

### Lung Capacities/Lungs Volume

- Maximum Amount/Volume of Air contained in lungs → 5000 – 6000 ml

**TIDAL VOLUME:** (500 ml)

Volume exchanged during breathing at rest.

**INSPIRATORY RESERVE VOLUME:** (3100 ml)

Amount of Air that can be inhaled forcefully after a normal tidal volume.

**EXPIRATORY RESERVE VOLUME:** (1200 ml)

Amount of Air that can be forcefully exhaled.

**RESIDUAL VOLUME:** (1200ml – 1500 ml)

Amount of Air remained in the lungs after a forcefully expiration.

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