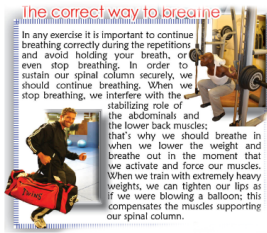


The correct way to breathe

Written by

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The correct way to breathe

In any exercise it is important to continue breathing correctly during the repetitions and to avoid holding your breath or to stop breathing. In order to stabilize our spinal column securely, we should continue breathing. When we stop breathing, we interfere with the stabilizing role of the abdominals and the lower back muscles; that is why we should breathe in when we lower the weight and breathe out in the moment that we activate and force our muscles. When we train with extremely heavy weights, we can tighten our lips as if we are blowing a balloon; this stabilizes the muscles supporting our spinal column.