



BREATH ENHANCEMENT TRAINING

# FOR ATHLETES

**Athletes of all levels know how much competition pressure can affect performance, whether it be their motor-skills, or their ability to remain composed in a zone-like state.**

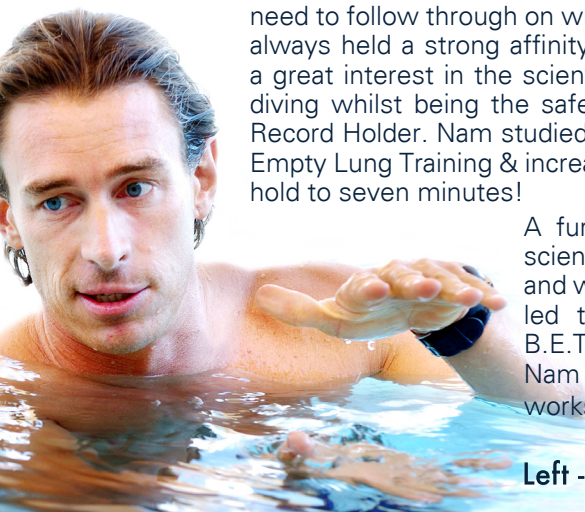
When the pressure is on, athletes will either step-up or struggle. Breath Enhancement Training addresses the first biological component affected by pressure or stress - the breath. All other components that contribute to Peak Performance can dramatically improve once the foundation of performance is strengthened.

Highly experienced in developing better athletes, we are proud to have shared our knowledge with World Surfing Champions Mick Fanning & Steph Gilmore, Pat Rafter & Tennis Australia, The Australian Olympic Kayak Gold Medalist Team, The Australian Olympic Mens & Women's BMX Team & The NRL New Zealand Warriors, to name a few!

Training Clinics are held by Nam Baldwin. Well known for his ability to capture the attention of athletes and deeply connect with them, Nam delivers his educational training in a way that resonates a strong need to follow through on what has been learnt. Nam has always held a strong affinity with the ocean, developing a great interest in the scientific side of breathing & free diving whilst being the safety diver for a former World Record Holder. Nam studied & applied the theory behind Empty Lung Training & increased his own personal breath hold to seven minutes!

A further 12 years studying the science behind peak performance and working with his elite clientele led to the development of the B.E.T program we teach today. Nam has recognised what truly works & the best ways to teach it.

Left - Nam Baldwin



“ In high pressure situations, an athlete's body should be trained to respond effectively. The ones that regulate the effects through expanding their knowledge and training will have the clear advantage.”

## BET FOR ATHLETES TEACHES YOU:

- How pressure affects the mind & body
- How to avoid being controlled and distracted by pressure
- How to strengthen respiratory muscles for improved gas exchange and improved performance at high heart rates
- How to 'switch on', stay centred, on-task and make better decisions especially in the toughest situations
- How to 'switch off' and re-group post comp or training session for progressive performance
- How to use your breathing and mindset for better 'situational awareness' not losing vital energy & power due to nerves and anxiety