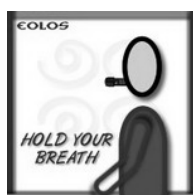


INHALATION



HOLD BREATHE



EXHALATION

EXERCISES OF THE WEEK

63 • Week of December 28, 2009 – January 3, 2010

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

Set the regulator at the intensity level that you normally use to train.

<p>INHALATION EXHALATION</p>	<p>1.- Start inhaling air slowly and increase the force until you complete the inhalation (like a "crescendo") and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a "crescendo"). Use your diaphragm at all times.</p>
<p>PAUSE</p>	<p>2.- Pause. 5 seconds.</p>
<p>INHALATION EXHALATION</p>	<p>3.- Start inhaling air with force and finish it slowly (like a "dimiuendo") and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a "diminuendo"). Use your diaphragm at all times.</p>

62 • Week of December 14 – 20, 2009

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

Set the regulator at the intensity level that you normally use to train.

<p>INHALATION EXHALATION</p>	<p>1.- Start inhaling air with force and finish it slowly (like a "dimiuendo") and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a "crescendo"). Use your diaphragm at all times.</p>
<p>PAUSE</p>	<p>2.- Pause. 5 seconds.</p>
<p>INHALATION EXHALATION</p>	<p>3.- Start inhaling air with force and finish it slowly (like a "dimiuendo") and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a "crescendo"). Use your diaphragm at all times.</p>

61 • Week of December 14 – 20, 2009

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

Set the regulator at the intensity level that you normally use to train.

INHALATION EXHALATION	1.- Start inhaling air with force and finish it slowly (like a " dimiuendo ") and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a " diminuendo "). Use your diaphragm at all times.
PAUSE	2.- Pause. 5 seconds.
INHALATION EXHALATION	3.- Start inhaling air with force and finish it slowly (like a " dimiuendo ") and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a " diminuendo "). Use your diaphragm at all times.

60 • Week of December 7 – 13, 2009

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

Set the regulator at the intensity level that you normally use to train.

INHALATION EXHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation (like a " crescendo ") and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a " diminuendo "). Use your diaphragm at all times.
PAUSE	2.- Pause. 5 seconds.
INHALATION EXHALATION	3.- Start inhaling air slowly and increase the force until you complete the inhalation (like a " crescendo ") and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a " diminuendo "). Use your diaphragm at all times.

59 • Week of November 30 – December 6, 2009

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

Set the regulator at the intensity level that you normally use to train.

INHALATION EXHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation (like a " crescendo ") and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.
PAUSE	2.- Pause. 5 seconds.
INHALATION EXHALATION	3.- Start inhaling air slowly and increase the force until you complete the inhalation (like a " crescendo ") and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.

58 • Week of November 23 – 29, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Turn the regulator knob to the left to close a little bit the air chamber. Exhale all the air using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

57 • Week of November 16 – 22, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
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HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

56 • Week of November 9 – 15, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Use your diaphragm at all times.

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Turn the regulator knob to the left to close a little bit the air chamber. Exhale all the air using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

55 • Week of November 2 – 8, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
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HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Use your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Exhale all the air out using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

54 • Week of October 26 – November 1, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Use your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Exhale all the air out using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

53 • Week of October 19 – 25, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise B

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Turn the regulator knob to the right to open it slightly. Exhale all the air out using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

52 • Week of October 12 – 18, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Exhale all the air out using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

51 • Week of October 5 – 11, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Exhale all the air out using your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

50 • Week of September 28 – October 4, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and

fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p> <p>Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	<p>1.- Inhale air deeply. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds.</p>
EXHALATION	<p>3.- Turn the regulator knob to the right to open it slightly.</p> <p>Exhale all the air out using your diaphragm.</p>

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

49 • Week of September 21 – 27, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p>
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	<p>Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

48 • Week of September 14 – 20, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

47 • Week of September 7 – 13, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.

EXHALATION	3.- Exhale all the air using your diaphragm.
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Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

46 • Week of August 31 – September 6, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p> <p>Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

Exercise B

INHALATION	<p>1.- Start inhaling air slowly and decrease the force until you complete the inhalation. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds.</p>
EXHALATION	<p>3.- Start exhaling slowly and increase the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.</p>

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

45 • Week of August 24 – 30, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first

respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p> <p>Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Start inhaling air with force and increase the force until you complete the inhalation. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds.</p>
EXHALATION	<p>3.- Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.</p>

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

44 • Week of August 17 – 23, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute.

