

Crocodile Breathing

'Why breathing? It's so simple! Can't I do something more challenging? I am sure something harder will make a bigger difference in my body!'

Believe me, I've been there myself and I have heard every excuse why practice members don't do their breathing exercises. Heck, I've said some myself.

Breathing exercises are important! If I was to eliminate all of your rehab exercises and could only give you 1 to continue with, I would give you breathing. And I am not alone. Any functional fitness expert would tell you the same thing! Now onto crocodile breathing 😊

- Begin by lying on your tummy, rest your head on your hands
- Breath in through your nose pushing your belly into the floor, out to the side and up to the ceiling.
- Release the air and relax into the floor
- Complete 10 times at least 2 times per day

Why crocodile? Because when our back goes up and down we look like a crocodile lying on its belly breathing. Right?!

