

# How to Press Reset:

*A Guide for Becoming Bulletproof*

by

Tim Anderson



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## Foreword by Dan John

There is a moment in almost every football game where the coach takes a time out and walks into the huddle. I have made that walk many times. While I was dating my wife, Tiffini, she asked a good question one time: “What do you talk about?”

I had the standard answer: “It depends.” And it does: if you are late in a game, ahead or behind, playing well or playing poorly, what comes out of your mouth is going to be different. I also believe in taking time outs late in a game when Seniors are playing at home the last time. “Look around, guys, and soak it in. I hope this isn’t the highlight of your life, but this is pretty good.”

It was at that moment, I also realized something else: I had preplanned every single thing I could say in the huddle. As we come into each week, you need to talk about what is coming up in terms of what happens if you win or lose. Sometimes, the post game talk is nothing but logistics for the next game. A locker room after a loss can be difficult, but the coaching staff had better know well before what to address.

So, I told Tiff something simple: “It’s really just pressing buttons. The biggest part is having the right walk and “face.” If you are in real trouble, you have to walk out confident, maybe just stroll a bit and say something funny to the ref. If we need a big play, the most important thing is clarity. It’s really just an on and off switch.”

If there is a secret to success in sports and life, it is to be proactive. I have made my career(s) by simply following one tiny bit of advice:

Be early.

If we are having a gathering and I get a form asking if I want chicken salad or tuna salad, I check the box and send it back in immediately. Frankly, I could care less. But, that little pile of “to do” doesn’t end up like a pile of “do do.” In my administrative career, I became famous for Check Lists that literally covered the 18-month cycle for most major events. My goal was to have the bullet points covered by the first day of each month. Over time, people wondered how I could take on more and more responsibilities, but my argument was that I was simply doing more by doing less. Finishing just one or two items on a check list a month is far more effective than rushing to finish 60 overnight.

We all know this. We do. I’m always amazed when people ask me about things related to the human body like nutrition or exercise: honestly, isn’t it better to do one or two things daily than to have to try to cram into thirty years of training after a multiple bypass?

This is why “Pressing RESET” is so important. The mistake that so many of us make, and I include myself, is that we tend to look at TV ads or magazine covers and constantly

look at the end product. What we forget is that we are here...now. I have been talking a lot recently about goal setting. Truly, it is all about going from Point A to Point B. Now, with the groups I work with, Point B is pretty clear: Olympic team, state championship, school record. The issue most of my people have is that they have no concept of Point A: where are we now?

To continue on this thought, most people know exactly their Point A. As I noted in a recent workshop, I had a woman tell me "I'm so fat...my husband won't touch me." Folks, she KNOWS her Point A. The problem was her Point B was a Point Z! Rather than looking and feeling better, she wanted to look like that crazy woman who is on the cover of all these magazines at the check out counter. Genetics and plastic surgery help a lot more than my sound advice in this goal!

A realistic goal and a reasonable assessment of "where you are" are important steps to any health or fitness plan. Sadly, these steps are universally overlooked.

So, honest assessment and honest goal setting are two keys to any program. What has been missing from my work is this notion of "Pressing Reset." It's funny because I KNEW about some of these tricks, hints and movements literally decades ago. My chiropractor, Kevin Morgan, taught me the simple cross crawl movement, and I had my discus throwers doing this for years. Kevin also turned me on to the works of Phil Maffetone with his ground shaking book, "Everybody is an Athlete."

The cross crawl worked, and I ignored the simple advice of doing it before and after training because...well, I just forgot about it. The simple movements of rocking and crawling do that odd kind of "magic" that you find in a good neck crack, stretch or foam roll. The cross crawl is an instant assessment tool; listen, if you could touch your knee with your elbow yesterday and you can't today, something is going on.

You see, I ignored that tiny bit of advice and let my hip go from bad to necrotic (dead). "Oh, it will get better." It didn't, and I should have had surgery years before I did. If you can't rock, you can't squat. These are simple daily tools and tests that magically also "reset" your body.

No, I can't explain it, but it works. If there is a bit of advice in my life that seems to come more and more as I age is this: just because I can't explain it, doesn't mean it doesn't work. Or, as I usually say: "Do this."

