In the context of respiratory muscle training, it is observed that patients with chronic lung disease have a reduced ability to perform daily activities due to dyspnea. Training focuses on improving respiratory muscle strength to enhance function and quality of life. Current research highlights the effectiveness of respiratory muscle strength training in improving physical fitness and daily activities. The section on inspiratory muscle training explores the physiological mechanisms underlying the improvements observed. The examples mentioned, such as inspiratory muscle training for patients with chronic obstructive pulmonary disease (COPD), demonstrate the practical application of these principles. The text also touches upon the role of aerobic training in conjunction with muscle training to achieve a comprehensive improvement in physical fitness. Overall, the chapter provides a comprehensive overview of the benefits and mechanisms of respiratory muscle strength training, supported by evidence from various studies and clinical observations.