

# HAUS PERFORMANCE TRAINING

## TRAINING FOCUS

## LIMITATIONS

**POST-WORKOUT RECOVERY**

EQUIPMENT

**NONE**

BODY PARTS

**NONE**

## 3-2-5 RESONANCE BREATHING PROTOCOL

### RECOVERY PROTOCOL EXPLANATION

A. Sit or lie comfortably

B. Inhale slowly through nose for 3 seconds

C. Pause holding breath in for 2 seconds

D. Exhale slowly out nose for 5 seconds

E. Repeat for 5 minutes to shift to a parasympathetic (recovery) state

<https://www.masqtraining.com/>