

BREATH RATIO CHEAT SHEET

Movement	Rep-to-Breath Ratio	Considerations
Running	6:1 to 1:1	(per right foot strike)
Cycling	6:1 to 1:2	(per right foot pedal)
Rowing	1:1 to 1:2	(per catch)
Swimming	4:1 to 1:2	(per right hand entry)
Double Unders	4:1 to 2:1	(per jump)
Ski Erg	1:1	(per initiation of pull)
Burpees	2:1 to 1:1	(per rep)
Wall-ball	1:1 to 1:2	(per shot)
Box Jumps	1:1	(unless resting on top of box)
Pull-ups & Chest-to-Bar	1:1	(per rep)
Toes-to-Bar	1:1	(per rep)
Muscle-ups	1:1	(unless resting in support of BMU)
Handstand Push-ups	1:1 to 1:2	(1:1 cycling, 1:2+ if resting in lockout)
Handstand Walks	2:1 to 1:1+	(per right hand landing)
Cleans	1:1 to 1:2+	(1:1 cycling, 1:2+ to rest in front rack)
Clean & Jerk	1:1 to 1:2+	(1:1 cycling, 1:2+ to rest in front rack)
Snatches	1:1 to 1:2	(1:1 cycling, 1:2 for a breath in lockout)
Thrusters	1:1 to 1:2	(1:1 cycling, 1:2 for a breath in lockout)
Shoulder-to-Overhead	1:1 to 1:2	(1:1 cycling, 1:2 for a breath in lockout)
Deadlift	1:1 to 1:2	(1:1 cycling, 1:2 for a breath in lockout)
Squats	1:1 to 1:2	(1:1 cycling, 1:2 for a breath in lockout)
Lunges	2:1 to 1:2	(For "Swing Step" vs. "Wedding Walk")