How To Breathe while Lifting Weights
There are two main ways to breathe when lifting weights. The first is how you breathe when handling light(er) weight for more repetitions. And the second is how you breathe when you're handling heavy(er) weight for fewer repetitions. Today we're talking about the second way because it's a little more detailed and, truth be told, breathing with lighter weights is essentially the same as your normal breathing pattern - just inhale and exhale per usual. Don't overthink it.
With heavy(er) weight, though, breathing is a little more strategic. You need to focus on filling up your belly with as much air as possible and bracing hard because it not only makes you stronger, it also protects your lower back. I used the squat for illustrative purposes but the principles herein hold true for all heavy lifting.

**STEP 1:** Inhale through your nose and fill your belly - NOT chest - with as much air as possible. When you can't take anymore air in through your nose, inhale through your mouth and fill both your belly and chest. You are now full of air and ready to lift.

**STEP 2:** Put your tongue on the roof of your mouth and squeeze your abs HARD. I tell my clients to squeeze their abs like they're trying to poop (but don't actually poop bc that wouldn't be socially acceptable in the gym). Keep squeezing your abs hard and don't exhale until step 3.

**STEP 3:** Reverse the movement and begin your ascent. Continue squeezing your abs and bracing hard while holding your breath. Then, as soon as you pass your "sticking point" (the hardest part of lift) exhale WHILE bracing your abs. Don't ever stop bracing.

**STEP 4:** Reset and repeat. With heavy weight like this you'll do no more than 5 reps per set. Any more than that and the weight is too light for this kind of breathing and you should breathe more "normally" while still emphasizing a strong abdominal brace.