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p>
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	Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Do a deep inhalation. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of breathe holding. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

43 • Week of August 10 – 16, 2009

This week we propose you another exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Inhale air for 5 seconds. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to
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	your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

42 • Week of August 3 – 9, 2009

This week we propose you an exercise of complete breath (we will be training the three types of breathing) combined with a diaphragmatic respiration exercise, used during performing many sports or performing arts activities as it is very efficient and fast to execute. A good advice for each of these activities is to perform a first respiration with complete breath prior to starting the complete breathing action; then after, while executing a sport or artistic activity, use the diaphragmatic respiration (much more faster).

Exercise A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.
EXHALATION	3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.

Exercise B

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Inhale air for 10 seconds. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds. Use your diaphragm at all times.

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

41 • Week of July 27 – August 2, 2009

This week we propose you another exercise of complete breath, this is a little bit more complex. Its purpose is to make you aware of the different types of respiration, and it also helps to reduce nervousness and stage fright.

Exercise

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p> <p>Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Exhale air out in two seconds forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale anymore. Starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

40 • Week of July 20 – 26, 2009

This week we propose you another exercise of complete breath. Its purpose is to make you aware of the different types of respiration, and it also helps to reduce nervousness and stage fright.

Exercise

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum.</p> <p>Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.</p> <p>Continue inhaling, expanding the thorax.</p> <p>Raise the shoulders slightly to fill the top of the lungs.</p> <p>Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Start exhaling the air with force and decrease it towards the end, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

39 • Week of July 13 – 19, 2009

This is a variation of the past week exercise. Its purpose is to make you aware of the different types of respiration, and it also helps to reduce nervousness and stage fright.

Exercise

Set the regulator at the intensity level that you normally use to train.

INHALATION	<p>1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Start exhaling air slowly and increment the force until you complete the exhalation, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.</p>

Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

38 • Week of July 6 – 12, 2009

The first warming-up exercise every day should be a breathing exercise. Here is a very simple one. Its purpose is to make you aware of the different types of respiration, and it also helps to reduce nervousness and stage fright.

Exercise Part A

Set the regulator at low intensity according to your physical condition. 3 to 5 minutes.

INHALATION	<p>1.- Empty your lungs to the maximum. Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended. Continue inhaling, expanding the thorax. Raise the shoulders slightly to fill the top of the lungs. Keep in mind to always use the diaphragm.</p>
HOLD BREATHE	<p>2.- Hold your breath for 5 more seconds to increase the gaseous exchanges.</p>
EXHALATION	<p>3.- Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all</p>

	times.
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Exercise Part B

Set the regulator at the intensity level that you normally use to train and repeat the same exercise. 5 minutes.

37 • Week of June 29 – July 5, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Start inhaling air slowly and increment the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling the air with force and decrease it towards the end. Use your diaphragm at all times.

Exercise Part B

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

36 • Week of June 22 – 28, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Use your diaphragm at all times. Use your diaphragm at all times.

Exercise Part B

Set the regulator at slightly low intensity level.

INHALATION	1.- Start inhaling air slowly and increment the force until you complete the inhalation. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling the air with force and decrease it towards the end. Use your diaphragm at all times.

35 • Week of June 15 – 21, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

Set the regulator at slightly low intensity level.

INHALATION	1.- Inhale air deeply. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the left to close a little bit the air chamber. Exhale all the air using your diaphragm.

34 • Week of June 8 – 14, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in

	your lungs to exhale. Use your diaphragm at all times.
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Exercise Part B

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the right to open it slightly. Exhale all the air out using your diaphragm.

33 • Week of June 1 – 7, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

Set the regulator at slightly low intensity level.

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

32 • Week of May 25 – 31, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

Set the regulator at slightly low intensity level.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

31 • Week of May 18 – 24, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing
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	your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale all the air out. Use your diaphragm.

30 • Week of May 11 – 17, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

INHALATION	1.- Start inhaling air with force and finish it slowly. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Use your diaphragm at all times.

29 • Week of May 4 – 10, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 5 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.

EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.
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Exercise Part B

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the right to open it slightly. Exhale all the air out using your diaphragm.