I would like to expand upon Tim's good advice. One thing I have been experimenting with is adding Marching in Place as my "rest" in training. Here is what I have found: just a few seconds of marching seems to loosen (realign?) my back and hips each and every time I do it. In the "School of Strength," the Russian Kettlebell Certification, we talk about moving between sets of exercise in a "fast loose" fashion. I have added marching recently, and I feel even more invigorated doing this, especially after swings.

Pressing RESET is just not that much to ask. Cross crawls and rocks are a logical warm up and cool down. Marching between sets is as tonic as anything I know and makes me feel “good.” The Elevated Roll has been part of my training for a few years, but I never realized the why of why it worked until I read “Pressing Reset.”

Certainly, follow the warm up and cool down advice set forth here. But, don’t be afraid to add a few extra bouts of “resetting.” If you are pressing, “rest” between sets with an additional rock or march. Realign your body between big moves like squats or deadlifts with the crawling movements. And, keep this in mind: “play” instead of “train.” You will be glad in the long term that you did.

Pressing Reset is all about getting yourself back to the base line. If you are beaten and broken up, every second you spend getting back to “reset” will be gold. All too often in the fitness industry, we immediately add load to dysfunction and speed to asymmetry. Don’t do this. **Press RESET!**

Dan John  
Author, *Never Let Go*

## Pressing RESET

If you've read *Becoming Bulletproof*, you know that we have an idea that the body can be "reset". That is to say, we believe people can perform simple movements to restore the body's basic movement patterns and function. We also believe these resets can improve communication throughout the entire nervous system.

I strongly subscribe to the idea of "Pressing RESET," and I feel it should be practiced nearly every day, *if not every day*. The better the body moves and functions, the better off we are and the more capable we become.

In a perfect world, we would not need to *intentionally* press RESET every day, but let's face it, this is not a perfect world. Most of us simply do not move well enough or often enough to overcome all the time we spend sitting or not moving. We were made for movement, yet we simply do not move. We spend most of our days being sedentary. And when, on occasion, we decide to go out and exercise, we wonder why we don't move as well as we used to, or we wonder why we often get nagging injuries. The truth is, there would be less "movement issues" if people simply moved.

We really were made to be bulletproof, capable of anything. This guide book is an attempt to illustrate how to implement enough whole body movement patterns, or resets, into our daily lives to tip the scales and retain the bodies we were meant to have. Numbers and repetitions add up. The more resets you perform, the more neural connections you will engrave in your brain and your body, the more you will retain your intended design, and the closer you will be towards becoming bulletproof.

Having said that, there is a reset we did not mention in *Becoming Bulletproof*. If we stand behind our belief that we are perfectly designed, and we are, then there must be a way of resetting ourselves without having to do it intentionally. There must be a reset that automatically happens, and there is. This "automatic reset" has been right in front of us all along :**walking**.

# The Automatic Reset

Walking is the reset that you were made to do. Keep in mind, this is **my theory**. And yes, this notion is insane, but hear me out anyway.

One of the things that makes crawling so wonderful is that it does require us to use our shoulders and pelvis together in coordination, it helps establish great posture, and it truly is the foundation of our gait pattern. Crawling prepares us to traverse the world on two feet. Crawling ties our core together. With this “tied-together core,” we are supposed to get up and walk effortlessly and efficiently transferring force from the ground, up through our core, and into and out of our arms.

Let’s be honest. How much walking do we really do? Two thousand years ago people were bulletproof. Okay, there were no bullets 2000 years ago, but people were a lot more resilient than we are today. Back then, people walked almost everywhere they went. They didn’t hop in a car or on a couch. These people were tough! Walking helped keep them resilient.

Think about it. People once built amazing structures like pyramids and coliseums. There were no machines: no bulldozers, no F-150s, no cars. There were people with strong backs and legs of steel. Their bodies were made out of iron. They moved, they worked, and they walked. If they needed a reset every now and then, they probably got it from all the walking around they did.

Today, most of us don’t walk so much. And when we do, we are not necessarily walking the way we are designed to walk. We are not standing tall with good posture. We are not swinging our arms from our shoulders. Half the time most of us don’t even swing our arms. Instead, we slouch, we look down at the ground, or we keep our hands in our pockets. We are not walking with purpose, the way we were made to walk.

