



Pulmonary Strengthening Exercises

Benefits

1. To increase upper and lower body strength and muscle tone
2. To increase endurance or stamina for higher-level exercise

Options

The strengthening exercises may be done with or without weights. If you choose to use weights, you can either buy hand weights or use common household items. Some good alternatives to using hand weights are canned vegetables or any empty carton (milk, juice, soda), which could be filled with water, sand or rocks. Be sure to weigh the carton with your household scale to determine the amount of weight you are lifting.

Definitions

Here are some definitions to help you understand your strengthening program:

Repetition: One complete movement of the exercise (also referred to as a “Rep”)

Set: The exercise calls for 10 to 15 repetitions, 1 to 2 sets. You would start with one set, which means you perform the exercise 10 to 15 complete times in succession. When you wish to progress to two sets, you would perform the exercise 10 to 15 times – rest – and repeat the exercise 10 to 15 more times. This would equal two sets.

Proper technique

1. Perform exercises seated in an armless chair, keeping your back straight.
2. Breathe out through the mouth when you **lift** and breathe in through the nose when you **lower**.
3. **Never** lock the arms into a straight position. Always keep a slight bend in the elbows.
4. **Lift** slowly and in control.

We recommend you start with _____pound hand weights.

Two arm shoulder press

Place your hands on your shoulders. Press both arms overhead to arms length while breathing out. Lower your arms back to the starting position while breathing in.



One arm shoulder press

Place your hands on your shoulders. Raise one arm overhead to arms length while breathing out. Lower your arm back to the starting position while breathing in. Repeat using the other arm.



Two arm bicep curl

Place both arms on your thighs, palms up and fully extended. Curl them upward until they come close to the shoulders. Breathe out as you curl. Return slowly and smoothly to the starting position while breathing in.



One arm bicep curl

Place both arms on your thighs, palms up and fully extended. Curl one arm upward until it comes close to the shoulder. Breathe out as you curl. Return slowly and smoothly to the starting position while breathing in. Repeat using the other arm.



Upright row

Place both hands on top of the thighs, palms down. Pull your arms upward as high under the chin as possible while breathing out. Keep the elbows pointed up. Lower your arms slowly and smoothly to the starting position while breathing in.



Side arm raise

Place your arms straight down by your side, palms are facing inward. Raise your arms upward with slightly bent arms until they are about shoulder height. Breathe out as you lift. Return slowly and smoothly to the starting position while breathing in.



Front shoulder raise

Begin with your arms on top of your thighs. Raise one arm straight in front of you to shoulder height. Breathe out as you lift. Lower your arm to starting position while breathing in. Repeat with your other arm.



Triceps extension

Place both arms above your head. If using weights, use only one. Slowly, bend your elbows behind your head as you breath out. Breath in as you raise your arms back to the starting position.



Pectoral press

Begin with your arms at shoulder height and elbows bent. While breathing out, rotate your arms so that your elbows almost touch in front of you. Breathe in as you return to the starting position.



Knee lift

Place your hands with the weights on your knee. Raise your knee up toward your head to a comfortable height while breathing out. Return to starting position while breathing in. Repeat with your other knee.