28 • Week of April 27 – May 3, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 5 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise Part B

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

27 • Week of April 20 – 26, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 5 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise Part B

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

26 • Week of April 13 – 19, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 5 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.

EXHALATION	3.- Exhale all the air out. Use your diaphragm.
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25 • Week of April 6 – 12, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 5 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling 5 seconds slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise Part B

INHALATION	1.- Start inhaling air with force and decrease the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times. Exhale all the air out using your diaphragm.

24 • Week of March 30 – April 5, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

INHALATION	1.- Keeping the regulator at the same intensity level you finished at in Part A. Do a deep inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the right to open it slightly. Exhale all the air out using your diaphragm.

23 • Week of March 23 – 29, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

22 • Week of March 16 – 22, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
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HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation. Use your diaphragm.

21 • Week of March 9 – 15, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale all the air out. Use your diaphragm.

20 • Week of March 2 – 8, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

INHALATION	1.- Start inhaling air slowly and increment the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

19 • Week of February 23 – March 1, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

INHALATION	1.- Start inhaling air slowly and increment the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- 5 segundos manteniendo la respiración.

EXHALATION	3.- Start exhaling the air with force and decrease it towards the end. Use your diaphragm at all times.
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18 • Week of February 16 – 22, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

INHALATION	1.- Inhale air for 10 seconds (stop watch count) keeping the regulator at high intensity or the highest level you feel you can train at without extenuating your body in excess. Use your diaphragm at all times.
HOLD BREATHE	2.- Hold your breath for 10 more seconds.
EXHALATION	3.- Exhale air slowly for 10 seconds.

Exercise Part B

INHALATION	1.- Inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale air out in two seconds forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale anymore. Use your diaphragm at all times.

17 • Week of January 26 – 1 February, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Start inhaling air with force and finish it slowly. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm..
HOLD BREATHE	2.- Hold your breath for 5 seconds
EXHALATION	3.- Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Inhale air and exhale it without removing Eolos from your mouth. Repeat this twice without pausing. Next, inhale air deeply. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale all the air out. Use your diaphragm.

16 • Week of January 19 – 25, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Do a deep inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Exhale air in two seconds count forcefully, followed by two seconds of deep inhalation. Repeat the series until you are left with no air in your lungs to exhale. Use your diaphragm at all times.

Exercise Part B

Set the regulator at low intensity according to your physical condition.

INHALATION	1.- Start inhaling air slowly and increment the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Start exhaling the air with force and decrease it towards the end. Use your diaphragm at all times.

15 • Week of January 12 -18, 2009

This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

Set the regulator at the intensity level that you normally use to train.

INHALATION	1.- Inhale air for 10 seconds at high intensity level. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 10 seconds.
EXHALATION	3.- Exhale all the air during 10 seconds. Use your diaphragm at all times.

Exercise Part B

Set the regulator at medium or the highest intensity you feel comfortable training in according to your physical condition.

INHALATION	1.- Inhale air for 5 seconds.
HOLD BREATHE	2.- Hold your breath for 5 more seconds.
EXHALATION	3.- Exhale air forcefully during 5 seconds without removing Eolos from your mouth. Always use your diaphragm.

14 • Week of January 5 – 11, 2009

This exercise is only recommended for high intensity training. This implies people in very good physical condition and resistance level.

Set the regulator at the highest intensity level you feel comfortable training at.

INHALATION	1.- Start by doing a deep and slow inhalation for 15 seconds. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 15 seconds.
EXHALATION	3.- End by exhaling all the air during 10 seconds. Use your diaphragm.

13 • Week of December 29 – January 4, 2009 This is a two part exercise that can be performed continuously one after the other. It is recommended to do it for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

Exercise Part A

Set the regulator at slightly low intensity level.

INHALATION	1.- With the regulator set at a slightly lower intensity level from what you normally train, do a deep inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your
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	body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the left to close a little bit the air chamber. Exhale all the air using your diaphragm.

Exercise Part B

INHALATION	1.- Keeping the regulator at the same intensity level you finished at in Part A. Do a deep inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
HOLD BREATHE	2.- Hold your breath for 5 seconds.
EXHALATION	3.- Turn the regulator knob to the right to open it slightly. Exhale all the air out using your diaphragm.