

Breathing Exercise  
 Stolen and adapted by  
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| Exercise       | Tempo | Reps | Instructions:                        |
|----------------|-------|------|--------------------------------------|
| 1. In 1, out 1 | 30    | 16   | ALWAYS Fill up and empty out evenly. |
| 2. In 1, out 3 | 72    | 16   | In on 4, out on 1-3                  |
| 3. In 1, out 7 | 144   | 16   | In on 8, out 1-7                     |
| 4. In 1, out 1 | 72    | 32   | Fill up and empty out evenly.        |

2-Minute Rest

|                |    |   |           |
|----------------|----|---|-----------|
| 5. In 4, out 4 | 88 | 4 | 4 Pattern |
| 6. In 6, out 6 | 88 | 4 | 3 Pattern |
| 7. In 8, out 8 | 88 | 4 | 4 Pattern |
| 8. In 6, out 6 | 88 | 4 | 3 Pattern |
| 9. In 4, out 4 | 88 | 4 | 4 Pattern |

2-Minute Rest

|                 |    |   |           |
|-----------------|----|---|-----------|
| 10. In 2, out 4 | 80 | 4 | 2+4       |
| 11. In 3, out 6 | 80 | 4 | 3 Pattern |
| 12. In 4, out 8 | 80 | 4 | 4 Pattern |
| 13. In 3, out 6 | 80 | 4 | 3 Pattern |
| 14. In 2, out 4 | 80 | 4 | 2+4       |

2-Minute Rest

|                 |    |   |           |
|-----------------|----|---|-----------|
| 15. In 1, out 3 | 72 | 4 | 4 Pattern |
| 16. In 1, out 5 | 72 | 4 | 3 Pattern |
| 17. In 1, out 7 | 72 | 4 | 4 Pattern |
| 18. In 1, out 5 | 72 | 4 | 3 Pattern |
| 19. In 1, out 3 | 72 | 4 | 4 Pattern |

Thoughts:

- No tension
- Push yourself to make every rep better, fuller, more relaxed
- Empty out evenly and fully every rep
- Breathe to expand, don't expand to breathe
- Keep throat open and relaxed
- If you feel light-headed, you are probably doing this well
- Feel free to do this exercise inhaling through a breathing tube (1/2" to 1")