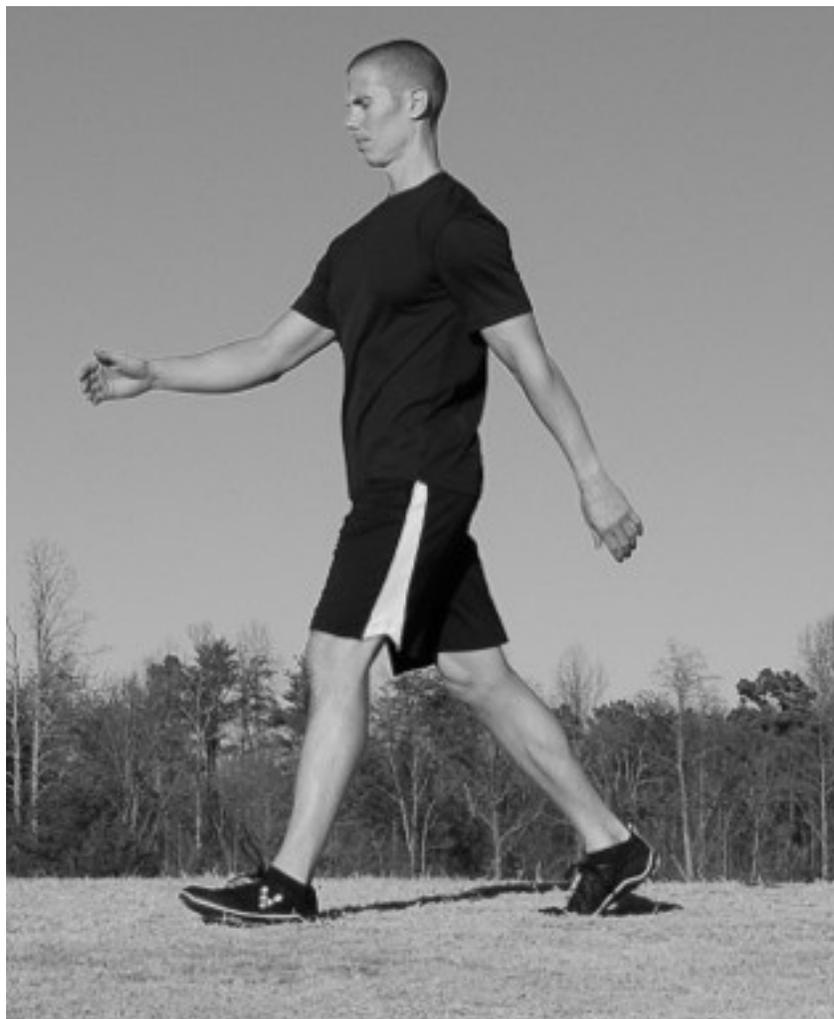
Lions are lions. They are beautiful, strong, and graceful because they act like lions. What I mean by *walking with purpose* is that we should walk like the pinnacle creations that we are. We are kings and queens. We are the top of the food chain. We are **the** predators. We should not walk around as if we are the prey. Just as lions are lions, we should walk as kings and queens. We are conquerors.

Walking *is* **the reset** we were designed to do daily! We just don’t do it so well. Today, because of our lifestyles, we are not well connected and tied together. Until we are, we may need to perform more intentional, foundational resets like crawling or cross-crawling. But in the meantime, start walking intentionally. Swing your arms from your shoulders. Allow your shoulders and hips to work together like they do when you crawl. Stand tall. Keep a long spine like you do when you are rocking. Keep the crown of your head pointing to the sky.

Seriously, make time in your day to start taking purposeful walks. Not only can this be a resetting, midline crossing exercise, it can be a mentally freeing and rejuvenating one as well. Walking can be like playing. Walking can set things right. Walking should be the automatic reset.

This may take time to sink in, but there is no way around it: **we were made to walk!**

However, we do have to crawl before we walk. With that in mind, let's look at the resets!



*We were made to walk....*

*....with contra-lateral limb movement!*

# The Resets

In this section we will review the reset drills from *Becoming Bulletproof*. This is just a *quick review* of the resets, their benefits, and how to perform them. This is not an in-depth, complete discussion of the reset drills as we laid out in *Becoming Bulletproof*.

## Cross-Crawls and Marching

### The Why:

- Cross-crawls, and other midline crossing movements like marching, activate large areas of both hemispheres of the brain simultaneously.<sup>1</sup>
- They improve communication between the brain and the body.<sup>2</sup>
- They have been shown to help patients recover from strokes and help children overcome ADD and ADHD.<sup>3</sup>
- They improve neural connections in the brain and encourage new nerve cell growth.<sup>4</sup>
- They improve opposite limb coordination - this improves performance!

