

# EMST Schedule

- **Duration:** 5 weeks (initially), with potential ongoing maintenance
- **Daily Volume:** 25 repetitions total (5 sets x 5 breaths)
- **Frequency:** 5 days per week
- **Intensity:** Adjusted weekly by turning the knob to increase resistance
- **Sample Daily Routine:**
  - **Set 1:** 5 breaths (15-30 sec rest between each), 1 min rest.
  - **Set 2:** 5 breaths (15-30 sec rest between each), 1 min rest.
  - **Set 3:** 5 breaths (15-30 sec rest between each), 1 min rest.
  - **Set 4:** 5 breaths (15-30 sec rest between each), 1 min rest.
  - **Set 5:** 5 breaths (15-30 sec rest between each).