

Effect Of Breath Holding During Abdominal Exercise On

What happens when we do strong breath hold during Oxygen Advantage What if You Hold Your Breath for Too Long? | Breathing Mechanism in Human Beings | Dr. Binocs Show 5 Ways To Improve Your Breathing with James Nestor Is Holding Your Breath Good For You? Here's What Holding Your Breath Does To Your Body Breathe to Heal | Max Strom | TEDxCapeMay The Secrets of Extreme Breath Holding What Holding Your Breath Does To Your Body How to Naturally Increase Oxygen - 2 Breathing Exercises BOOK SUMMARY: BREATH: The New Science of a Lost Art — James Nestor Optimize your breathing: BREATH by James Nestor | Core Message James Nestor Breathing Methods EXPLAINED (Breath Key Principles) After Full Moon Your DNA May Hit 5D Shift | Do This in Next 3 Days Dolores Cannon How I Learned to Hold My Breath for 4 Minutes Breathing Light During Exercise: Nose Breathing Benefits for a 10 Minute 20 Minute Walk This Breathing App Makes It Easy To Relieve Anxiety (Pocket Breath Coach) Holding Breath After Exhale, After Inhale, After Hyperventilation - Benefits, Risks Adaptations My Top 3 BREATHING Books of All Time (+ a Life-Changing Idea From Each!) How to Hold Your Breath Longer: a freediving tutorial from a professional freediver Are You Working In Breath Holds? Benefits of Breath-Holding (Leigh Ewin) Peter Levine's Secret to Releasing Trauma from the Body Breath Holding by Athletes- The Oxygen Advantage Morning Breathe Routine Will Change Your Life! | James Nestor How I breathe underwater Email Apnea - Difference Between Conscious Unconscious Breath Holding - What to Do About It? Is Breath Hold Healthy And Does It Produce More Red Blood Cells? | Breathing Explained A Simple Exercise to Train Your Breathing During a Walk Holding my BREATH in the WORLDS DEEPEST POOL! #shorts Breathing through different nostrils makes a difference! | James Nestor Breath | TAKE A DEEP BREATH

Activate Your Full Human Potential

The Effect of Breath-holding and the Valsalva Maneuver on Systolic Time Intervals

The Effect of Breath-holding During Intense Intermittent Exercise on Arterial Blood Gases, Acid-base Balance, and Lactate

Effect Upon Various Circulorespiratory Measures

The Effects of a Sustained Training Program of Breath-hold Swimming on Selected Physiological Parameters and Swimming Performance

The Effect of Breath Holding During Exercise on the Development of Muscular Strength

A Preliminary Study

The New Science of a Lost Art | A Guide to James Nestor's Book

Restoring Prana

The Effects of Interval Running and Breath-holding on Cardiac Intervals

Time Domains of Hypoxia Adaptation: Evolutionary Insights and Applications

Breath

The Oxygen Advantage

The physiological consequences of breath-hold diving in marine mammals; the Scholander legacy

Theory, Research, and Clinical Applications

The Power of Breathing Techniques

Human Baroreflexes in Health and Disease

Effect of Low Levels of Carbon Monoxide on Visual Processes

Respiration

The Effect of Breath-holding on the Brachial Pulse Wave

Summary & Analysis of Breath

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TOMMY QUINCY

Activate Your Full Human Potential Frontiers Media SA

The function of the cardiovascular system has to be monitored and adjusted constantly to respond to the abrupt changes in arterial blood pressure that occur in everyday life, as a consequence of exercise, for example. The baroreflexes are one of the most important of the control mechanisms involved. This is the first book devoted to human baroreflexes, and it places the most recent understanding of human physiology solidly in the context of knowledge derived from animals. It deals comprehensively with baroreflex involvement in human diseases, including high blood pressure, heart failure, and sudden cardiac death.

The Effect of Breath-holding and the Valsalva Maneuver on Systolic Time Intervals Springer Science & Business Media

During many hundred years Qigong became surrounded by many techniques, religious rites, stories, myths and even magic. From our point of view, if to clean qigong from philosophical-religious and also mystical layers, there is a simple and effective technique, based on laws of the human physiology. Just the development of the consciousness ability to affect physiological processes is the main and, in fact, single aim of all qigong practices. This book elucidates one of qigong aspects, namely its effect on such physiological process as energy synthesis by the human organism. The book explains from positions of modern physiology, why qigong breathing technique are such as they are. There is no place to mystic and religion. There are only physiological laws of our organism functioning.

