

# Beat DOMS with Breath: Your Quick-Start Guide

## Crush DOMS with Breath!

- Ready to beat post-workout soreness and reclaim your training? Deep breathing can help!
- Deep breathing fights DOMS by:
  - Reducing inflammation
  - Improving blood flow
  - Calming your nervous system
  - Modulating pain

## 5 Powerhouse Breathing Techniques

### 1. Diaphragmatic Breathing (Belly Breathing)

- Quick Description: Relaxes muscles, reduces inflammation, and improves oxygen flow.
- How to Do It:
  - Lie down or sit comfortably.
  - Place one hand on your chest, one on your belly.
  - Inhale deeply through your nose, expanding your belly.
  - Exhale slowly through your mouth.
  - Repeat for 5-10 minutes.

### 2. Box Breathing

- Quick Description: Calms the nervous system and reduces stress.
- How to Do It:
  - Sit comfortably.
  - Exhale completely.
  - Inhale slowly through your nose for 4 counts.
  - Hold for 4 counts.
  - Exhale slowly through your mouth for 4 counts.
  - Hold for 4 counts.
  - Repeat for 5-10 minutes.

### 3. Paced Breathing

- Quick Description: Helps control breathing rate and improves oxygen exchange.
  - How to Do It:
    - Relax your neck and shoulders.
    - Inhale slowly through your nose.
    - Exhale slowly through pursed lips (like whistling).
    - Make exhale twice as long as inhale.
    - Repeat for 5-10 minutes.
4. **Progressive Muscle Relaxation with Breathing**
- Quick Description: Relieves muscle tension and improves blood flow.
  - How to Do It:
    - Inhale and tense a muscle group (e.g., your fist).
    - Hold for 10 seconds.
    - Exhale and slowly release the tension.
    - Repeat for all major muscle groups.
5. **Vagus Nerve Stimulation Breathing**
- Quick Description: Improves recovery, promotes wellness, and reduces inflammation.
  - How to Do It:
    - Lion's Breath: Inhale deeply, stick out your tongue as you exhale.
    - Humming: Hum gently to stimulate the vagus nerve.
    - Cold Showers: End your shower with a burst of cold water.
    - Meditation: Practice mindful meditation.

## DOMS-Busting Breathing Protocol

Crush DOMS with this simple plan:

Phase	Timing	Technique	Duration
Pre-Workout (Prevention)	5-10 min before	Diaphragmatic	5-10 min
Post-Workout (Immediate)	Immediately After	Box Breathing	5-10 min
Recovery Days (DOMS Relief)	Throughout the Day	Progressive Muscle Relaxation	10-15 min

Remember:

- Listen to your body!
- Consistency is key.
- Combine with other recovery methods.

**Disclaimer:** This information is for educational purposes only. Consult with a healthcare provider before making any health changes.