

# **EOLOS BREATHE TRAINER**

## **Exercises 2008-2012**



**[www.eolosweb.com](http://www.eolosweb.com)**



**INHALATION**



**HOLD BREATHE**



**EXHALATION**

### EXERCISES

#### 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.

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply.
<b>PAUSE</b>	<b>2.-</b> Pause. 5 seconds.
<b>EXHALATION</b>	<b>3.-</b> Start exhaling and at the same time hit the upper teeth with the tongue as pronouncing "TU" at an approximately speed of 70 bits per minute until you are left with no air in your lungs.

#### 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</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>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 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 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>	

### 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>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>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 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>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>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 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</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.

### **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</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.
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<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 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>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 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.

**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.

<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 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.

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

### 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 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</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.

### 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</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>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>	

**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</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 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>	

**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</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>3.-</b> Start inhaling air with force and finish it slowly (like a <b>dimiuendo</b> ) and

<b>EXHALATION</b>	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</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</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> 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</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> 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</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.
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<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.

#### 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>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. 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.
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### 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 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> 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.

**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 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 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</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 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 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</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 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 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</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> 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</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>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 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</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> 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 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. 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 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 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> 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</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 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</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 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
<b>EXHALATION</b>	

	(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 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.

### 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> )
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<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>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.
<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.
<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</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> 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>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</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>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. 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.
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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.

### 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.

### 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.

<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> 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.

### 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.

<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> 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.

### 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.

<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.

<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.



### 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.

<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.

<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.

### 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.

<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.

<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.

### 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.

<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.

<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.

### 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.

<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.

<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.

### 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.

<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.

### 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.

<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.

### 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.

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly (like a <b>dimiuendo</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.

### 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.

<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.

### 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.

<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.

### 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.

<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.

### 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.

<b>INHALATION EXHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly (like a <b>diminuendo</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> 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.

<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> 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.

<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> 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.

<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> 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.

<b>INHALATION</b> <b>EXHALATION</b>	<b>1.-</b> Inhale air deeply and without pause Exhale 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 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.

### 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.

<b>INHALATION</b> <b>EXHALATION</b>	<b>1.-</b> Inhale air deeply and without pause Exhale 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.

### 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.

<b>INHALATION</b> <b>EXHALATION</b>	<b>1.-</b> Inhale air deeply and without pause Exhale 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.

### 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.

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply and without pause Exhale all the air out. Use your
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<b>EXHALATION</b>	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.

### 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.

<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 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>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</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.

### 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.

<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 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> 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 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.

### 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.

<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 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> 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 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.

### 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.

<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

<b>EXHALATION</b>	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> 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 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.

### 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.

<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 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.
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<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 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.

### 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.

<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>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 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.

### 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.

<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 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 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> 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</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.

### 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.

<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
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<b>EXHALATION</b>	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 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> 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 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.

### 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.

<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 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 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> 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 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.

### 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.

<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 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.
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<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.

### 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.

<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> 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</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.

### 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.

<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> 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 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.

### 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.

<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> 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 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.

### 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.

<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.
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<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> 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.

### 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.

<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> 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.

### 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.

<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 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 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>	

**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.

<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 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 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>	

**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.

<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 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 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.

### **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.

<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.
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<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>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.

### 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.

<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 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.

#### 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.

<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</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

<b>EXHALATION</b>	exhalation until you finish exhaling all the air out (like a " <b>diminuendo</b> "). Use your diaphragm at all times.
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### 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.

<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>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</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.

### 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.

<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>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 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.

## 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.

<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.
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<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> 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 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.

## 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.

<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 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.

### 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.

<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> 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</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

<b>EXHALATION</b>	exhalation until you finish exhaling all the air out (like a " <b>crescendo</b> "). Use your diaphragm at all times.
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### 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.

<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> 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.

### 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.

<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>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.

## 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.

<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 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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<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.

### 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.

<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 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.

### 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.

<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>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>	

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

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

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

<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>dimiuendo</b> "). Use your diaphragm at all times.
<b>EXHALATION</b>	

### 62 • Week of December 14 – 20, 2009

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

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

<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> ")

<b>EXHALATION</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.
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### 61 • Week of December 14 – 20, 2009

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

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

<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.