The Effect of Breath-holding During Intense Intermittent Exercise on Arterial Blood Gases, Acid-base Balance, and Lactate Frontiers E-books

Teaches how to become aware of your breathing and how to train it, you will be able to learn to breathe properly. Your body will immediately absorb more oxygen and after a short time you will have more energy and gain greater mental calmness. It covers how to: Advantages of efficient breathing. Gain more energy in your daily life Become better at managing stress Optimize your work and sport performances Avoid illnesses and get well faster Minimize chronic or transient pain Become happier and more positive Live a healthier and longer life.

EFFECT UPON VARIOUS CIRCULORESPIRATORY MEASURES

The Effect of Breath Holding During Exercise on the Development of Muscular Strength Breath-holding During Activity and Rest Effect Upon Various Circulorespiratory Measures The Wim Hof Method Activate Your Full Human Potential

This welcome addition to the series Update in Intensive Care and Emergency Medicine emerges from the most recent of a series of meetings organized by Alvar Net and Salvador Benito of Barcelona. This gathering provided a forum for European intensive care specialists to exchange ideas, knowledge and experience on, the measurements feasible in mechanically ventilated patients. The scope was ambitious, ranging from basics like the measurement of airway pressure and blood gases to topics such as CT, MRI and the multiple inert gas elimination technique. The success of the meeting made publication a logical consequence. The book is unique in its breadth. The contributors, from numerous centers in Europe and North America, cover all techniques employed in intensive care units, describing indications, contraindications, procedures, biases and complications. This volume will be an invaluable source for intensive care specialists and other clinicians. Alongside practical descriptions of procedures they employ routinely (spirometry, measurement of systemic vascular oxygen pressure, Swan-Ganz catheterization, BOPA etc.), they will find accounts of such sophisticated techniques as on line measurement of functional residual capacity, isotope determination of ventilation/perfusion ratios, diaphragmatic metabolism and peripheral oxygen exchange. I am especially happy to see the book published by Springer-Verlag, which has distinguished itself in the field of intensive care medicine.

The Effects of a Sustained Training Program of Breath-hold Swimming on Selected Physiological Parameters and Swimming Performance Springer Science & Business Media

The Power of Breathing Techniques - Breathing Exercises for more Fitness, Health and Relaxation We can survive for weeks without food and days without water, but only a few minutes without air. Would it not be justified to presume that the air, which is more important for human survival than food or water, should live up to basic standards? How much air do we need for ideal breathing? And how should we breathe? The amount of air that you breathe has the potential to change everything you believe about your body, your health and your performance. In this book, you will discover the fundamental relationship between Oxygen and your body. Increasing your Oxygen supply is not only healthy, it enables an increase in the intensity of your training and also reduces breathlessness. In short, you will notice an improvement in your health and more relaxation in your everyday life. About the author, Lutz Schneider: Ever since he studied the biology of evolution, over 20 years ago, he has been interested in marginal

health subjects, which are often hidden from the main stream, but which are scientifically well accepted. He teaches this knowledge, not only to his students, but also reaches a wider audience in Germany with his various publications. In his books, he speaks about subjects which are very close to his heart and on which he can pass on his own experiences. All of his publications, therefore, are based on indisputable scientific facts, but also encompass his own very personal experiences and knowledge. Look forward to reading a lot of background information, experience reports, step-by-step instructions and secret tips which are tailor-made to your breathing technique and help you to become fitter, healthier and more relaxed. Make sure to order this guidebook today to experience... why the correct breathing technique has a great influence on our body ... how you can improve your performance using the correct breathing technique ... which exercises will help you to remove bad breathing habits quickly Content of this book: About the author Preface The Secret of Oxygen Carbon Dioxide as the metronome of your Respiration Breathing through the nose is the key to success Light breathing as the key to success Reduce Injuries and Fatigue Breathing exercises during sport to improve physical performance Breathing Exercise for Relaxation Concluding Remarks

The Effect of Breath Holding During Exercise on the Development of Muscular Strength Expertengruppe Verlag

This document is a joint policy of Canada's three federal research agencies, the Canadian Institutes of Health Research, the Natural Sciences and Engineering Research Council of Canada, and the Social Sciences and Humanities Research Council of Canada. This updated version replaces the TCPS 2 (2010) as the official human research ethics policy of these agencies.