### The How for Cross-Crawls:

- Cross-crawls can be done sitting, lying, standing, or while walking or skipping.
- Simply touch your opposite elbow to your opposite knee.
  - If your mobility does not allow for you to touch opposite elbow to knee, you can touch opposite hand or forearm to opposite knee or thigh.
  - If your mobility does allow, you can also try performing them with your finger tips behind your ears.
- Perform them slow unless you are skipping.

The Pictures for Cross-Crawls:



*Various ways of performing cross-crawls*

### **The How for Marching:**

Marching is a fantastic reset, and it can be done in a variety of ways, but I prefer the following method:

- Hold your elbows at 90 degrees.
- Drive your arms from your shoulders and ensure that they are moving from front to back.
- Really focus on driving the arms back to get good extension.
  - Your back hand should be able to tap your “back pocket.”
- The opposite arm should drive forward as the opposite knee drives upward.
- Plant and push off the balls of your feet when marching.
- The rise of the knees should match the height and drive of the arm.
- The arms and legs should move crisply.

### **The Pictures for Marching:**



*Marching - can be done in one place or while traveling*

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<sup>1</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 131.

<sup>2</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 131.

<sup>3</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 131.

<sup>4</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 131.

## Rolling

### The Why:

- Rolling is how most of us started navigating the floor. It lays the foundation for crawling, walking, and running.
- Rolling stimulates your proprioception (sense of self in space) and your vestibular system (balance). This is great because your vestibular system is tied to your core!<sup>5</sup>
- Rolling helps develop the core muscles as well as rotational strength and stability.
- It can improve spinal mobility.
- It can be an assessment for symmetry from side to side.
- Own segmental rolling before you move on to the other forms of rolling.

### The How for Segmental Rolling:<sup>6</sup>

- Back to Belly Rolling - Upper Body:
  - Lie on your back with your legs straight and your arms straight over head.
  - **Using your head**, neck and right arm, reach across your body as far as you can and roll to your belly. **Do not cheat and use your legs!**
  - Can you do this with equal movement and effort with both arms?
- Belly to Back Rolling - Upper Body:
  - Lie on your belly with your legs straight and your arms straight overhead.
  - **Use your head**, neck and right arm to reach back across your body and roll to your back. **Do not cheat and use your legs!**
  - Can you do this with equal movement and effort with both arms?
- Back to Belly Rolling - Lower Body:
  - Lie on your back with your legs straight and your arms straight over head.
  - Using your right leg, reach across your body and roll to your belly. **Do not cheat and use your arms!**
  - Can you do this with equal movement and effort with both legs?
- Belly to Back Rolling - Lower Body:
  - Lie on your belly with your legs straight and your arms straight over head.
  - Use your right leg to reach back across your body and roll to your back. **Do not cheat and use your arms!**
  - Can you do this with equal movement and effort with both legs?

## The Pictures of Segmental Rolling



*Back to Belly and Belly to Back Upper Body Rolls*



*Back to Belly Lower Body Roll*



*Belly to Back Lower Body Roll*

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<sup>5</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 39.

<sup>6</sup> Gray Cook, *Movement* (Santa Cruz: On Target Publications, 2010), pps. 187 - 189.

<sup>7</sup> Gray Cook, *Secrets of Primitive Patterns* (Functional Movement DVD series)

## Rocking

### The Why:

- Rocking helps with pelvic and scapular stabilization.<sup>8</sup>
- It can also help align the spine and promote good posture.<sup>9</sup>
- Rocking can help to loosen, or “open up”, the hips.
- It prepares the body for crawling.
- Rocking really seems to calm the body and mind. It can be therapeutic.

### The How:

- Start on your hands and knees as if you are about to crawl.
- Keep a tall chest, like Billy Bodybuilder on the beach.
- Position your head so that you can see the horizon.
- Push your butt back towards your feet.
- Move in and out of this position slowly.

### The Pictures of Rocking:



Starting position for regular rocking



Ending position for regular rocking

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<sup>8</sup> Sally Goddard Blythe, *The Well Balanced Child* (Stroud: Hawthorne Press, 2005), p. 185.

<sup>9</sup> Sally Goddard Blythe, *The Well Balanced Child* (Stroud: Hawthorne Press, 2005), p. 185.

