

Healthy Body, Good Spirit, Whole Mind Fitness Series: Breathe



THE IMPORTANCE OF BREATHING

- a. While working out breathing is the key component to continuous repetitions. Breathing techniques can greatly affect the quality of the workout for each individual.
- b. Breathing correctly can control repetitions, calm one's heart rate, and when used correctly can provide each person with a rhythm to continue to get beyond what they could normally do; resulting in faster progress.



INHALING THROUGH THE NOSE

- a. When inhaling through your nose you will have more control in your breathing and more rhythm.
- b. When you breathe in and out through your mouth, this usually results in a shortness of breath, where people are constantly working too hard to try and catch their breath during their repetitions. This usually will result in less repetitions that would be possible if someone did implement a controlled technique. Attempting to breathe quickly in and out through one's mouth can also lead to one feeling light headed.



TIMING BREATHS WITH REPETITION

- a. When working out it is important to time ones breaths with their workouts. For example, while doing a push up you will get more oxygen and quality repetitions from breathing in on the way down, and exhaling on the press up.
- b. Controlled breathing is the ultimate goal, if you can control your breathing you can calm your mind.
- c. Many people have anxiety while working out and will cut their workout short due to this. It is important to be calm and rhythmic throughout the entire workout to build quality reps, as well as, powerful ones.



EXHALE ON EVERY PRESS

- a. There is great benefit to exhaling on any press or pull workouts. Whenever one exhales this will help build a rhythm which will result in fatiguing the muscle more.
- b. When exhaling try and exaggerate that breath and it will noticeably increase the amount each person is able to lift. This technique is important to build the quality of reps needed in the final repetitions of a workout, where the last few repetitions are the most important part of the workout for muscle breakdown which leads to greater growth.



CONTROL BREATHING IN EVERYDAY LIFE

- a. Attempt to implement these techniques in your everyday life.
- b. Controlled breathing is great to calm the mind when stuck in traffic, or while stuck at work and have feelings of anxiety.
- c. Breathing techniques have been linked to methods of meditation to calm nerves and impulses. Try and attempt to inhale through your nose and exhale through your mouth for an entire day.

