

# COPD Exercises: Beating Breathlessness

## Exercise 7: Bench press

1. From the **start position\***
2. **Press the arm upwards** to straighten your arms\*

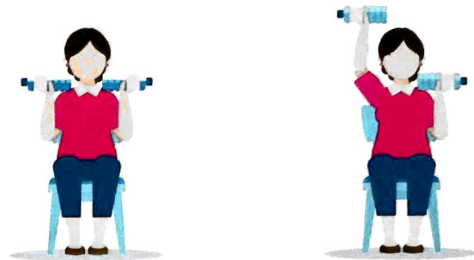


- Do 6-10 **repetitions**
- Do 1-3 **sets**

\*To increase difficulty, hold hand weights such as bottles of water.

## Exercise 8: Shoulder press

1. From the **start position**
2. **Press the arm weight upwards** to straighten your arms\*



- **Alternate** between both arms
- Do 6-10 **repetitions**
- Do 1-3 **sets**

\*To increase difficulty, hold hand weights such as bottles of water.

## Exercise 9: Wall push up

1. From the **start position,\***
2. **Lean into the wall** then
3. **Push up away** from it



- Do 6-10 **repetitions**
- Do 1-3 **sets**

\*To increase difficulty, move feet further away from the wall.

## Exercise 10: Step up

This activity can be either a **strength** or an **aerobic exercise**:

### For strength:

- Do 6-10 **repetitions**
- Do 1-3 **sets**

### For aerobic:

- Do a 30 second **set**, then **rest for one minute**
- Do 5-10 **repetitions** depending upon your fitness

