Daily Breathing Routine, Level 2

The following exercises were developed by the great tubists Sam Pilafian and Patrick Sheridan, and are among those featured in their book/DVD set The Breathing Gym. The goal here is primarily to “stretch” the breathing apparatus in order to prepare it for the day’s playing. Therefore, some of the exercises require “overtraining” that is not exactly analogous to normal breathing.

1.
4 counts in—4 counts out (2 times)
3 counts in—4 counts out (2 times)
2 counts in—4 counts out (2 times)
1 count in—4 counts out (repeat as many times as possible)

2.
4 counts in—4 counts out (2 times)
4 counts in—3 counts out (2 times)
4 counts in—2 counts out (2 times)
4 counts in—1 count out (repeat as many times as possible)

3.
4 counts in—4 counts out (2 times)
3 counts in—3 counts out (2 times)
2 counts in—2 counts out (2 times)
1 count in—1 count out (repeat as many times as possible)

4.
Inhale for four counts, blow (push!) everything out in 1 count, and then push out 2 extra breaths.