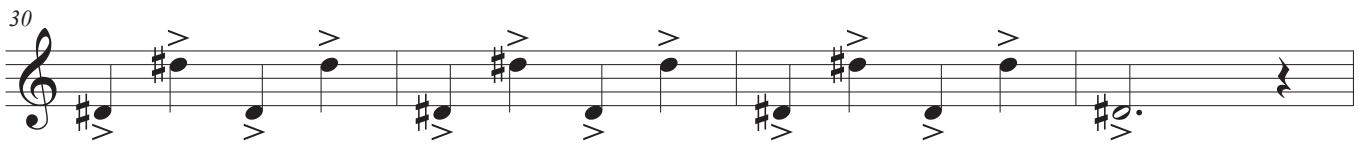
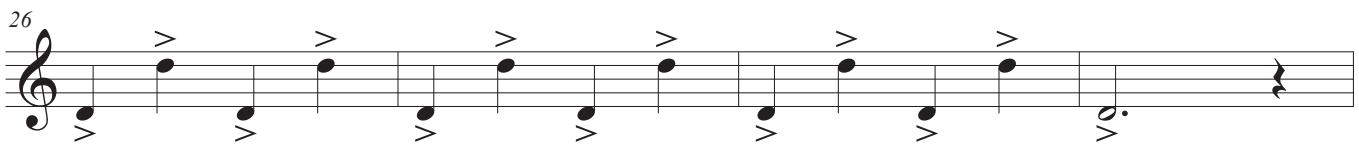
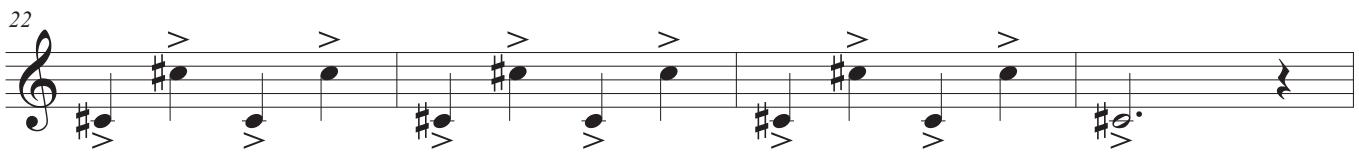
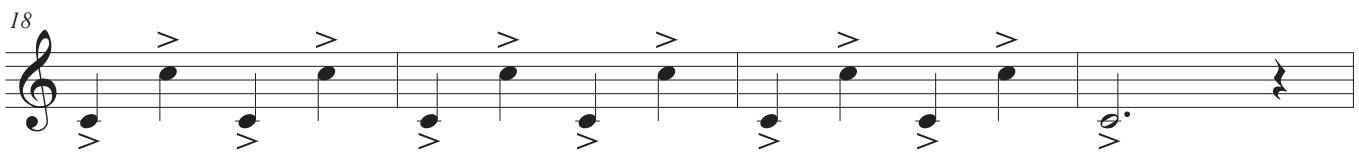
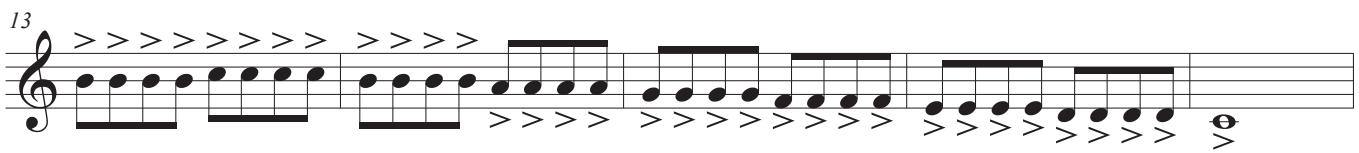
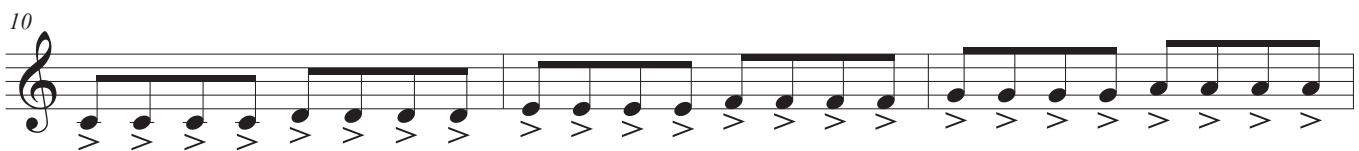
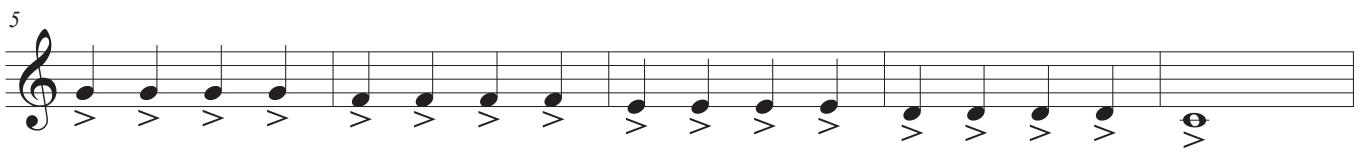
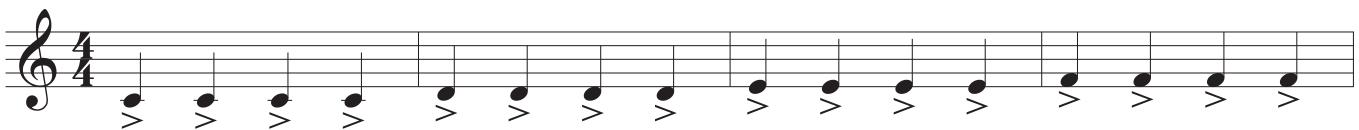
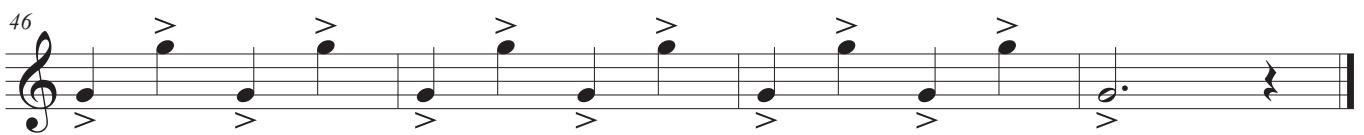
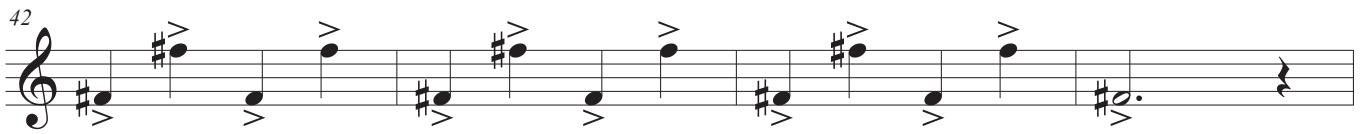