## Crawling

### **The Why:**

- Crawling offers all of the benefits of cross-crawls.
- It stimulates reflexive core musculature activation.
- It gets the shoulders and pelvis working together.<sup>10</sup>
- It improves posture.<sup>11</sup>
- It is the template for our gait pattern.
- It improves our proprioception, our sense of self in space.
  - Commando crawling, or Army crawling, offers a HUGE proprioceptive flood of information for the brain due to all the skin stimulation that takes place. Our skin is our largest proprioceptive organ.
- Crawling ties your core, or your center, together and prepares you to transfer force.

### **The How:**

- Crawling can be done on the hands and knees, like a baby, on your forearms and legs - army style, or on the hands and feet, like Spider-man.
  - Remember, Spider-man crawling is a higher order reset and it should be reserved until you are strong enough to perform them without stress or frustration.
- When crawling, keep your head held up - crown of your head to the sky, and keep your chest up like you are proud.
- Move your opposite limbs together.
  - Your opposite arm should move with your opposite leg - contra-lateral limb movement.
  - If this is not natural to you, rest, relax, focus, and try again. It will come!

**The Pictures of Crawling:**



*Baby Crawling*



*Commando Crawling, or army crawling.*



*Spider-man Crawling*

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<sup>10</sup> Carla Hannaford, *Smart Moves* (Salt Lake City: Great River Books, 2005), p. 112.

<sup>11</sup> Sally Goddard Blythe, *The Well Balanced Child* (Stroud: Hawthorne Press, 2005), p. 185.

# The Daily RESET

Earlier I mentioned that numbers and repetitions add up. This is especially true when it comes to the brain and the body. Remember, the body and brain follow the “use it or lose it” principle, but they also follow the “use it and keep it”, or engrave it even, principle. Everything about your brain and your body are the result of simple addition and subtraction.

If you make a movement, you create a neural pathway for that movement.<sup>12</sup> If you keep making that movement, you engrave that neural pathway in your brain. This is how habits are created. Through repetition, your body will also eventually adapt to that movement through the SAID principle (Specific Adaptation to Imposed Demand - it states that the body will adapt to the stresses that are placed on it).<sup>13</sup>

Conversely, when you don't make a movement, perhaps a movement that you used to make, your body eventually starts pruning those neural connections that were associated with that specific movement. This is neural pruning.<sup>14</sup> When you are a teenager, neural pruning gets rid of all the unused neural connections; it's kind of like “spring cleaning” for the brain. As an adult, the connections may not be totally cleaned out, but they do get weaker and less efficient. Hence the “use it or lose it” notion.

Your body is hungry for movement since movement is what provides your brain with the information of self-awareness, self-image, and your sense of self in space. Movement nourishes the brain. Not moving, like sitting for hours, weakens the neural connections of your movement vocabulary inside your brain. Essentially, not moving starves the brain.

Not moving starves the body as well. Not only does it weaken the neural connections between your brain and your body, it weakens the tissues in your body because you are no longer stimulating your proprioceptors or using your muscles, tendons, ligaments, and fascia as they were designed. The body adapts; the neural connections in your brain, the foundations of your movement vocabulary, get weaker and less efficient while your body adapts to the non-moving postures that you are getting very good at. The body and the brain are very good at adapting to the things we do, or don't do, because we are creations of efficiency.

In our world, it is difficult to overcome all of the *not moving* that we do. So, we must be deliberate in making movement a priority. Not only that, it makes sense that we should prioritize the movements we make and engage in the movements that would give us the biggest “neural bang for our buck”, A.K.A. the Resets!

If you've read *Becoming Bulletproof*, you know that the Resets can actually create new neural connections in the brain. They also improve communication between the brain's hemispheres as well as communication between the brain and the body. For the most part, the resets are primitive patterns, or foundational patterns, that our movement

vocabulary is built off of. If we are good at performing the Resets, it would make sense that our movement vocabulary will be much broader than if we did not own our foundational patterns. In other words, owning our foundational patterns enables us to move in all the wonderful ways we were created to move.

