



Day Of Week	Exercise	Sets	Reps	Rest
Monday	Diaphragmatic Breathing	3	30s	30s
Tuesday	Diaphragmatic Breathing	3	45s	30s
Wednesday	Diaphragmatic Breathing	3	45s	
	Maintain IAP with Breathe	3	15s	45s
Thursday	Diaphragmatic Breathing	3	60s	
	Maintain IAP with Breathe	3	30s	45s
Friday	Diaphragmatic Breathing	3	60s	
	Maintain IAP with Breathe	3	45s	45s
	Supported 3 Months Supine with Arms Overhead	3	30s	60s
Saturday	Diaphragmatic Breathing	3	60s	
	Maintain IAP with Breathe	3	45s	45s
	Supported 3 Months Supine with Arms Overhead	3	45	60s