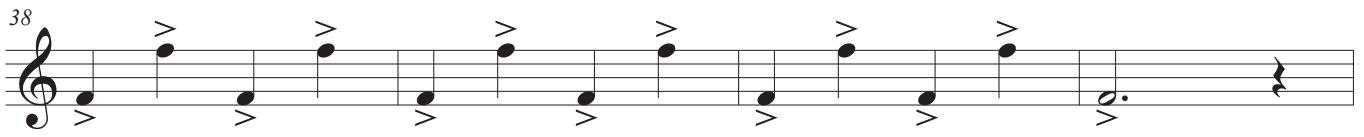
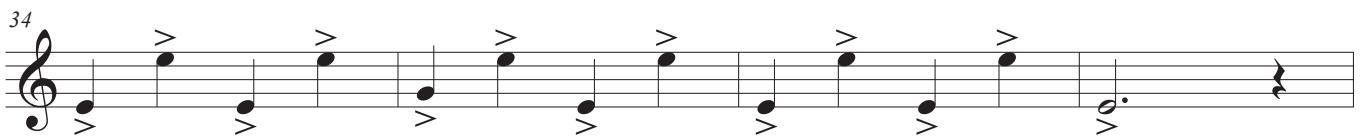


BREATH SUPPORT EXERCISE





As well as these exercises I recommend using many of the exercises from Arban!

An tonguing type exercise can be used, only don't tongue!

Use a 'huh' breath support and make it sound like you are tonguing!

You may feel an aching around the abdominal area if you have never done these types of exercises before.