

Breathe. Live.

# SURF



“ Our internationally renowned Breath Enhancement Training will help you gain confidence in even the most challenging surf conditions. The concept of ‘challenging’ is unique to you. It might mean 3ft, 8ft or 15ft waves, it doesn’t matter: This training is suitable for all levels.”

EQUALIZE  
BREATH ENHANCEMENT TRAINING



If your challenge is physical & you get rattled paddling out or wiping out, we go through specific pool drills which mimic the surf and will train your body to be much more competent.

If your greatest challenge is mental anxiety during hold-downs or under a high heart rate, then we have the knowledge and techniques to allow you to deal with it.

Peak Performance Coach **Nam Baldwin** trains big wave professionals and World Championship Tour surfers including Mick Fanning & Steph Gilmore, so if your performance suffers under competitive pressures we have that covered too!

This course is really educational and you can apply the techniques immediately!

**Nam Baldwin**



## BREATH ENHANCEMENT TRAINING COVERS:

**Extending your breath hold safely.** This is not a free-dive specific training course & you will not be attempting maximum static breath holds. This is surf-specific training, and our drills recognise that you are under a higher heart rate when the breath is compromised, increasing confidence in bigger waves.

**Improving lung capacity & breathing muscle strength.**

We can lose an alarming percentage of our lung capacity each decade through incorrect breathing & lack of correct education.

**Preparation for challenging paddle outs, wipe outs and hold downs.** Effective ways to warm up before paddling out.

**Improving physical & mental tolerance to carbon dioxide** which builds up in a breath hold situation causing anxiety, lack of focus, lactic acid & physical discomfort.

**Using oxygen more efficiently,** enhancing performance whilst increasing confidence in bigger surf & relaxation during hold downs.

**Recovery breathing techniques** allowing deep tissue oxygenation and the calming of your mind and nervous system after challenging situations. Also a great technique to improve your focus.

**Biofeedback on Heart Rate Variability (HRV) & nervous system.** We will demonstrate HRV analysis, a measure of heart-brain interaction & communication between systems in the body. You will see ‘live on screen’ how B.E.T creates ideal heart rhythms for greater control of your mental & physical state when under load, faster recovery & better performance.

TO BOOK, TO LEARN MORE ABOUT NAM OR FOR MORE INFO:  
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