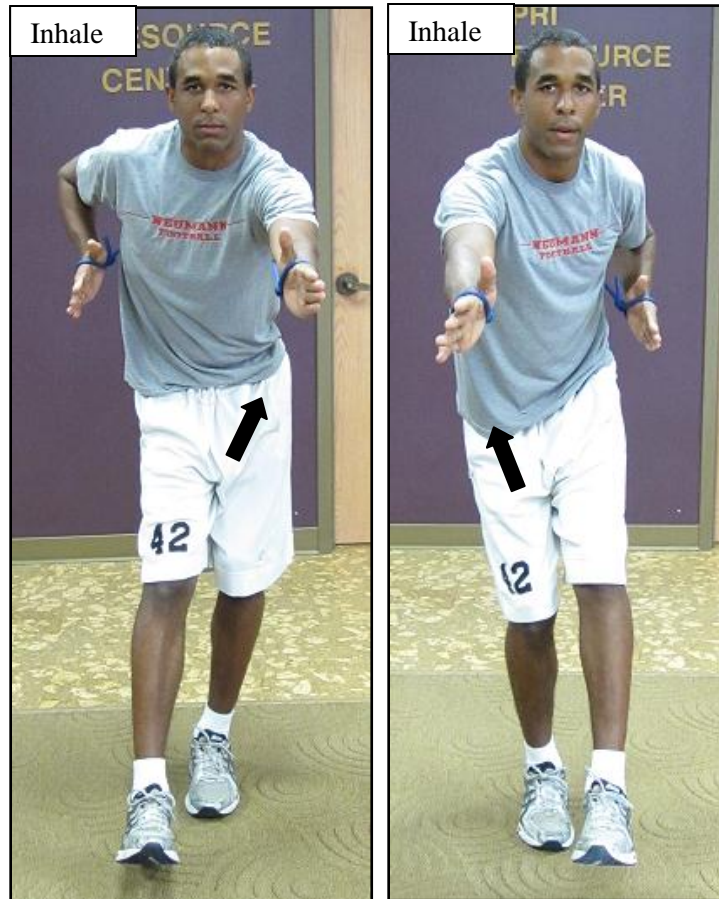


Forward Alternating Reciprocal Resisted Respiratory Reach



1. Place a piece of tubing in each hand with the resistance behind your back. Be sure to look straight ahead during this activity.
2. Shift your left hip back. Inhale through your nose as you advance your left arm and right leg forward. Attempt to fill or expand your left upper back with air upon inhalation.
3. Exhale through your mouth, and place your right foot on the ground. Shift your right hip back.
4. Inhale through your nose as you advance your right arm and left leg forward. Attempt to fill or expand your right upper back with air upon inhalation.
5. Exhale through your mouth and place your left foot on the ground.
6. Continue walking forward with this breathing sequence until you have completed 10 steps.
7. Relax and repeat 2 more times.

Reference Center(s): *Left abdominals, Left heel, Right arch*