



CP (Control Pause) = BOLT (Body Oxygen Level Test)

Provides feedback on breathing patterns, as well as onset and endurance of breathlessness.



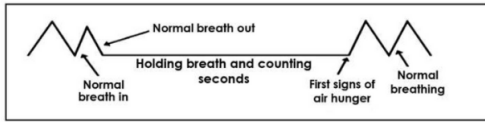
Normal breath in

Normal breath out

Holding breath and counting seconds

First stress of the body to breathe

Normal breathing

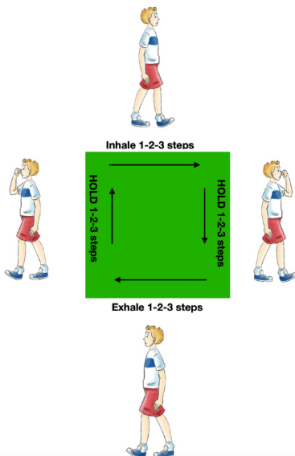


	BOLT
Dysfunctional Breathing	10
	20
	25
Functional Breathing	30
	40

- ▲ Take a normal, silent breath in through your nose
- ▲ Allow a normal, silent breath out through your nose
- ▲ Hold your nose with your fingers to prevent air from entering your lungs
- ▲ Count the number of seconds until you feel the first distinct desire to breathe in

Box Breathing

Box breathing is also known as tactical breathing. It is a popular exercise used by Navy Seals or Special Weapons and Tactics personnel (SWAT). Individuals going into stressful and difficult situations want to have balance in their autonomic nervous system.



Box breathing allows you to be both alert and relaxed at the same time.

It is great before an exam, giving a speech, an interview, a competition, penalty kicks, etc.

The exercise is as follows, but you can adjust the seconds/steps as needed based on your CP/BOLT score.

If you have a low CP score, start with 2-2-2-2 or 3-3-3-3 while sitting. As your CP score improves, gradually increase to 4-4-4-4 and begin practicing while walking.

1. Breathe in silently for 4 seconds.
2. Hold for 4 seconds.
3. Breathe out silently for 4 seconds.
4. Hold for 4 seconds.
- 5.

Repeat for 5 minutes.