a. Feet are placed at the width of the hips, knees in slight flexion and the pelvis neutral. A self-elongation of the spine by positioning the head in a double chin position (double chin) is performed. The clavicles at the same height. Upper limbs are placed in a shoulder neutral position, with upper extremities in extension, hands in neutral position and fingers together. Without moving the feet, the rest of the body is moved forward, until bringing the subject to a position of inclined plane.



b. In the same position as described above, the upper extremities are placed horizontally with 90º of shoulder flexion in internal rotation placing the hands in extension with the fingers together.



c. Same position as the previously described, but with the arms placed in prolongation to the axis of the body with shoulders in flexion of 180º.



Trunk position in inclined plane with hands support on knees, “sumo position”



Kneeling

a. Leaning on knees with ankles in neutral position resting on the ground. The rest of the body is placed as in the initial exercise (standing position a).



b. In the same position described above but with the upper extremities in a 90° shoulder flexion and slight internal rotation.



c. In the same position described above but with the upper extremities in a 180° shoulder flexion and slight internal rotation.



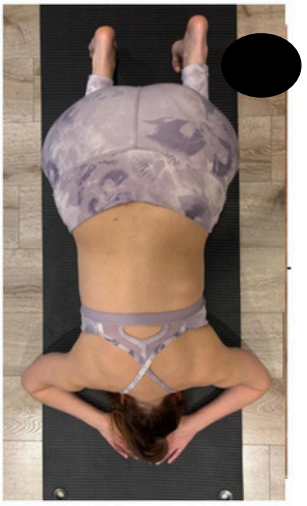
## Quadruped position

Being in quadruped, the support of the hands are placed under the shoulders and the shoulders in internal rotation. Elbows are flexed until the back is in horizontal position and the head is in a double chin position. The thighs are in vertical position. Once positioned, the body axis is moved forward.



## "Mohammedan prayer" position

From the quadruped position we maintain the thighs are maintained in the vertical position and the trunk is descended until the elbows, forearms and hands formed a triangle in which the vertex is formed by the head and the hands. The feet rest on the ground. The head does not received the weight of the body that is supported by the elbows and hands.



## Seated position

a. Back straight, hip angulation of less than 90º, head in double chin position, upper extremities in neutral position and parallel to the body. Wrists in dorsal flexion and fingers in extension.



b. In the same position described above but with arms in neutral position and parallel to the ground with a 90° shoulder flexion.



c. In the same position described above but with arms in neutral position and parallel to the ground with a 180° shoulder flexion.



Supine position

a. Supine bench position with ankles in dorsal flexion, double chin position and extended arms with a 180º flexion.



b. Supine bench position with lumbar lordosis effacement, hip flexion of 75 º with plantar support parallel to the width of the hips. Head in double chin position, parallel upper extremities with a shoulder flexion of 90 º, and straight fingers.

c. In the same position described above but with upper limbs in anatomic position.



Note: Once completed, the exercises are repeated in reverse order starting in supine position and finishing in standing position

For the study, all postures were repeated three times and apnoea was maintained an average of 30 seconds. The first week was lighter, just learning the exercises.