[A Preliminary Study Singing Dragon](#)

PLEASE NOTE: This is a summary and analysis of the book and not the original book. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries[dot]com with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/3k6TUMB> In *Breath*, James Nestor investigates the deterioration of human breathing, explains what it means for our health and wellbeing, and offers the adjustments we can make to get the most out of life. What does this SNAP Summary Include? - Synopsis of the original book - Key takeaways from each chapter - How incorrect breathing alters our bodies and health - How we can open up our airways, increase our lung capacity, and live longer lives - Editorial Review - Background on James Nestor About the Original Book: The way we breathe, Nestor observes, has got markedly worse since our ancestors invented fire. So much so that nearly everyone alive today is breathing incorrectly. We breathe too shallow, too fast, and too much, often through our mouths instead of our noses, and sometimes not at all. These failures are behind many of the medical conditions endemic to modern life, including asthma, anxiety, insomnia, hypertension, and heart disease. Drawing from ancient tradition, scientific research, and his own experiences, Nestor explains the breathing habits and techniques that can halt or reverse many of these chronic illnesses, boost athletic performance, and extend our lifespans. Breath is proof that every inhale and every exhale, depending on how it is performed, can impact our bodies and health in positive or negative ways. DISCLAIMER: This book is intended as a companion to, not a replacement for, *Breath*. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries.com with any questions or concerns. Please follow this link: <https://amzn.to/3k6TUMB> to purchase a copy of the original book.

The New Science of a Lost Art | A Guide to James Nestor's Book John Wiley & Sons

More energy, less stress, better sleep, happier lives. Isn't that what we all wish we had more of? Well, the solution is, quite literally, under your nose: your breath. From leading Breathwork practitioner, Richie Bostock, comes *Exhale* - a guide to learning the transformative power of breathing to help you lead a happier, healthier life. *Exhale* will help you master your physical, mental and emotional state in the comfort of your own home. Whether you're looking to reduce stress, improve creativity, tackle back pain or treat chronic ailments, conscious breathing has benefits for everyone. With over 40 exercises, experience the life-changing effects of Breathwork and cultivate your own breathing toolkit. With techniques inspired by traditional Sufi meditation and practices implemented by the Navy SEALs, Richie's Breathwork plan will help you find the solution to life's everyday challenges, in as little as ten minutes a day. Greater health and happiness is just a few breaths away.

RESTORING PRANA

Penguin UK

The 14th volume in the series will focus on cutting edge research at the interface of hypoxia and exercise. The work will cover the range from molecular mechanisms of muscle fatigue and muscle wasting to whole body exercise on the world's highest mountains. State of the art papers on training at high altitude for low altitude athletic performance will also be featured.

Penguin

Breath-hold diving marine mammals are able to remain submerged for prolonged periods of time and dive to phenomenal depths while foraging. A number of physiological, biochemical and behavioral traits have been suggested that enable this life style, including the diving response, lung collapse, increased O₂ stores, diving induced hypometabolism, and stroke-and-glide behavior to reduce dive metabolic cost. Since the initial studies by Scholander in the 1940's, when most of the physiological and biochemical traits were suggested, few have received as much study as the diving response and O₂ management. The calculated aerobic dive limit (cADL) was an important concept which allowed calculation of the aerobic dive duration, and was defined as the total O₂ stores divided by the rate of O₂ consumption (metabolic rate). The total O₂ stores have been defined for several species, and studies in both forced and freely diving animals have refined the metabolic cost of diving. Currently there appears to be little consensus about whether marine mammals perform a significant proportion of dives exceeding the cADL or not and there may be large differences between species. The diving response is a conserved physiological trait believed to arise from natural selection. The response includes diving-induced bradycardia, peripheral vasoconstriction, and altered blood flow distribution. While the response results in reduced cardiac work, it is not clear whether this is required to reduce the overall metabolic rate. An alternate hypothesis is that the primary role of the diving bradycardia is to regulate the degree of hypoxia in skeletal muscle so that blood and muscle O₂ stores can be used more efficiently. Scholander suggested that the respiratory

