

# **EOLOS BREATHE TRAINER**

## **Exercises 2011**



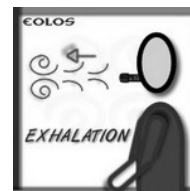
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INHALATION



HOLD BREATHE



EXHALATION

### EXERCISES OF THE WEEK

#### 167 • Week of december 26, 2011 to January 1, 2012:

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.

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

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

### 166 • Week of December 19-25 ,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.

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

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

### 165 • Week of December 12-18, 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.

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

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

### 164 • Week of December 5 -11 ,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.

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

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

**163 • Week of November 28 to December 4 ,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.

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

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

### 162 • Week of November 21-27 ,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.

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

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

### 161 • Week of November 14-20 ,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.

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

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

**160 • Week of November 7-13 ,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.

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

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

### 159 • Week of October 31 to November 6 ,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.

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

<b>INHALATION EXHALATION</b>	<b>1.-</b> Inhale air deeply and without pause start exhaling all the air out. Use your diaphragm at all times.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.



<b>INHALATION</b>	<b>3.-</b> Start inhaling air with force and finish it slowly (like a <b>dimiuendo</b> ) and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.
<b>EXHALATION</b>	

### 158 • Week of October 24-30 ,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.

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

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

### 157 • Week of October 17-23 ,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.

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

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

**156 • Week of October 10-16 ,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.

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

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

**155 • Week of October 3-9 ,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.

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

<b>INHALATION EXHALATION</b>	<b>1.-</b> Inhale air deeply and without pause start exhaling all the air out. Use your diaphragm at all times.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.

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

### 154 • Week of September 26 to October 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.

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

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

### 153 • Week of September 19-25 ,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.

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

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

### 152 • Week of September 12-18 ,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.

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

<b>INHALATION</b> <b>EXHALATION</b>	<b>3.-</b> Start inhaling air slowly and increase the force until you complete the inhalation (like a <b>crescendo</b> ) and without pause start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

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

### 151 • Week of September 5-11 ,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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

**150 • Week of August 29 to September 4 ,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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

**149 • Week of August 22-28 ,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.

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

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

### 148 • Week of August 15-21 ,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.

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



<b>EXHALATION</b>	until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.
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<b>INHALATION</b>	<b>1.-</b> Start inhaling air slowly and increase the force until you complete the inhalation (like a <b>crescendo</b> )
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Exhale all the air out making regular thuds with the diaphragm.

#### 147 • Week of August 8-14 ,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.

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

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

**146 • Week of August 1-7 ,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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply. Keep in mind to always use the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Exhale all the air out making regular thuds with the diaphragm.

**145 • Week of July 25-31 ,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.

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

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

**144 • Week of July 18-24 ,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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.

<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.
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**143 • Week of July 11-17 ,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.

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

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

**142 • Week of July 4-10 ,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.

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

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

### 141 • Week of June 27 - July 3, 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.

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

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

### 140 • Week of June 20 - 26, 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.

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

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

### 139 • Week of June 13 - 19, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

### 138 • Week of June 6 - 12, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

**137 • Week of May 30 - June 5, 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.

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

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

**136 • Week of May 23 - 29, 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.

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

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

### 135 • Week of May 16 - 22, 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.

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

<b>EXHALATION</b>	until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.
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<b>INHALATION</b>	<b>1.-</b> Inhale air deeply. Keep in mind to always use the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Exhale all the air out making regular thuds with the diaphragm.

### 134 • Week of May 9 - 15, 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.

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

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

### 133 • Week of May 2 - 8, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

**132 • Week of April 25 - May 1, 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.

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

<b>INHALATION</b>	<b>3.-</b> Start inhaling air slowly and increase the force until you complete the inhalation (like a <b>crescendo</b> ) and without pause start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.
<b>EXHALATION</b>	

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

**131 • Week of April 18 - 24, 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.

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly (like a <b>diminuendo</b> )
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.

<b>EXHALATION</b>	<b>3.-</b> Exhale all the air out making regular thuds with the diaphragm.
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### 130 • Week of April 11 - 17, 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.

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

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

### 129 • Week of April 4 - 10, 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.

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

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

### 128 • Week of March 28 - April 3, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
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<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

**127 • Week of March 21 - 27, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

**126 • Week of March 14 - 20, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

### 125 • Week of March 7 - 13, 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.

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



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

### 124 • Week of February 28 - March 6, 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.

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

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

### 123 • Week of February 21 - 27, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply. Keep in mind to always use the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Exhale all the air out making regular thuds with the diaphragm.

### 122 • Week of February 14 - 20, 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.

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

### 121 • Week of February 7 - 13, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

### 120 • Week of January 31 - February 6, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

**119 • Week of January 24 - 30, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.

### 118 • Week of January 17 - 23, 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.

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

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

### 117 • Week of January 10 - 16, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out (like a <b>diminuendo</b> ). Use your diaphragm at all times.

### 116 • Week of January 3 - 9, 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.

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply making regular thuds with the diaphragm.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out (like a <b>crescendo</b> ). Use your diaphragm at all times.