



INHALATION



HOLD BREATHE



EXHALATION

EXERCISES OF THE WEEK

115 • Week of December 27 2010 - January 2, 2011.

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.

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

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

INHALATION	1.- Start inhaling air with force and finish it slowly (like a diminuendo)
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

114 • Week of December 20 - 26, 2010.

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.

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

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

INHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation (like a crescendo)
PAUSE	2.- Pause. 5 seconds.

EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.
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113 • Week of December 13 - 19, 2010.

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.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- 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.

112 • Week of December 6 - 12, 2010.

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.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- 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.

111 • Week of November 29 - December 5, 2010.

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.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

INHALATION	1.- Start inhaling air with force and finish it slowly (like a diminuendo)
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

110 • Week of November 22 - 28, 2010.

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.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

INHALATION	1.- Start inhaling air slowly and increase the force until you complete the inhalation (like a crescendo)
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

109 • Week of November 15 - 21, 2010.

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.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

108 • Week of November 8 - 14, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- 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.

107 • Week of November 1 - 7, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- 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.

106 • Week of October 25 - 31, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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

INHALATION	1.- Start inhaling air with force and finish it slowly (like a dimiuendo)
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

105 • Week of October 18 - 24, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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 (like a crescendo)
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

104 • Week of October 11 - 17, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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

INHALATION	1.- Inhale air deeply making regular thuds with the diaphragm.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air using your diaphragm.

103 • Week of October 4 - 10, 2010.

It is recommended to do this exercise for 5 minutes approximately; though you can always decide on your training time with Eolos depending on your physical condition.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	3.- Exhale all the air out making regular thuds with the diaphragm.

102 • Week of September 27 - October 3, 2010.

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.

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 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.- Inhale air deeply and without pause Exhale all the air out. Use your diaphragm at all times.

101 • Week of September 20 - 26, 2010

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.

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.- Inhale air deeply and without pause Exhale all the air out. Use your diaphragm at all times.

100 • Week of September 13 - 19, 2010

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.

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.- Inhale air deeply and without pause Exhale all the air out. Use your diaphragm at all times.

99 • Week of September 6 - 12, 2010

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.

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.- Inhale air deeply and without pause Exhale all the air out. Use your diaphragm at all times.

98 • Week of August 30 – September 5, 2010

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.

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

INHALATION EXHALATION	1.- Inhale air deeply and without pause Exhale all the air out. 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 slowly and increment the force of exhalation until you finish exhaling all the air out (like a crescendo). Use your diaphragm at all times.

97 • Week of August 23 – 29, 2010

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.

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

INHALATION EXHALATION	1.- Inhale air deeply and without pause Exhale all the air out. 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.

96 • Week of July 16 – 22, 2010

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.

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

INHALATION EXHALATION	1.- Inhale air deeply and without pause Exhale all the air out. 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.

95 • Week of August 9 – 15, 2010

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.

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

INHALATION EXHALATION	1.- Inhale air deeply and without pause Exhale all the air out. 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.

94 • Week of August 2 – 8, 2010

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.

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 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.

INHALATION EXHALATION	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.
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.

93 • Week of July 26 – August 1, 2010

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.

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 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.

INHALATION EXHALATION	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.
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.

92 • Week of July 19 – 25, 2010

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.

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 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.

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 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.

91 • Week of July 12 – 18, 2010

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.

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 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.

INHALATION EXHALATION	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.
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.
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90 • Week of July 5 – 11, 2010

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.

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 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.

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 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.

89 • Week of June 28 – July 4, 2010

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.

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 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.
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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 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.

88 • Week of June 21 – 27, 2010

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.

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 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 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.

INHALATION EXHALATION	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.
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.

87 • Week of June 14 – 20, 2010

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.

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 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 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.

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 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.

86 • Week of June 7 – 13, 2010

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.

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 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 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.

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 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.

85 • Week of May 31 – June 6, 2010

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.

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 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 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.

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 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.

84 • Week of May 24 – 30, 2010

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.

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.

INHALATION EXHALATION	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.
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.

83 • Week of May 17 – 23, 2010

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.

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.

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.
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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 slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.

82 • Week of May 10 – 16, 2010

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.

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.

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 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.

81 • Week of May 3 – 9, 2010

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.

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 ").
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	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.

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 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.

80 • Week of April 26 – May 2, 2010

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.

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.

INHALATION EXHALATION	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.
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 slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.
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79 • Week of April 19 – 25, 2010

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.

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.

INHALATION EXHALATION	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.
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.

78 • Week of April 12 – 18, 2010

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.

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.
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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 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.

77 • Week of April 5 – 11, 2010

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.

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.

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 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.

76 • Week of March 24 – April 4, 2010

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.

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.

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 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.

75 • Week of March 22 – 28, 2010

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.

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.

INHALATION EXHALATION	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.
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 slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.

74 • Week of March 15 – 21, 2010

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.

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.

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.

73 • Week of March 8 – 14, 2010

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.

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.

INHALATION EXHALATION	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.
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.

72 • Week of March 1 – 7, 2010

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.

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.

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 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.
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71 • Week of February 22 – 28, 2010

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.

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.

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 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.

70 • Week of February 15 – 21, 2010

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.

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.
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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 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.

69 • Week of February 8 – 14, 2010

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.

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.

INHALATION EXHALATION	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.
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 slowly and increment the force of exhalation until you finish exhaling all the air out (like a " crescendo "). Use your diaphragm at all times.

68 • Week of February 1 – 7, 2010

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.

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.

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.

67 • Week of January 18 – 24, 2010

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.

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.

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.

66 • Week of January 18 – 24, 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.

INHALATION EXHALATION	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.
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.

65 • Week of January 11 – 17, 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.

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 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.

64 • Week of January 4 – 10, 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.

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 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.