anatomy of marine mammals resulted in alveolar collapse at shallow depths (lung collapse), thereby limiting gas exchange. This trait would limit uptake of N₂ and thereby reduce the risk of inert gas bubble formation and decompression sickness. In his initial treatise, Scholander suggested that alveolar collapse probably made inert gas bubble formation unlikely during a single dive, but that repeated dives could result in significant accumulation that could be risky. Despite this, lung collapse has been quoted as the main adaptation by which marine mammals reduce N₂ levels and inert gas bubble formation. It was surprising, therefore, when recent necropsy reports from mass stranded whales indicated DCS like symptoms. More recent studies have shown that live marine mammals appear to experience bubbles under certain circumstances. These results raise some interesting questions. For example, are marine mammals ever at risk of DCS, and if so could N₂ accumulation limit dive performance? While an impressive number of studies have provided a theoretical framework that explains the mechanistic basis of the diving response, and O₂ management, many questions remain, some widely-accepted ideas actually lack sufficient experimental confirmation, and a variety of marine mammal species, potentially novel models for elucidating new diving adaptations, are understudied. The aim of this Frontiers Topic is to provide a synthesis of the current knowledge about the physiological responses of marine mammals that underlie their varied dive behavior. We also include novel contributions that challenge current ideas and that probe new hypotheses, utilize new experimental approaches, and explore new model species. We show that the field has recently entered a phase of renewed discovery that is not only unraveling more secrets of the natural diving response but will drive new applications to aid human exploration of the ocean depths. We also welcome comparative analyses, especially contributions that compare marine mammals with human divers.

The Effects of Interval Running and Breath-holding on Cardiac Intervals Elsevier

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Time Domains of Hypoxia Adaptation: Evolutionary Insights and Applications ZIP Reads

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • *Breath*—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • *Cold*—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • *Mindset*—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • *Science*—How users of this method have redefined what is medically possible in study after study • *Health*—True stories and testimonials from people using the method to overcome disease and chronic illness • *Performance*—Increase your endurance, improve recovery time, up your mental game, and more • *Wim's Story*—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • *Spiritual Awakening*—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

Breath Semyon Neskorodev

Running economy (RE) is the amount of oxygen consumed while running at a submaximal intensity. Along with aerobic capacity (VO₂max), RE is an important predictor of running performance. Little research has investigated changes in RE with restricted breathing training [i.e. controlled breath-holding (CFB)] during exercise. RE may improve ~6% amongst a novice swimming cohort through CFB training, but this has not been established in elite swimmers. The purpose was to further establish that CFB training (16 sessions of 12 x 50-m with ~15 seconds rest between each 50-m, using only ~2 breaths per 50-m) can improve RE in 25 elite college swimmers. CFB training did not alter RE. The day-to-day variability in RE (mL/kg/km), energy cost (kcal/kg/km), and VO₂max (L/min) was between 2.4 - 3.4%. There was no association between RE (range = 182 to 224 mL/kg/min) and 200 yard freestyle swimming performance (range = 104 to 129 seconds).

The Oxygen Advantage Guilford Press

One of the most common issues clients face is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach

to restore balance. Grounded in the yogic teachings, this text introduces the Buteyko breathing method as a more contemporary way of understanding the original intention of pranayama. Through extensive research, Robin Rothenberg establishes that as with Dr. Buteyko's breath retraining technique, the ancient yogis prescribed breathing less not more. Vedic science and physiology are broken down and explained in accessible ways. The book presents a new understanding and application of breathing to address a wide range of ailments, including COPD, asthma, hay-fever, autoimmune disorders, anxiety, sleep apnoea and neurological conditions.

The physiological consequences of breath-hold diving in marine mammals; the Scholander legacy Springer

The Novartis Foundation Series is a popular collection of the proceedings from Novartis Foundation Symposia, in which groups of leading scientists from a range of topics across biology, chemistry and medicine assembled to present papers and discuss results. The Novartis Foundation, originally known as the Ciba Foundation, is well known to scientists and clinicians around the world.

THEORY, RESEARCH, AND CLINICAL APPLICATIONS

Oxford University Press

Due to the recent explosion of placebo research at many levels the Editors believe that a volume on Placebo would be a good addition to the Handbook of Experimental Pharmacology series. In particular, this volume will be built up on a meeting on Placebo which will be held in Tuebingen (Germany) in January 2013, and where the most prominent researchers in this field will present and exchange their ideas. The authors who will be invited to write chapters for this volume will be the very same speakers at this meeting, thus guaranteeing high standard and excellence in the topic that will be treated. The approach of the book is mainly pharmacological, including basic research and clinical trials, and the contents range from different medical conditions and systems, such as pain and the immune system, to different experimental approaches, like in vivo receptor binding and pharmacological/behavioral conditioning. Overall, the volume will give an idea of modern placebo research, of timely concepts in both experimental and clinical pharmacology, as well as of modern methods and tools in neuroscience.

