

Breath Builder – Getting Started

Let's get started on the road to better breathing. Here are some simple instructions:

1. Attach the tube to the Breath Builder. Use the smaller bore tube if you are a brass player, and the larger bore if a woodwind player.
2. Hold Breath Builder firmly in your hand.
3. Place lips firmly over the tube.
4. Take a deep breath. Completely fill your lungs: your stomach should expand.
5. Blow hard into the tube until the ball inside the cylinder rises to the top.
6. When the ball is all the way to the top of the cylinder, immediately inhale hard enough to keep the ball at the top of cylinder.

When you can do this easily, you can further improve your breathing by placing your index finger over one hole at top of cylinder and repeating the above process.

When you can do this with ease, place your index finger over two holes and repeat.

You will find that when you start covering the holes, the exercise gets tougher. One hole in the cylinder must always be open!

