

Breath Gears For Performance

1

Gear 1: Low Intensity - Aerobic

HR >55%

Balanced Breath Nasal In/Out

2

Gear 2: Low to Moderate Intensity- Aerobic

HR ~55%-65%

Increased Speed/Balanced Nasal In/Out

3

Gear 3: Moderate Intensity- Anaerobic

HR ~65%-75%

Power Breathing Nasal In/ Mouth Out

4

Gear 4: Moderate/High Intensity- Anaerobic

HR ~75%-90%

Power Breathing Nasal In/Mouth Out

5

Gear 5: High Intensity- Anaerobic

HR ~90%+

Superventilation Mouth In/Mouth Out