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Importance of Flexibility, Stretching and Breathing Techniques during Workout

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Introduction

Breathing

It may come as a surprise to learn that breathing is vital when exercising and that there is a right and wrong way to breathe. Without realizing it, many people hold their breath when lifting weights, which is the last thing you want to do! Holding your breath or breathing shallowly stops oxygen from reaching your muscles and brain, raising your blood pressure. Muscles weary more quickly when not enough oxygen is provided. This puts your muscles and brain under a lot of strain, which might result in a blackout or a stroke.

Exhale while raising weights and inhale when lowering weights to avoid this. Because raising the weight is when you're most likely to hold your breath, this encourages regular breathing. This is referred to as "breathing through the exercise" by some. Exhaling when completing the most difficult aspect of the workout may seem counterintuitive (breathe out when raising weights, breathe in when lowering weights), but it is perfect form. Combining the E's is a good way to remember when to exhale: "Exhale on Exertion." This indicates that when you are working the hardest or exerting the greatest energy, you will exhale. This commonly happens when you're lifting the weight, such as when doing an arm curl while holding a weight or lifting your leg while wearing an ankle weight.

Diaphragmatic breathing, also known as abdominal breathing, belly breathing, or deep breathing, is a type of breathing in which your diaphragm extends and contracts as you breathe. It is placed below your ribcage and lungs and above your stomach. The diaphragm contracts when you inhale, making more room for air to enter your lungs.

As a result, when you inhale, your stomach expands rather than your chest. Taking a huge belly full of air helps to maintain the core and reduce strain during the exercise's movements. Then, while executing the most difficult part of the workout, exhaling the air aids circulation and relieves pressure in the core. Your diaphragm expands when you exhale, forcing the air out and causing your stomach to descend. Your body can deliver more "fuel" to your muscles when more oxygen is allowed to reach your lungs and then bloodstream. You have good technique if your stomach blows up when you breathe in and falls when you breathe out.

Flexibility and Stretching

We don't expect gymnastic-style moves when we talk about flexibility. Flexibility is vital during exercise for a variety of reasons, including the tendons that connect your muscles to your bones and joints. Your muscles are more flexible and ready to be stretched once they have warmed up. Flexibility enhances the range of motion of your muscles, tendons, and joints, allowing them to execute workout activities. Flexibility also reduces the risk of damage.

Flexibility necessitates stretching. It also enhances flexibility, blood flow, and circulation while warming your muscles. Increased circulation enables blood to reach your muscles and clear out any waste that has accumulated in the muscular tissue. It also aids in the reduction of recovery time following an exercise session or if you have been injured. Stretching keeps your muscles from becoming overly tight, resulting in better posture. The soreness and tension in your back and shoulders can be reduced by maintaining appropriate posture. Stretching not only relaxes tense muscles, but it also helps to relieve tension.

Flexibility benefits an individual in doing the following things such as:

- Make your bed
- Bend over to tie your shoes or put on boots
- Look over your shoulder to check what's behind you as you back your car out of the driveway
- Look for food on a kitchen shelf.
- Slip your arms inside the sleeves of a winter coat or pull a sweater over your head.

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