### 60 • Week of December 7 – 13, 2009

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

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

<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>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

<b>EXHALATION</b>	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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### 59 • Week of November 30 – December 6, 2009

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

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

<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>	

### 58 • Week of November 23 – 29, 2009

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

Exercise A

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

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

Exercise B

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

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

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

**57 • Week of November 16 – 22, 2009**

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

Exercise A

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

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

Exercise B

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

<b>INHALATION</b>	<b>1.-</b> Inhale air deeply. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 5 more seconds.

<b>EXHALATION</b>	<b>3.-</b> Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation using your diaphragm.
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Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

### **56 • Week of November 9 – 15, 2009**

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

#### Exercise A

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 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. Use your diaphragm at all times.

#### Exercise B

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

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

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

### 55 • Week of November 2 – 8, 2009

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

#### Exercise A

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 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. Use your diaphragm at all times.

#### Exercise B

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

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

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

### 54 • Week of October 26 – November 1, 2009

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

#### Exercise A

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 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. Use your diaphragm at all times.

Exercise B

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

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

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

**53 • Week of October 19 – 25, 2009**

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

Exercise A

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air slowly and increase the force until you complete the inhalation. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 5 more seconds to increase the gaseous exchanges.

<b>EXHALATION</b>	<b>3.-</b> Start exhaling with force and decrease the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.
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Exercise B

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

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

**52 • Week of October 12 – 18, 2009**

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

Exercise A

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

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

Exercise B

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

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

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

### **51 • Week of October 5 – 11, 2009**

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

#### Exercise A

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

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

#### Exercise B

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

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

	<p>without pause a quick inhalation and a long complete exhalation.</p> <p>Exhale all the air out using your diaphragm.</p>
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Note that for new users or people with low physical resistance, the exercise needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.

### 50 • Week of September 28 – October 4, 2009

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

#### Exercise A

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

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

#### Exercise B

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

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

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

#### **49 • Week of September 21 – 27, 2009**

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

##### Exercise A

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

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

##### Exercise B

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

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

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

#### **48 • Week of September 14 – 20, 2009**

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

Exercise A

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

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

Exercise B

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

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

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

**47 • Week of September 7 – 13, 2009**

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

Exercise A

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

<b>INHALATION</b>	<b>1.-</b> Empty your lungs to the maximum.  Inhale air deeply, starting with the bottom of the lungs. The abdomen will become slightly distended.  Continue inhaling, expanding the thorax.  Raise the shoulders slightly to fill the top of the lungs.  Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 5 more seconds to increase the gaseous exchanges.

<b>EXHALATION</b>	<b>3.-</b> Exhale slowly, starting with the top (lower the shoulders), then the middle and finally the abdominal part. Use your diaphragm at all times.
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Exercise B

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

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

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

**46 • Week of August 31 – September 6, 2009**

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

Exercise A

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

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

Exercise B

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

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

**45 • Week of August 24 – 30, 2009**

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

Exercise A

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

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

Exercise B

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

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

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

**44 • Week of August 17 – 23, 2009**

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

Exercise A

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

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

Exercise B

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

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

**43 • Week of August 10 – 16, 2009**

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

Exercise A

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

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

Exercise B

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

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

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

**42 • Week of August 3 – 9, 2009**

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

Exercise A

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

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

Exercise B

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

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

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

**41 • Week of July 27 – August 2, 2009**

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

Exercise

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

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

#### 40 • Week of July 20 – 26, 2009

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

Exercise

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

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

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

### 39 • Week of July 13 – 19, 2009

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

Exercise

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

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

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

### 38 • Week of July 6 – 12, 2009

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

Exercise Part A

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

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

Exercise Part B

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

**37 • Week of June 29 – July 5, 2009**

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

Exercise Part A

<b>INHALATION</b>	<p><b>1.-</b> Start inhaling air slowly and increment the force until you complete the inhalation. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.</p>
<b>HOLD BREATHE</b>	<p><b>2.-</b> Hold your breath for 5 more seconds.</p>

<b>EXHALATION</b>	<b>3.-</b> Start exhaling the air with force and decrease it towards the end. Use your diaphragm at all times.
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Exercise Part B

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

**36 • Week of June 22 – 28, 2009**

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

Exercise Part A

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

Exercise Part B

Set the regulator at slightly low intensity level.

