

HEELCURVE HOCKEY

DEEP BREATHING (NASAL IN, LONGER EXHALE) EXERCISE MECHANICS

WHAT IT IS

A breathing exercise that improves oxygen utilization, activates the parasympathetic nervous system, reduces stress, and enhances recovery, focus, and overall performance.

1 PREPARE

Sit or lie in a comfortable position. Keep your spine tall and shoulders relaxed.



2 INHALE (NASAL)

Inhale slowly and deeply through your nose for 4 seconds. Fill your belly first, then your ribs, then your upper chest.



3 EXHALE (LONGER)

Exhale slowly through your nose for 6–8 seconds. Empty your chest first, then your ribs, then your belly.



4 REPEAT

Repeat for the desired number of rounds. Aim for 5–10 minutes.



KEY POINTS

- Breathe in through your nose.
- Exhale longer than you inhale.
- Keep your body relaxed.
- Focus on smooth, quiet breathing.
- Use daily to reduce stress and improve recovery.
- Quality over quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



Shallow chest breathing



Shoulders tensing up



Forcing the breath or exhaling through mouth

MUSCLES WORKED



- Diaphragm
- Intercostals
- Abdominals
- Pelvic Floor
- Lower Back (Stabilizers)

TRAINING TIPS



Use as a warm-up, cool-down, or recovery tool.



Practice daily, ideally 5–10 minutes.



Pair with mobility or soft tissue work for best results.



Include in your routine 3–5 times per week for optimal benefits.

SKATE FASTER. MOVE BETTER. PLAY HARDER.