

The Best Way to Breathe When Lifting Weights | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/299546>

Summary

The Valsalva technique is commonly used for breathing during repetitions to create intraabdominal pressure and maintain spinal stability. The goal is to regulate spine control and create total intraabdominal pressure while breathing. High blood pressure during heavy sets and complex movements can be a concern. To create a brace, visualize the torso as a cylinder and fill it with air while using muscles to create external pressure. It is generally recommended to save exhalation until the completion of the exercise or during the hardest portion. Holding your breath during heavy compound sets is also an option.

Silo sample questions

- Is there a general rule of thumb for how to breathe during repetitions for strength and hypertrophy?
- What is the goal when it comes to breathing during repetitions for strength and hypertrophy?
- Why is blood pressure a concern during heavy sets and complex movements?
- How can you create a brace using breathing during repetitions?
- Is it recommended to exhale during the eccentric phase and inhale during the concentric phase of an exercise?

Topics

breathing techniques

intraabdominal pressure

spinal stability

blood pressure regulation

bracing with breath

Key Takeaways

- Yes, the Valsalva technique is commonly used to create intraabdominal pressure and maintain spinal stability while breathing.
- The goal is to create total intraabdominal pressure and regulate spine control while breathing.
- High blood pressure can lead to blood occlusion and potential loss of consciousness.
- By visualizing your torso as a cylinder and filling it with air, while also using muscles to create external pressure.
- It is generally recommended to save the exhalation until the completion of the exercise or during the hardest portion. Holding your breath during heavy compound sets is also an option.

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