust strap tension for comfort and seal using the strap lock button (6).
- Adjust the position of the head pads by sliding the adjusting sleeve (8) so that the head pads are in the stable positions on the head as shown in the figure below.



Step 2 – Slide two pads and place them onto the top and the back of the head



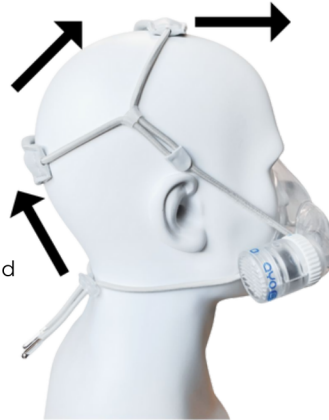
Step 1 – Locate the strap on the back of the neck

Now the AYO BT is ready to use!

4. Doffing

- Pull the two pads off the head and take the back strap off from the neck. (Note: You may keep the strap lock button position unchanged for the next use to avoid adjustment every time.)
- Remove the mask from the head.

Step 1 - Remove the head pads in the direction shown

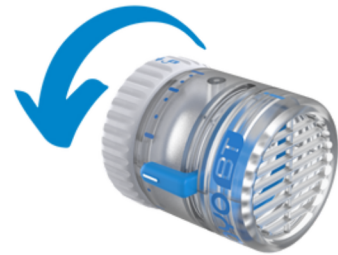


Step 2 - Remove the strap from the head

5. Disconnection

To disconnect the BTi/BTo from the mask, simply turn the grip on the BTi/BTo while holding the module case to release the BTi/BTo module.

Step 3 - Turn the grip while holding the module case to release the module.



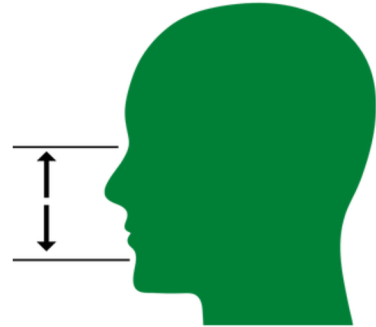
■ How To Select the Mask Size

In most cases, mask size can be selected based on the length from the top of the nose bridge to the dent between the lower lip and the chin – the Z dimension:

- Small Size: from 68 mm to 80 mm
- Medium Size: from 80 mm to 100 mm
- Large Size: from 100 mm to 113 mm

To ensure a good fit, double-check with the actual mask to see:

- If it fits your face snugly.
- If the mask cushion sits on top of your nose bridge and around the midpoint between the bottom lip and the chin.







Side view



Front view

Recommended mask fitting

■ Possible AYO BT configurations

	CONFIGURATION	TRAINING TARGET
INSPIRATORY TRAINING		<ul style="list-style-type: none"> • Train diaphragmatic breathing • Limit hyperventilation • Train inspiratory muscle (Independent control)
EXPIRATORY TRAINING		<ul style="list-style-type: none"> • Train diaphragmatic breathing • Limit hyperventilation • Train expiratory muscle (Independent control)
INSPIRATORY + EXPIRATORY TRAINING		<ul style="list-style-type: none"> • Train diaphragmatic breathing • Limit hyperventilation • Train inspiratory muscle (Non-independent control) • Train expiratory muscle (Non-independent control)
INSPIRATORY* + EXPIRATORY TRAINING		<ul style="list-style-type: none"> • Train diaphragmatic breathing • Limit hyperventilation • Train inspiratory muscle (Semi-independent control) • Train expiratory muscle (Independent control)

■ Maintenance

Daily cleaning:

- a) After each use, apply tap water plus a few drops of suitable detergent such as mild dishwashing liquid or laundry liquid to firstly handwash inside the mask including the silicone mask, hard bridge insert and inlet membrane, and the cushion section that comes in contact with your face.
- b) Flush wash the whole AYO BT inside and outside.

Thorough cleaning

For daily use of AYO BT, it is advised to conduct a thorough cleaning each month.

- a) Detach the BTi and BTo from the AYO MA, then take off the head strap from the mask by pressing the strap lock button and pulling the head strap out of the lock button. After that, partially peel off the silicone mask gently from the bridge assembly while keeping the front cover fixed.
- b) Soak all parts in soapy water or suitable detergents such as mild dishwashing liquid or laundry liquid for 10 minutes.
- c) Thoroughly clean the inside of the mask, especially the area that you cannot get access to during daily cleaning and flush wash the whole AYO BT inside and outside.
- d) Drain and swing off water from each part of the AYO BT. Air dry or use a clean and dry cloth to rub dry each part of the AYO BT.
- e) Leave the AYO BT in an open space to dry further.
- f) Carefully fit the Bridge Assembly back to each receiving end of the mask, and make sure each end of the Bridge Assembly fits properly within the corresponding locating rims inside the mask.

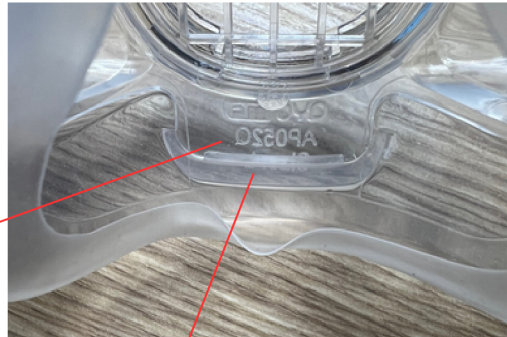


Make sure the edge of Bridge Assembly aligns with the locating rims inside the mask.



g) Finally, make sure the edge of the bottom tab of the Bridge Assembly is fitted in the latching groove at the bottom of the mask.

Bottom tab of the Bridge Assembly



Latching groove at the bottom of the mask

■ Storage

- Daily Storage: store AYO BT components in the casing as provided or in a suitable clean environment.
- When not in use for a long period, store the AYO BT in the case provided or in a suitable container. Protect it from direct sunlight, dust, extreme temperature, excessive moisture, and harsh chemicals.



■ Other Information

Key Materials

Mask: Medical-grade silicone rubber

Casing: polycarbonate

Head strap: nylon, neoprene, and synthetic leather

Further Resource

More information related to AYO BT+ can be found via the website: <https://aimwellbreathing.com>

■ Disclaimer

You acknowledge and agree that at all times you will use AYO BT in accordance with any user documentation, instruction manuals, guides, and/or requirements we provide to you.

Aimwell makes no representations or warranties and shall not be responsible for the competency of any person who uses the AYO BT. If you do not feel well using the AYO BT or have difficulty in breathing, please stop using the AYO BT.

■ Limited Liability

To the extent permitted by law, you will not hold Aimwell liable for any personal injury, loss of use, loss of profit, interruption of business, or any indirect, special, incidental, punitive, or consequential damages of any kind (including lost profits), regardless of the form of action, whether in contract, tort (including negligence), strict product liability, or otherwise, even if Aimwell has been advised or should have been aware of the possibility of such damages. To the extent permitted by law, Aimwell's liability to you for any claim, whether in contract, tort, or any other theory of liability, does not exceed the purchase price of the system paid by you.

It is further understood that Aimwell shall also have no liability whatsoever concerning damages arising out of or relating to unauthorized access, use, and/or alteration or destruction, by any third party, including any users, of the system or any data contained thereon or created by the system or your computer system.

■ Warranty

The warranty is valid for 12 months from the date of purchase, during which we offer repair or replacement of faulty products free of charge.

■ Contact

info@aimwellbreathing.com

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