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

### 35 • Week of June 15 – 21, 2009

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

#### Exercise Part A

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

#### Exercise Part B

Set the regulator at slightly low intensity level.

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

### 34 • Week of June 8 – 14, 2009

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

#### Exercise Part A

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

Exercise Part B

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

**33 • Week of June 1 – 7, 2009**

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

Exercise Part A

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

Exercise Part B

Set the regulator at slightly low intensity level.

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

### **32 • Week of May 25 – 31, 2009**

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

#### Exercise Part A

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

#### Exercise Part B

Set the regulator at slightly low intensity level.

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

<b>EXHALATION</b>	<p><b>3.-</b> Make two quick complete inhalations and exhalations and then without pause a quick inhalation and a long complete exhalation.</p> <p>Use your diaphragm.</p>
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### 31 • Week of May 18 – 24, 2009

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

#### Exercise Part A

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

#### Exercise Part B

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

### 30 • Week of May 11 – 17, 2009

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

training time with Eolos depending on your physical condition.

Exercise Part A

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

Exercise Part B

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm.
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 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. Use your diaphragm at all times.

**29 • Week of May 4 – 10, 2009**

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

Exercise Part A

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

	diaphragm at all times.
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Exercise Part B

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

**28 • Week of April 27 – May 3, 2009**

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

Exercise Part A

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

Exercise Part B

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

	without pause a quick inhalation and a long complete exhalation.  Use your diaphragm.
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**27 • Week of April 20 – 26, 2009**

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

Exercise Part A

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

Exercise Part B

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

**26 • Week of April 13 – 19, 2009**

This is a two part exercise that can be performed continuously one after the other. It is

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

Exercise Part A

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

Exercise Part B

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

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

**25 • Week of April 6 – 12, 2009**

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

Exercise Part A

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

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

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

**24 • Week of March 30 – April 5, 2009**

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

Exercise Part A

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

Exercise Part B

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

### **23 • Week of March 23 – 29, 2009**

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

#### Exercise Part A

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

#### Exercise Part B

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

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

### **22 • Week of March 16 – 22, 2009**

This is a two part exercise that can be performed continuously one after the other. It is

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

Exercise Part A

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

Exercise Part B

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

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

**21 • Week of March 9 – 15, 2009**

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

Exercise Part A

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

<b>EXHALATION</b>	<b>3.-</b> Exhale air slowly for 10 seconds.
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Exercise Part B

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

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

## 20 • Week of March 2 – 8, 2009

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

Exercise Part A

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

Exercise Part B

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

<b>EXHALATION</b>	<b>3.-</b> Start exhaling slowly and increment the force of exhalation until you finish exhaling all the air out. Make use of your diaphragm at all times.
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**19 • Week of February 23 – March 1, 2009**

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

Exercise Part A

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

Exercise Part B

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

**18 • Week of February 16 – 22, 2009**

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

training time with Eolos depending on your physical condition.

Exercise Part A

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

Exercise Part B

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

**17 • Week of January 26 – 1 February, 2009**

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

Exercise Part A

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

<b>INHALATION</b>	<b>1.-</b> Start inhaling air with force and finish it slowly. Note that for new users or people with low physical resistance, the inhalation needs to be performed according to your current physical level without forcing your body in excess. Keep in mind to always use the diaphragm..
<b>HOLD BREATHE</b>	<b>2.-</b> Hold your breath for 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. Make use of your diaphragm at all times.
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Exercise Part B

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

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

**16 • Week of January 19 – 25, 2009**

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

Exercise Part A

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

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

Exercise Part B

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

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

**15 • Week of January 12 -18, 2009**

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

Exercise Part A

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

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

Exercise Part B

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

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

### 14 • Week of January 5 – 11, 2009

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

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

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

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

Exercise Part A

Set the regulator at slightly low intensity level.

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

Exercise Part B



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