



Breathe Strong, Perform Better

Alison McConnell

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Today's top athletes, as well as their coaches and trainers, know the benefits that breathing muscle training provides. From performance to conditioning, the results are clear. Now with *Breathe Strong, Perform Better*, you will learn how to use breathing training to excel.

In this comprehensive guide, the world's leading authority on breathing muscle training, Alison McConnell, will show you how to apply the latest scientific research and case studies to maximize training, conditioning, and performance. With detailed instruction, practical advice, and easy-to-use sample programs in *Breathe Strong, Perform Better*, you will be able to achieve these goals:

- Increase breathing strength, power, and endurance.
- Improve breathing comfort.
- Improve performance times.
- Accelerate training and performance recovery.
- Enhance breathing efficiency.
- Reduce whole-body effort.
- Minimize the risk of injury.

In addition, you'll find more than 30 sample workouts for specific sports and fitness activities, such as baseball, cycling, football, running, soccer, swimming, tennis, and weight training.

With professional insights, exercise tips, and advice for integrating breathing training into existing training programs, this guide has it all. If you are ready to improve fitness, increase performance, or simply maximize your enjoyment of exercise, *Breathe Strong, Perform Better* is the guide you can't be without.

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