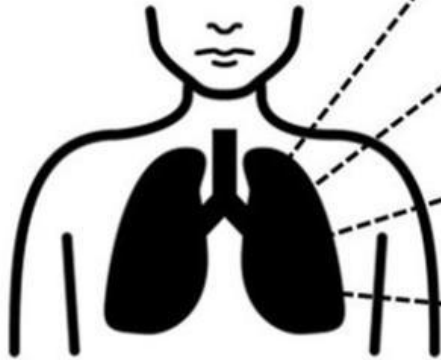


Breathing volumes and minute ventilation

[@NWalkerPE](#)



Residual Volume

The amount of air left in your lungs after fully exhaling.



Vital Capacity

The maximum amount of air you can expel from the lungs after a maximum inhalation.



Tidal Volume

The volume of air you inhale with each breath during normal breathing.



Minute Ventilation

The total volume of air, in litres, that you breathe per minute.