



## BREATHING TRAINER INSTRUCTION MANUAL



### Product Features:

Mouthpiece  
Adjustable cap for changing resistance levels  
Power Button  
Power Light Indicator  
Battery Compartment



### Battery Installation:

1. Remove the Alvio device, set of batteries, and mouthpiece from the packaging.
2. Open the battery cover on the bottom of the device by squeezing the back side clip and swinging open.
3. Clean the battery contacts prior to battery installation.
4. Use only same type AA Alkaline batteries for replacement, use of other batteries may damage device.
5. Insert negative (-) and positive (+) ends of the batteries appropriately by looking at the markings on the inside of the battery enclosure.
6. Close the battery cover by rotating and clicking back into place.



### Device Operation:

**POWER** – This is the large blue button on the side. Press once to turn the device on. (Press again to power the device off).

**DOWNLOAD** – Download the Alvio application on your touch screen device from your app store. Open the application once it is successfully installed.

**SYNC** – Follow the instructions prompted through the app to connect and start use of the device.



### Warning:

- Read and follow all instructions before using this product
- Not recommended for children under 3 years of age
- Battery removal and replacement requires adult supervision
- Keep product away from areas where there is a potential for exposure to excessive moisture
- This product is designed for personal use only as a breathing trainer. Do not use this device for any other purpose.

### Limited Product Warranty:

Alvio warrants to the original owner of this product that this product is free from defects in materials for a period of one (1) year from the date of the original purchase. If this breathing trainer fails to function properly when used as directed under normal conditions within the one-year period, Alvio will either repair or replace the product free of charge, when it is returned in its original packaging, postage prepaid, with proof of purchase.

For further warranty information, payment options, and other customers frequently asked questions, please visit <https://alv.io/>

**FCC Warning (1/2)**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a

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**FCC Warning (Cont. 2/2)**

particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAUTION: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.