



Breathing for Better Performance and Recovery

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Today....

- ✓ **Learn how breathing impacts strength, posture, well being.**
- ✓ **Experience different strategies to improve breathing technique.**



It's Real...

Framingham Study:

Measures of forced exhalation breathing associated with lifespan

Research has found:

↓ Blood pressure, sympathetic tone

↑ Mental health, athletic performance, focus, parasympathetic tone





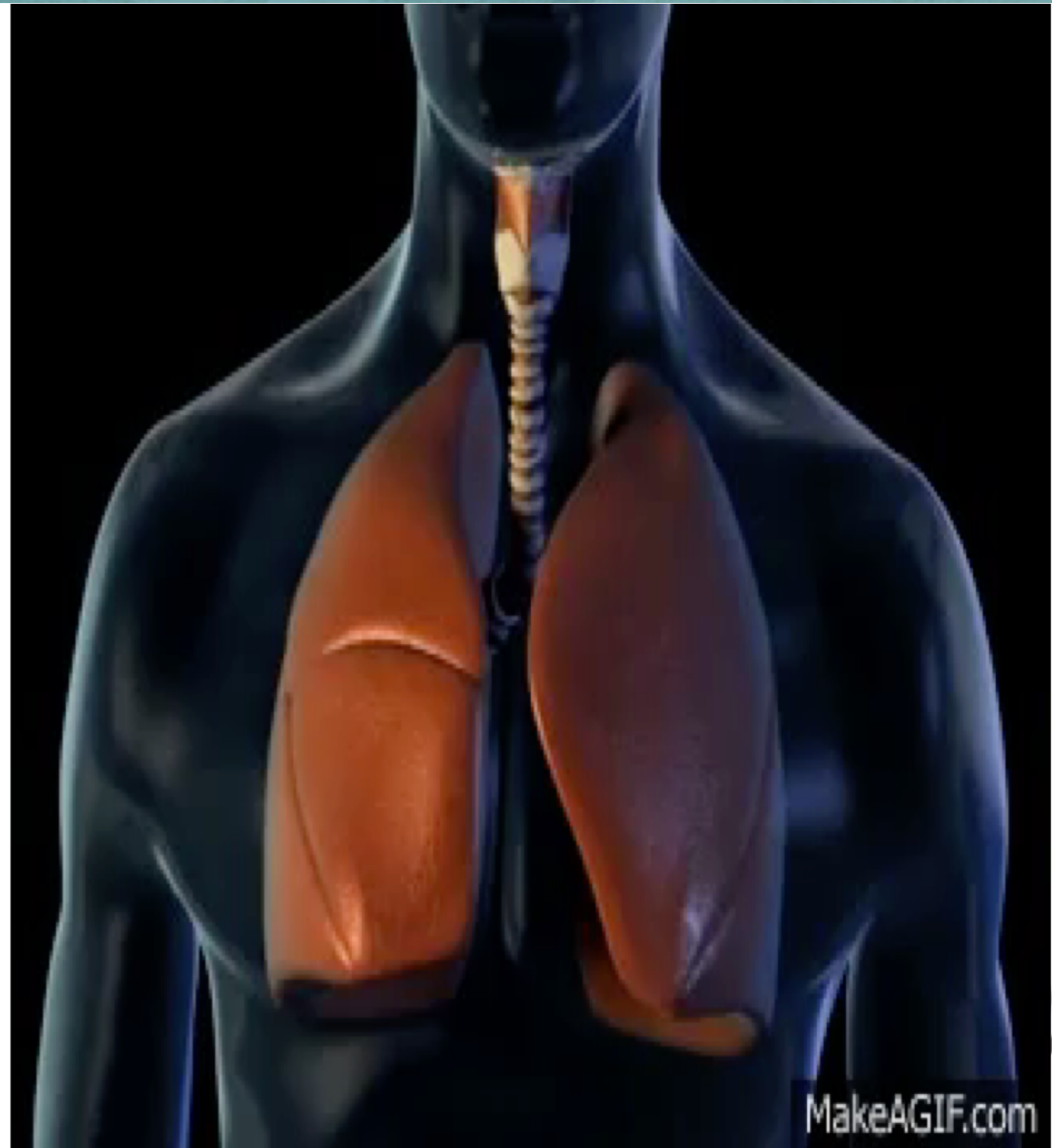
Physiology of Breathing

Breath in: Stimulatory
(Sympathetic dominance)

↑
Heart rate

Breath out: Relax
(Parasympathetic)

↓
Heart rate



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Anatomy of Breathing

- ✓ Nose
- ✓ Mouth
- ✓ Lunge (Pleural Cavity)
- ✓ Diaphragm (Boyles Law)
- ✓ Rectus Abdominus
- ✓ External Intercostals (Inhale)
- ✓ Internal Intercostals (Exhale)

