

Routines for Better Breathing

Each row of exercises develops a particular set of breathing muscles.

Sides of Chest

Side Stretch – Sitting



Elbow to Knee 1



Triangle



Shoulders, Upper Back, Front of Chest

Bust Expansion



Back Bend



Alternating with

Puppy



Neck & Shoulders

Neck Stretch & Neck Rolls



Triangle OR



Wide Angle with Twist



Elbow to Knee 2



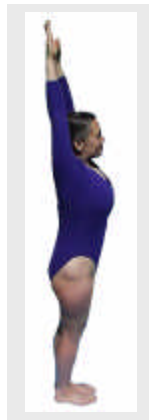
Also: Complete Breathe & Wood Chopper, below

Abdominals

Complete Breath



Wood Chopper



Abdominal Lifts

