

# COPD Exercises: Beating Breathlessness

## Exercise 1: Leg press

1. From the **start position\***
2. Press legs forward **until knees are straight**



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

\*Consider sitting on the floor for a more complex version.

## Exercise 2: Sit to stand

1. **Sit** on a chair
2. **Stand upright\***



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

\*To increase difficulty, do not use your arms to hold the chair.

## Exercise 3: Shoulder rotation

1. Sitting or standing, **place hands on your shoulders**
2. **Slowly rotate your shoulders forwards and backwards** as you were drawing circles with your elbows



- Do 5 **repetitions** each way

## Exercise 5: Biceps curl

1. Curl arm **towards your shoulder**



- Do 6-10 **repetitions** on **each arm\*\***
- Do 1-3 **sets**

\*To increase difficulty, hold hand weights such as bottles of water.  
\*\*If too difficult, alternate arms.

## Exercise 4: Side stretch

1. **Raise one arm straight** over your head\*
2. **Reach** as far as it is **comfortable**



- Do 2-3 **repetitions**

\*Complete exercises with both arms.

## Exercise 6: Squat

1. Stand with **your legs shoulder width apart**
2. **Lower your body** as if you are sitting on a chair\*



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

\*Do not bend your knees beyond 90 degrees.