

EOLOS BREATHE TRAINER

Exercises 2012



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INHALATION



HOLD BREATHE



EXHALATION

EXERCISES

170 • Published in November 06, 2012:

This exercise is based in the wind players routines. Combination of #168 and #169.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	<p>3.- Start exhaling and at the same time hit the upper teeth with the tongue as pronouncing "TU" combining two hits at an approximately speed of 60 bits per minute (note for the music players: as if you were playing quarter notes) with four hits at an approximately speed of 120 bits per minute (note for the music players: as if you were playing eight notes) until you are left with no air in your lungs.</p>

169 • Published in October 18, 2012:

This exercise is based in the wind players routines.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	<p>3.- Start exhaling and at the same time hit the upper teeth with the tongue as pronouncing "TU" at an approximately speed of 120 bits per minute (note for the music players: as if you were playing eight notes) until you are left with no air in your lungs.</p> 

In a next exercise, we will mix the #168 with the #169.

168 • Published in September 25, 2012:

This exercise is based in the wind players routines.

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.
PAUSE	2.- Pause. 5 seconds.
EXHALATION	<p>3.- Start exhaling and at the same time hit the upper teeth with the tongue as pronouncing "TU" at an approximately speed of 60 bits per minute until you are left with no air in your lungs.</p> 