

Editor's Office. (2021, August), Lung strengthening poses to fight covid's easily at home : Cheewajit. 23 (549) : 70

Most daily exercises focus on strengthening your muscles and your heart rate. but did you know that Lung training also plays an important role in helping us to exercise better. Because it is an important part that helps to improve the rate of oxygen uptake.

cardio exercise Like jogging, it helps strengthen the lungs. Currently, running elephants outside may be difficult due to the situation with the COVID-19 outbreak. But we have some easy moves for cardio training. to manage the lungs that can be done at home This is to relieve the tightness of the muscles as well.

Step 1 stride, stomp your feet in place It takes 1 minute to walk.

Step 2 Walk with legs elevated in place. Do 20 reps.

Step 3 move, jog or run slowly, stay in place, run for 1 minute.

Step 4 pose, swing your arms up and down Sit in a chair, spread your legs slightly. Raise both arms above your head while holding a deep breath, then lower both channels while exhaling. Do about 15-20 reps.

Step 5 position, sit on the side of the body Sit in a chair, spread your legs slightly. His left hand extended his arm to touch the rib on the right side. His right hand is raised above his head, inhaling. Exhale and tilt to the left, hold, then lean back into an upright position, switch sides, repeat the same position 5 times.

Step 6 Sit up straight, twisting the body left-right. Sit up straight in a chair, spread your legs slightly. Place your left hand and right hand on your left waist. Inhale, exhale while turning your body to the left and hold it. Turn your body back into an upright position. Switch sides. Repeat the same position 5 times.

