

## Strength Training

Most people don't see the link between breathing and strength, power and speed, but breathing is fundamental to all aspects of life and health. If you don't breathe well you won't be well, it is that simple. But breathing is for more than just health, as it is under the control of every level of brain function and has a role in everything the body does. Because the connections to and from the breathing system are so diverse we can actually use breathing to affect every other physical function.

The Russians have known this for a long time but have kept these methods largely secret to protect their advantage, but with the widening of the internet this information starts to permeate the rest of the world. There are scientific publications that show that by performing breathing manoeuvres we can increase growth hormone responses by up to 5-fold, additionally vibration has also been shown to increase growth hormone responses up to 4-fold. Therefore by combining breathing and vibration stimulation we may be able to increase growth hormone responses and strength and power gains massively whilst performing our normal training.

Before we start using youbreathe for anything like strength training we first have to make sure we can breathe correctly utilising the diaphragm, so first we recommend you download the abdominal breathing user manual and the regular user manual and follow the instructions there for at least 2 weeks before bringing youbreathe into your strength/power/sprint training routine.

From now on we can assume you can breathe correctly, so we can focus on utilising youbreathe for triggering growth hormone release. For this we will follow the model utilised by the Russian athletes and integrate youbreathe use before and after each set of exercise you perform. It is actually very simple just follow the steps below:-

1. Before starting with this kind of youbreathe use check with your GP if you have any kind of medical condition that might preclude this type of exercise.
2. Now before you start exercising do a warm up with youbreathe as in the general user manual.
3. Perform 5 powerful (around 50-70% max breathing power) inspirations and expirations through youbreathe before you start any exercise.
4. Complete a set of exercise.
5. Repeat 5 powerful breaths through youbreathe and continue your training in this way until your exercise is finished.
6. Finish your routine with 5 powerful breaths through youbreathe.
7. It is unnecessary to perform more than 6 sets of youbreathe breaths during your training. The key is to stimulate the neuroendocrine responses during and post-exercise.

Make sure your breathing is correct during the exercise you are performing.

This training can be incorporated into any training programme. Remember it is also wise to make sure you have got your breath back before you start the next set of exercise as you want to be training at your best and not gasping for air.

