

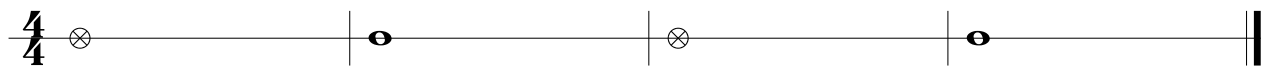
# 12 Ejercicios Ultra-breathe

## *Ejercicios específicos- Fase 1*

①

♩=80

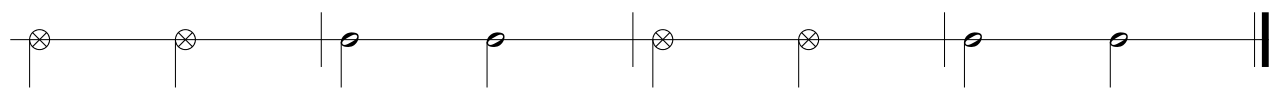
simile



inspirar (0)      espirar (0)

②

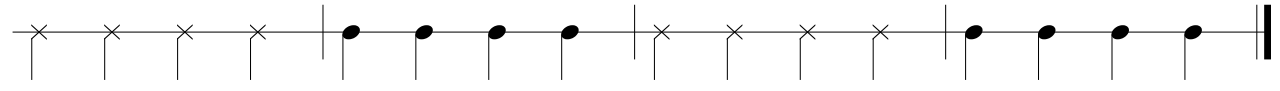
♩=80



inspirar (0)      espirar (0)

③

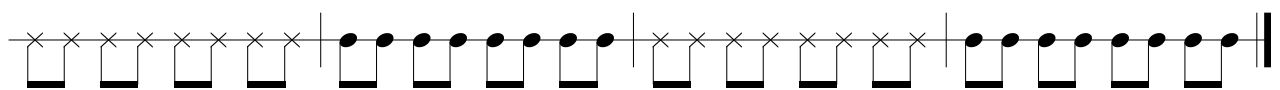
♩=80



inspirar (0)      espirar (0)

④

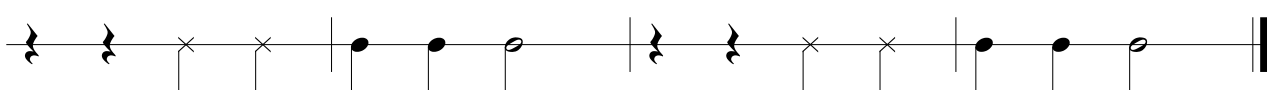
♩=80



inspirar (0)      espirar (0)

⑤

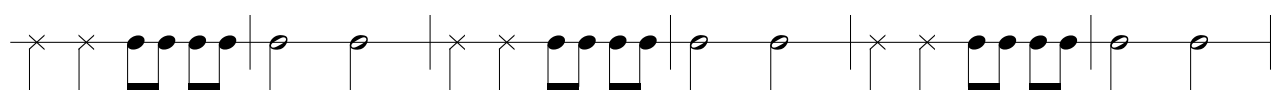
♩=80



inspirar (0)      espirar (0)

⑥

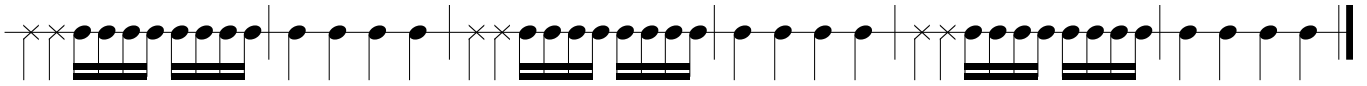
♩=80



inspirar (0)      espirar (0)

7

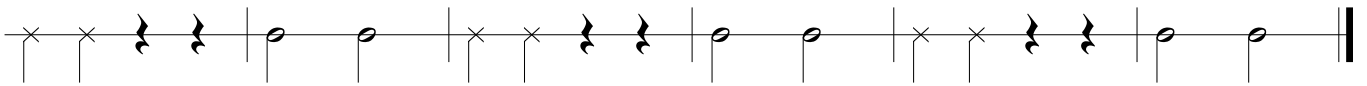
♩=80



inspirar (O) espirar (O)

8

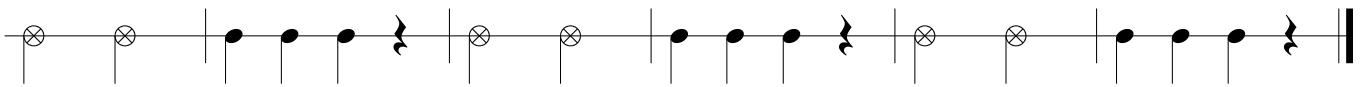
♩=80



inspirar (O) espirar (O)

9

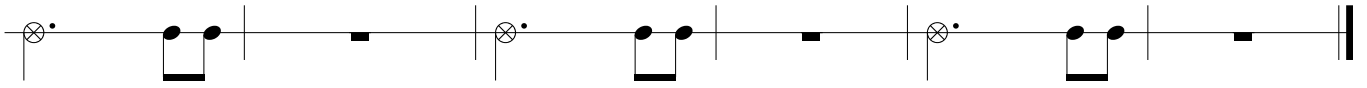
♩=80



inspirar (O) espirar (O)

10

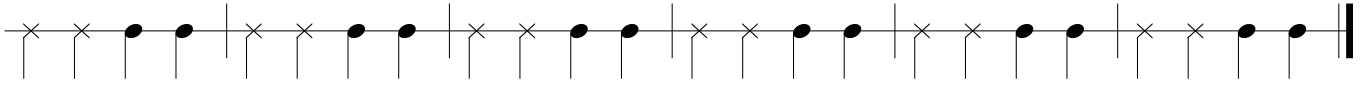
♩=80



inspirar (O) espirar (O)

11

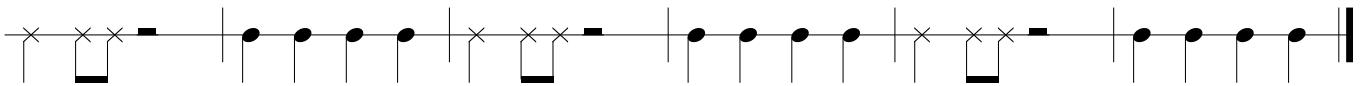
♩=80



inspirar (O) espirar (O)

12

♩=80



inspirar (O) espirar (O)