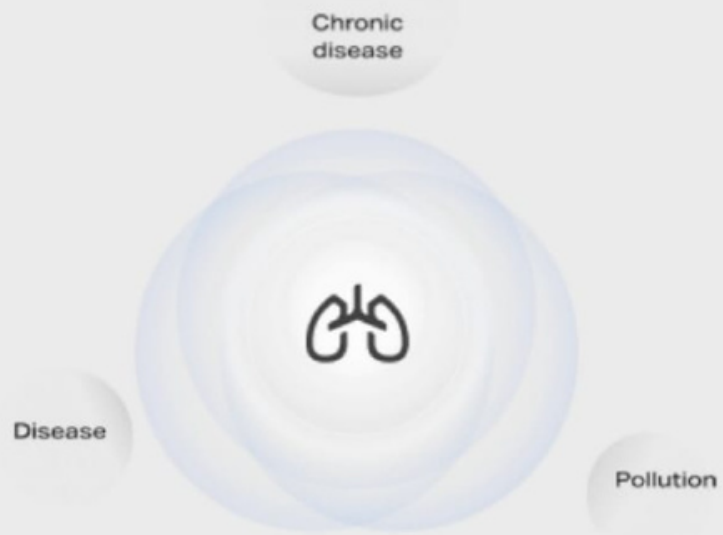
Metrics Assessed

- Respiratory Capacity
- Expiration Power
- Respiratory Capability
- Breathing Coordination
- Breathing & Cognition
- Breathing & Posture



Ohana performance institute

Breathing at Exercise

Metric	Score	Insights
Respiratory Capacity	68% Good	When low, it can lead to feelings of fatigue, negative mood, reduction in fat burning capacity and reduced ability to recovertive.
Expiration Power	80% Good	When low, it can lead to oxygen deprivation in your muscles & organs and lower muscle oxygenation leading to fatigue buildup.
Respiratory Capability	68% Good	When low, it can lead to feelings of fatigue, dizziness and even chronic disease such as COPD or cystic fibrosis and reduced ability to remove fatigue metabolites from your body during exercise.
Respiratory Coordination	100% Excellent	Irregular breathing patterns can lead to feelings of dizziness & fatigue, high risk of injuries due to destabilized core and reduced carbon dioxide levels in the blood.

Score affected by limitations in:
Zone2 Zone3 Zone5

Low Priority

High Priority

Breathing at Rest

Metric	Score	Insights
Breathing & Cognition	38% Poor	Chronic hyperventilation reduces cognitive capacity at work, increases feelings of fatigue & anxiety. Breathing abnormalities in low to medium exercise intensities can impact your cognitive capacity.
Breathing & Posture	85% Excellent	Abnormal breathing patterns can increase the risk for myoskeletal problems and can contribute to myoskeletal injuries across all sports and reduce performance in endurance sports.

High Priority

Active Breathing Training

Respiratory Coordination training — Respiratory Coordination limitation

Weekly frequency	Duraton	Sets	Work duration
3	15 min	4-6	1 pyramid in all affected zones

Breathing frequency	Work - Rest ratio	Breathing resistance
Pyramid	2:1	Inspiration: B - Expiration: 2

Pyramid Details

Zone2	Zone3	Zone4	Zone5
20 / 25 / 30	25 / 30 / 35	30 / 35 / 40	40 / 45 / 50

Recommended Weekly Schedule

	Active	Rest
Monday	Capacity volume training	Expiratory volume training
Tuesday	Capacity volume training	
Wednesday		Expiratory volume training
Thursday		Coordination training
Friday	Expiratory volume training	Respiratory volume training
Saturday	Expiratory volume training	
Sunday		

Respiratory Capacity 68%

What it means

It's a gauge of whether your lungs can expand and contract enough during training based on your age and gender.

Why it's important for your wellness

A high Respiratory Capacity ensures that your lungs can supply enough oxygen to your body. This is essential for your overall well being as oxygen deprivation will cause your muscles and organs to work less effectively. This is manifested through feelings of fatigue during daily activities, dizziness and negative mood.

Why it's important for your performance

A high Respiratory Capacity ensures that your lungs can supply enough oxygen to your body. This is essential for your overall well being as oxygen deprivation will cause your muscles and organs to work less effectively. This is manifested through feelings of fatigue during daily activities, dizziness and negative mood.

Respiratory Capability 68%

What it means

It's a gauge of whether you use your lung capacity during training at a satisfactory level. Respiratory Capability differs from Respiratory Capacity (previous metric) since the former refers to whether you can use whatever volume your lungs have, whereas the latter refers to whether your lungs have the necessary volume in the first place.

Why it's important for your wellness

Respiratory Capability is complementary to Respiratory Capacity as you need to be able to have enough lung volume but also be able to use it in order to supply enough oxygen to your body. This is essential for your overall well being as oxygen deprivation will cause your muscles and organs to work less effectively. This is manifested through feelings of fatigue during daily activities, dizziness and negative mood.

Why it's important for your performance

Athletic performance requires a high Respiratory Capacity and Respiratory Capability as you need to have enough lung volume and be able to use it in order to supply your muscles with enough oxygen to function properly. A low Respiratory Capability will limit your athletic performance similar to a low Respiratory Capacity by lowering muscle oxygenation and leading to fatigue buildup.

Expiratory Power 80%

What it means

It's a gauge of whether your lungs have strength to fully contract during exhalation.

Why it's important for your wellness

Having lung muscles that are strong enough to effectively empty your lungs during exhalation is important for ensuring proper breathing function. Pushing enough air out during exhalation is necessary for clearing carbon dioxide effectively. When exhalation isn't strong enough carbon dioxide may start to build up leading to feelings of fatigue, dizziness and even chronic disease such as COPD and cystic fibrosis.

Why it's important for your performance

Strong exhalation is critical for athletic performance as clearing carbon dioxide is a key mechanism for removing fatigue metabolites from your body during exercise. When carbon dioxide isn't effectively cleared fatigue buildup in the muscles starts almost immediately.

Respiratory Coordination 100%

What it means

It's a gauge of whether your breathing follows a normal pattern during training that's not negatively impacting your posture, brain function, and muscle oxygenation.

Why it's important for your wellness

Irregular breathing patterns during training,also known as hyperventilation, will limit brain oxygenation and destabilize your core. Lower brain oxygenation causes feelings of dizziness and fatigue. A destabilized core elevates the risk of injuries such as lower back pain.

Why it's important for your performance

Irregular breathing patterns during training, also known as hyperventilation, reduce carbon dioxide levels in the blood making it harder for oxygen to enter the cells of your working muscles. This in turn limits your ability to move as oxygen is the most important element for athletic performance.