



## Purpose:

Aims to strengthen the diaphragm, improve blood oxygenation, quicken muscle recovery during effort, increase cardiovascular capacity and develop the awareness of deep breathing in young athletes.

Deep Breathing	Rep 5 times
<p>While lying down on your back, place one hand on your chest and one hand on your abdomen near your "belly button".</p> <p>Slowly take a deep breath in and focus on trying to get your hand on your stomach to rise while the hand on your chest remains still.</p> <p>As you breathe in, the hand on your stomach should rise. When you breathe out, the hand on your stomach should lower.</p>	
Deep Breathing with Hold	Hold 5 seconds. Rep 5 times
<p>While lying down on your back, place one hand on your chest and one hand on your abdomen near your "belly button".</p> <p>Slowly take a deep breath in and focus on trying to get your hand on your stomach to rise while the hand on your chest remains still.</p> <p>As you breathe in, the hand on your stomach should rise. <b>Hold breath for X sec.</b></p> <p>When you breathe out, the hand on your stomach should lower.</p>	

## Hint/tips:

- When you are breathing out you can "hummm" for as long as you can.
- These exercises can also be performed in a sitting position several times a day.