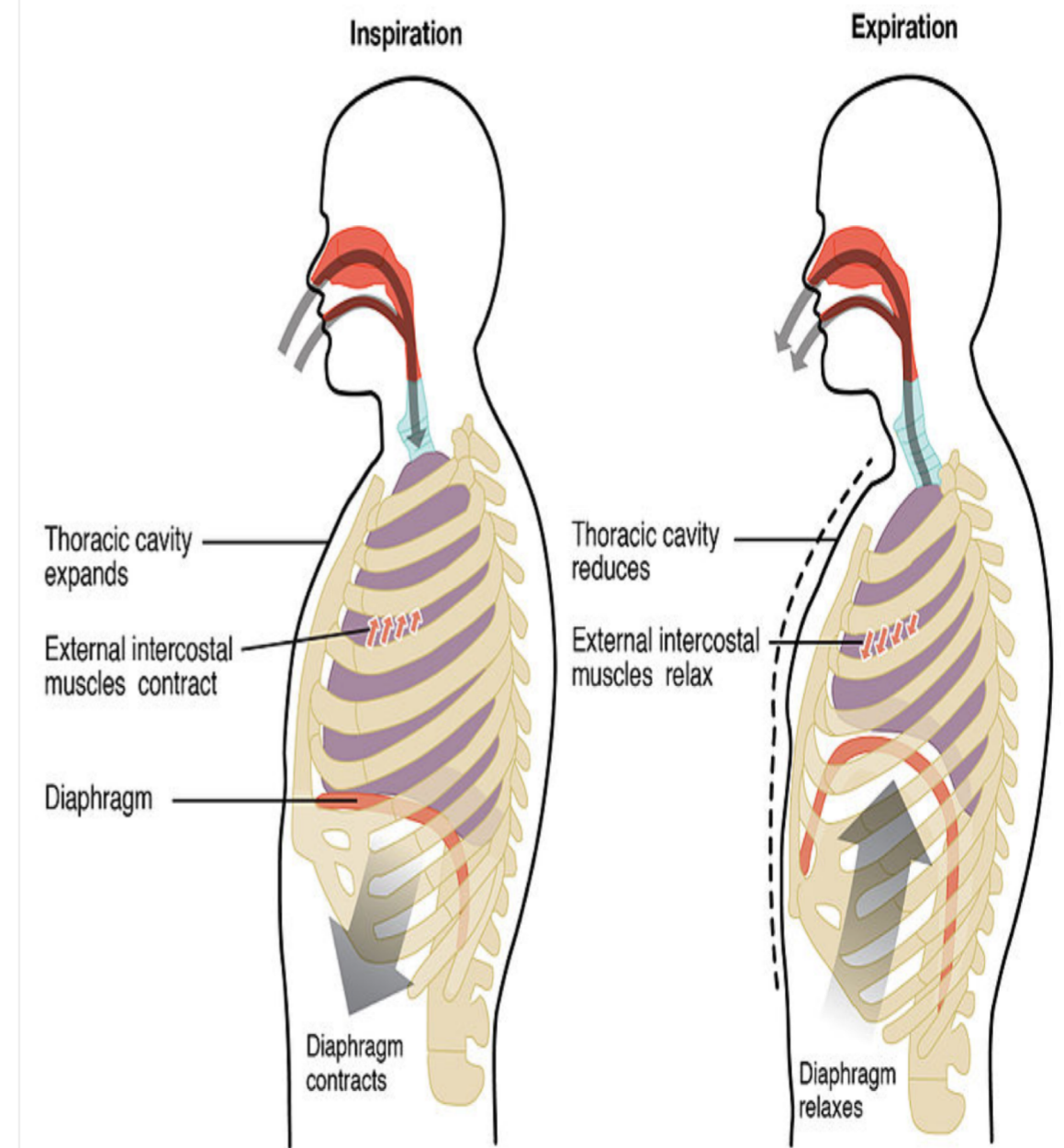


Fig 2 – Diagram showing the process of inspiration and expiration at rest.

Biomechanics of Breathing

- ✓ **Head/neck (Level)**
- ✓ **Chest (Neutral, last 1/3 of inhalation)**
- ✓ **Thoracic spine (Expand horizontally)**
- ✓ **Ribs (Expand horizontally, Keep “down”)**
- ✓ **Lumbar spine (Neutral)**
- ✓ **Pelvis (Neutral)**



Show Your Stuff

1. Clavicle, belly, ribs
2. Breaths per minute
3. 90 Second run test



Breathing Drills

- Shoe breathing
- Crocodile breath (Pavel Tsatsoulne)
- Elbows on bench (Eric Cressey)
- Dead bug
- Quadraped breathing (Eric Cressey)
- Assisted breath and reach (Chad Smith)
- Short Seated Belly Breathing (Eric Cressey)



Breathing Drills

- ❑ Supine Braced Breathing
- ❑ 90/90 Braced Breathing



Exercise (Performance Breathing)

- Wall push
- Plank
- Push up
- Lunge



Exercise (Recovery Breathing)

- 2 min jog (Nose breath)
- 2 min exercise test (Recovery breath)
- 4-7-8 Breath
- 4-2-4 Breathing
- 3 min



Re-test

- Clavicle, belly, ribs
- Breaths per minute
- 90 Second run test



Thank You!!

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www.spiderfitkids.com

