How to Breathe During a Workout

Let’s go back to the basics! Learning to breathe right can help you lift more weight, run for longer distances, and keep you safe.

**Strength building workouts**

The trick is to inhale before the lift (or the hard part), and then slowly and forcefully exhale as you move through the movement.

For example, when you’re doing sit ups, breathe out as you pull in for the crunch.

**The Vasalva maneuver**

This is a breathing technique used by powerlifters and weightlifters. It involves breathing out against closed airways (like you’re straining to go poop!) during the “sticking” part of a heavy lift in order to create stability in the body.

A caveat of this is that it raises your blood pressure significantly. If you are going to try this, release your breath as soon as you get through the tough part!

**Running**

Your first instinct may be to take quick and shallow breaths, but that’s not the most effective way of getting oxygen into your body! Instead try breathing deeply, allowing your lungs enough time to fill up with air.

As you get more practice, this will come easier and become second nature. So hit the pavement!

**In a cardio or high-intensity class**

The great thing about taking fitness classes is that the instructor usually does the exercise with you, and can set an example on the best breathing patterns for each exercise!

In classes like Zumba and Pilates, you’ll probably get breaks to recover from the high intensity exercise bouts. Use those to steady your breathing by taking deep breaths in and out!


Images: http://www.huffingtonpost.com/brandon-drennon/post_8516_b_6051040.html
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