The Power of Breathing Techniques Lippincott Williams & Wilkins

Advances in Physiological Sciences, Volume 10: Respiration focuses on the movements in respiratory research, including studies on the breathing process in humans; how respiratory muscles aid in respiration; and how various drugs affect breathing. The book also presents how respiratory muscles in humans, birds, and mammals function during different activities. The text also outlines the diseases that arise due to limited expiratory airflow and how muscles undergo fatigue. Divided into nine parts and organized into 77 chapters, the book further looks into the function of the lung during respiration through the comparison of the breathing patterns of humans, birds, and mammals. The text also elaborates how drugs are instituted in various laboratory exercises to determine their effects on the respiratory system in all the subjects mentioned. The book also identifies the different parts of the body that are involved in the breathing process. Readers and scholars who are interested in research concerning the trends in respiratory physiology will find this book interesting.

HUMAN BAROREFLEXES IN HEALTH AND DISEASE

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Sounds True

This state-of-the-art volume synthesizes the growing body of knowledge on the role of distress tolerance—the ability to withstand aversive internal states such as negative emotions and uncomfortable bodily sensations—in psychopathology. Prominent contributors describe how the construct has been conceptualized and measured and examine its links to a range of specific psychological disorders. Exemplary treatment approaches that target distress tolerance are reviewed. Featuring compelling clinical illustrations, the book highlights implications of the research for better understanding how psychological problems develop and how to assess and treat them effectively.

Effect of Low Levels of Carbon Monoxide on Visual Processes HarperCollins

Abstract: The present study was designed to investigate the effects of breath holding during resistance exercise on plasma growth hormone (GH), plasma lactate (LA), heart rate (HR), and oxyhemoglobin saturation (SpO₂). Subjects (N = 8) were healthy young males with resistance training experience. Subjects performed five sets of unilateral isokinetic leg extension exercise in normal breathing (NB) and breath holding (BH) conditions. Preexercise, postexercise, and 15-min postexercise plasma samples were obtained via venipuncture from an antecubital vein. HR and SpO₂ were measured with a pulse oximeter across six time periods. No significant ($p > .05$) mean differences existed between GH, LA, HR, and SpO₂ in the NB and BH conditions. No significant ($p > .05$) difference existed in GH over time in either condition. Postexercise LA was significantly higher than preexercise LA (p

Respiration Frontiers Media SA

This study was to determine if an increase of PaCO₂, after breath-holding prior to full inspiration, could enable a person to reach the same FVC measured on land while submerged. Another purpose of this study was to explore the difference in Db and %BF between HW at RV, TLC and TLCwet with breath-holding. The FVC was measured under the conditions of on land and in water, both with breath-holding and without breath-holding. Secondly, subjects were hydrostatically weighed at RV, TLCwet, and TLCwet with breath-holding to determine the differences in estimation of Db and %BF. The RV was estimated via empirical formula. The TLC was determined by summing FVC and RV. Fifteen male (18 - 25 years old) and 15 female (19 - 28 years old) students volunteered for this study. A two-way ANOVA with repeated measures and Scheffe's post hoc test were used for statistical analysis of data. The α level was set at .05 for statistical significance. There was no indication of increase in FVC with breath-holding. The FVC both with and without breath-holding was significantly reduced in water (5.4% - 5.5 % in females, 3.4% - 3.9 % in males). The mean Db calculated from RV was the lowest in both genders and was significantly lower than Db from TLCwet, TLCdry, and TLCwet with breath-holding. The Db at TLCwet was lower than at TLCdry with no statistical significance in males (average 0.002 gm/cc difference) and in females (mean difference was 0.005 gm/cc). The mean %BF difference between TLCwet and TLCdry was 0.75% in males and 2.01 % in females ($p > .05$). It is unlikely that a possible increase of PaCO₂ attained after breath-holding could facilitate inspiratory motion via stimulus to the chemoreceptors to overcome hydrostatic pressure. The empirical estimate of RV may not be suitable for young adults who have larger lungs. Using TLCdry in HW could be an alternative instead of using RV for males; for females it should be used with greater caution.