

Daily Breathing Routine, Level 2

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The following exercises were developed by the great tubists Sam Pilafian and Patrick Sheridan, and are among those featured in their book/video series *The Breathing Gym*. The goal here is primarily to exercise the breathing apparatus to prepare the body for the day's playing. The exercises do sometimes constitute 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.

1 8 4 8