



The Ultimate Breathing Workout (Revised Edition)

Jaime J. Vendera, Molly Burnside

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The Ultimate Breathing Workout, from Raise Your Voice author, Jaime Vendera, is THE program for singers who wish to develop lungs of steel! This compact 80 page book features the most intense breathing program ever created for vocalists. Based on a nine step breathing program designed to increase breath capacity, strengthen the lungs, diaphragm, back, and abdominal muscles will turn you into a breathing machine, and enable you to hold out notes for over a minute. As well, The Ultimate Breathing Workout features advance breathing exercises, including the Breath Builders and Applied Breathing Isometrics. This book contains one illustration and ten audio examples accessible through jaimevendera.com via link within the book.

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