Dive Longer Than 60 Minutes

MOST DIVERS SURFACE TOO SOON - THEY HAVE NEVER LEARNED HOW TO PROPERLY CONTROL BUOYANCY AND BREATHING UNDERWATER.

THIS QUICK GUIDE SHOWS YOU HOW TO STAY DOWN LONGER, ENJOY YOUR DIVES MORE, AND IMPROVE YOUR CONFIDENCE UNDERWATER BASED ON MY EXPERIENCE WITH OVER 1,000 DIVES AROUND THE WORLD.
WE HAVE 2 MAIN FACTORS THAT WE NEED TO MASTER! SO LETS GET INTO IT!



1. MASTER YOUR BREATHING

BREATHE NICE AND RELAXED

Practice slow inhales and long exhales.
Try the 4-2-6 rhythm: Inhale for 4 seconds, pause for 2, exhale for 6.
Or you can do, 2 seconds in 4-5 seconds out, or any other way that feels comfortable.
But in general, longer out than in.

(Hold your breath and be on the same level = nothing happens, BUT hold your breath and go up = your lungs can over expand. So be careful when you do it)



2. MASTER YOUR BUOYANCY

PAUSE WHEN YOU KICK

Many divers waste air when finning. Try gliding for a few seconds between fin strokes.

PERFECT YOUR WEIGHT SYSTEM

Too much weight = too much air in the Jacket.
Even small depth changes can have a huge impact on your buoyancy now.
Solution: Try a proper weight check



USE YOUR LUNGS TO HOVER

Breathe in longer to rise more, breathe out longer to descend more. The right rythm keeps you stable without constant BCD adjustments

STAY RELAXED, STAY LONGER

Dont rush, dive slow
Moving fast = more air use. Pretend you're in slow motion and enjoy the small stuff.

WANT MORE?

This is just the beginning. I post lots of videos on my Instagram and keep an eye out for emails from me.
I send you exclusive discounts for my trips plus early access to my ebook and Masterclass. If you don't want them feel free to stop that anytime :)
I hope to be able to dive with you in Mexico,t

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