

WHEN TO BREATHE DURING RESISTANCE TRAINING



Holding your breath while exercising can cause your blood pressure to rise and cause extra stress on your heart.



Continuing to breath during exercise will ensure your muscles get sufficient oxygen and are able to function properly.



Breathing slowly and smoothly will help you perform the exercise in a controlled manner and reduce stress on your heart.

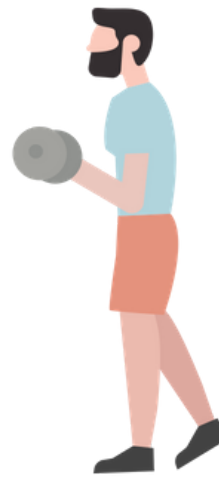
A GOOD RULE OF THUMB IS TO EXHALE WHEN YOU ARE DOING THE WORK, AND INHALE WHILE RELEASING.

PUSH UPS



Exhale when extending arms

BICEP CURLS



Exhale when curling arms

SQUATS



Exhale when standing up

PLANKS



Breathe normally throughout