

Wake Up Lean

Bonus Tip 1



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This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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Follow This ONE Tip And Unlock A Multitude Of Possibilities!

Breathe in through your nose and out through your mouth.

It sounds simple, but try it during a workout or while having... in the bedroom...

As soon as the sweat begins to bead and your heart starts pumping you will have the urge to gasp for air.

This is not a trick to secretly try and kill you; **this is a trick that will tighten up your core, improve your cardio and help you relax.**

It has been found that with practice, over time "Nasal Breathing (as opposed to mouth breathing) increases circulation, blood oxygen and carbon-dioxide levels, slows the breathing rate and improves overall lung volumes."

Basically, nasal breathing will help you develop a stronger core by utilizing your "girdle muscles" to control your breath. Not to mention that you will develop the ability to withstand high amounts of cardio load (i.e. heavy breathing) without feeling like you are going to die!

Here is how you start mastering the art of nasal breathing:

Static Box Breathing

Static (staying still) box breathing is a common meditation technique in which you nasally *inhale for a set count, hold for the same count and then nasally exhale for the same count.*

At first start by inhaling for 2 seconds, holding for 2 seconds and then slowly exhaling for 2 seconds. Easy enough, right? Well, that is just the

start.... Practice box breathing for up to 5-10 second counts.

Box breathing will not only help tight up your tummy just by the nature of performing the exercise, but also try it during a workout, sex or even when you are feeling stressed. You will be amazed at how taking a few breathes in through your nose and exhale out through your mouth really makes a difference.

At first you may feel that you are not getting enough oxygen, but with some repetition and concentration you will feel calmer, more relaxed and most importantly in control.

Once you feel at ease start to implement ***box breathing*** little by little when your body is under distress (exercise, sex and/or stress). Over time you will find that you will not only have the ability to withstand longer cardio bouts, but you will also find that during exercise your heart rate will tend to return to its resting rate faster.