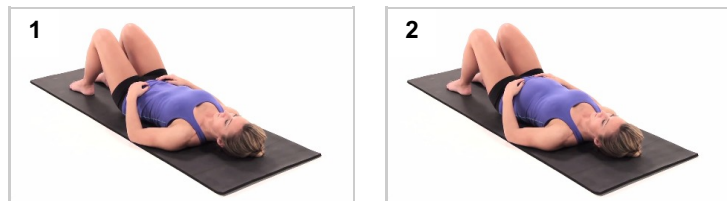


## Supine Diaphragmatic Breathing

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back with your knees bent and feet resting on the floor.

### Movement

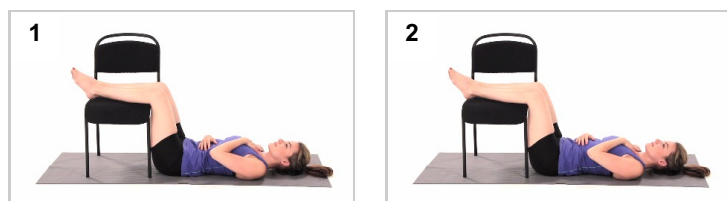
Exhale, drawing in your abdominals as if you are pulling your belly button toward the floor, then inhale, focusing on expanding your belly instead of your chest.

### Tip

Make sure to keep your low back flat on the ground during the exercise.

## Diaphragmatic Breathing at 90/90 Supported

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back with your legs bent at a 90 degree angle, resting on a chair. You should have one hand on your chest and your other hand on your upper belly.

### Movement

Slowly take a deep breath in, filling your belly with air, then exhale and repeat.

### Tip

Make sure not to arch your lower back and perform slow and controlled breathing. There should be no movement of your chest as you breathe.

## Sidelying Diaphragmatic Breathing

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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**Setup**

Begin lying on your side with your knees bent and head resting on a pillow.

**Movement**

Exhale, drawing in your abdominals as if you are pulling your belly button toward spine, then inhale, expanding your belly.

**Tip**

Make sure to focus on expanding your belly instead of your chest. Do not let your back arch or your hips roll forward or backward during the exercise.

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## Seated Diaphragmatic Breathing

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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**Setup**

Begin sitting in an upright position with one hand on your upper belly and your other hand on your chest.

**Movement**

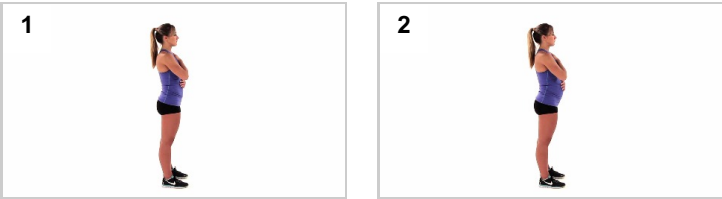
Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.

**Tip**

You should not feel any movement in your chest as you breathe.

# Standing Diaphragmatic Breathing

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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**Setup**  
Begin in a standing upright position with one hand on your upper belly and your other hand on your chest.

**Movement**  
Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.

**Tip**  
You should not feel any movement in your chest as you breathe.

# Shoulder Flexion and Extension with Coordinated Breathing

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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**Setup**  
Begin sitting upright.

**Movement**  
With your palms facing inward, lift your arms in front of you and above your head, inhaling as your arms come up. Then lower your arms, exhaling through your mouth as you bring them down, and repeat.

**Tip**  
Make sure to keep your breath slow and steady and match the rhythm of your breathing with your arm movement.