

## FITNESS BREATHWORK

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TECHNIQUE	RATIO	WHEN	PURPOSE
Rock N Roll	4 IN 6 EX	Beginners / AM	Horizontal training
Cat Cow	4 IN 6 EX	Beginners / AM	Horizontal training
Stacked Low Belly	5 IN 5 EX w/2.5-10# weight or book	Beginners	Horizontal training
Cadence A	4 IN 4 EX	AM / Pre Workout	Readiness, conscious breath
Cadence B	4 IN 4 H 4 EX	AM / Pre Workout	Readiness, conscious breath
Relaxation	4 IN 7 H 8 EX	Stress / PM	Gain control over body
Pranyama	3 IN 3 H 6 EX 3 H	Stress / AM / PM	Yogic breath "prana" vital force
Tactical	2 IN 8 H 4 EX	PM	Slowed or stopped breathing
Coherent	4 IN 4 H 6 EX 2 H	Stress	Induces calm
Box or Square	4 IN 4 H 4 EX 4 H	AM / PM	Mental clarity (unbeatable mind)
Superventilation (Wim Hof Method)	1 IN ½ EX 30 - 40x, Max Retention Hold	AM / Pre Workout	Control immune system, controlled hyperventilation
Apnea	5 IN 20 H 10 EX	3x Per Day	Induce readiness, calm
Recovery Breath	5 Mouth:Mouth 5 Nose:Mouth 5 Nose:Nose	Post Workout	Down Regulate

### **Breath Measurements**

1. BOLT (one-time breath hold)
2. CO2 Retention screen
3. Shoulder Mobility
4. Acidity - pH strips
5. Finger pulse oximeter
6. Resting heart rate

### **BOLT = “Body Oxygen Level Test”**

<http://oxygenadvantage.com/measure-bolt/>

- Resting for about 10 minutes
- Take small breath in thru nose then out thru nose - plug your nose and hold your breath
- Relax into the breath - at first sign of definite desire to breath check time
- Accurate tool for measuring breath volume
- Ideal breath score for a healthy individual is about :40
- Lower the bolt = greater the breathing volume = the more breathlessness you'll experience during exercise

### **How it Works**

- Breath hold measures how much CO2 your body is able to tolerate
- Higher bolt score means you're able to hold calmer breathing during rest and lighter breathing during exercise
- Improved tolerance to CO2 means you're able to achieve higher VO2 Max/performance

### **Fun facts on the breath...**

- Aging is associated with progressive decline in lung function
- 20% of the oxygen you breathe is used by your brain
- Average adult breathes 10-15 times per minute, but during exercise up to 5x as much - that means 40-50 breaths