



BUTEYKO FITNESS

Module 4: The Control Pause

Measure and understand your progress

Find Your Pulse

It's helpful to measure your pulse **before and after each practice session**.

■ How to Find Your Pulse

- **At the wrist:** Index and middle finger on the thumb side of forearm
- **At the neck:** In the hollow next to the larynx
- Count beats for 15 seconds $\times 4 =$ pulse per minute

■ What Does the Pulse Mean?

Pulse same/lower: You were able to relax ✓

Pulse rises: Practice more relaxed!

The Control Pause

The control pause is **the central measurement tool** of the Buteyko method.

■■ Instructions: Measure Control Pause

1. A few normal breaths, then **exhale**
2. Hold nose and **start stopwatch**
3. Hold breath until **first sign** of air hunger
4. **Stop time**, continue breathing gently through nose

■ ■ Don't hold too long!

If you need to open your mouth afterwards, it was **too long**. Breathing afterwards should be calm and relaxed!

What Does Your Control Pause Mean?

- **under 10s** – Very low – regular training recommended
- **10-20s** – Below average – good potential
- **20-40s** – Average – good progress!
- **over 40s** – Very good – excellent breath control!

■ Your Goal

After two weeks of training: **over 20 seconds**



Buteyko Fitness – Viktor Anton
buteyko.fitness

Questions? Contact me:

■ +43 660 718 25 50 | ✉ ■ vikant@protonmail.com



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