This is where the Daily Reset comes into play. We can take advantage of the efficiency in which our brain and body operate. The brain is plastic. It is always changing. Every thought, every move you make, alters the structure of your brain in some way by creating a new neural connection.<sup>15</sup>

By performing the Resets every day, we can make those “Reset Movement” connections very efficient by engraving them, by strengthening them, through repetition. What does this mean? If cross-crawls make both brain hemispheres communicate with each other more effectively *and* they lay down new neural connections between the hemispheres, then performing them day-after-day solidifies those connections and the brain will become very efficient at cross-hemisphere communication. In other words, your brain will become more efficient, and you may actually become smarter!<sup>16</sup> Also, performing the resets day after day, improves the neural connections between your body and your brain as well. Daily you are stimulating your proprioceptors, your vestibular system and your tissues. You are reinforcing your foundational patterns *and* your movement vocabulary through neural efficiency.

Huh? Daily Resets can improve **you** and all that you do. They can help you become bulletproof, or office proof, or age proof, or whatever else it is you aspire to do become and overcome.

If you are not training, or playing every day, you should at least engage in performing a Daily Reset. On days you are out moving and living, you can perform a preparatory movement reset, also known as a warm-up! The goal should be to do *something* every single day.

Take three minutes out of your day and **DO THIS EVERY DAY!**

## The Daily RESET:

### 1. Roll

- Perform segmental rolls from side to side, and from limb to limb. Perform 3 complete rolls from each limb.
- You can play with any of the rolls **once you own** the segmental rolls.

### 2. Rock

- Perform 10 rocks.
- On the last rock, hold the end position (butt to calves) and perform 5 to 10 head nods, raising your head high as if to see over the horizon.

### 3. Crawl

- Perform 20 baby crawl steps.
- You can substitute army crawling for the baby crawls if you are groggy and want to “wake up”.

### 4. Cross-crawls

- perform 20 cross-crawls anyway you like, slowly.

If you are able, perform this routine three times a day. Why do three resets throughout the day? Why not? All total, they may take 7 minutes out of your entire day. At worst, they make you move 3 times in a day. At best, they help you become capable of doing anything by solidifying the neural connections that are tied to your foundational patterns. Oh, and they may actually make you smarter!

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<sup>12</sup> Norman Doidge, *The Brain that Changes Itself* (New York: The Penguin Group, 2007), p. 208.

<sup>13</sup> [http://en.wikipedia.org/wiki/SAID\\_principle](http://en.wikipedia.org/wiki/SAID_principle)

<sup>14</sup> Sally Goddard Blythe, *The Well Balanced Child* (Stroud: Hawthorne Press, 2005), p. 23.

<sup>15</sup> Norman Doidge, *The Brain that Changes Itself* (New York: The Penguin Group, 2007), p. 208.

<sup>16</sup> Sally Goddard Blythe, *The Well Balanced Child* (Stroud: Hawthorne Press, 2005), p. xiv.

# The Preset RESET

Have you ever seen the movie *Zombie Land*? There is a scene where Woody Harrelson makes fun of his sidekick because he starts warming up in case they encounter zombies while they search for Twinkies. Harrelson's character says "You ever seen a lion limber up before taking down a gazelle?" Woody is right. Lions don't limber up, and to be honest, we probably shouldn't have to limber up either. However, we are not lions, nor do we live the lifestyle that lions live. Lions live as lions, the way they were meant to live. We live as rocks, the exact opposite of the way we were meant to live. So, since we live as rocks, it may behoove us to "limber up" a little bit before we engage in training or playing.

We call our limber up session a Preset RESET, or simply The Preset. The purpose of the Preset is to simply prepare you for your training session. Regardless of how you train, or what activity or sport you engage in, the Preset will improve your performance.

The Preset is also yet another opportunity to engage in some of our foundational patterns, thus further engraining them in our brains and bodies. If we accumulate enough repetitions of these basic moves on a daily basis, eventually we may end up being more like lions and less like rocks! To be honest, Woody really is right. Life doesn't pause to give us a chance to limber up before the "mess" hits the fan. The more we own our foundational movements, the more capable we are at taking action should we ever need to - the more bulletproof we become.

Again, I really don't care how you train, but I do care that you perform this Preset before you train. It is **that** important!

## The "Warm-up"

Cross-Crawl x 20 repetitions.

- Perform these slowly.

Segmental Rolls x 3 rolls each limb.

- Who cares how silly you look!

Rocking x 10 repetitions.

- After the first 5 reps, spread your knees a little further apart and perform 5 more repetitions.

Baby Crawl or Army Crawl x 20 repetitions.

After the "warm-up", engage! Go train, or play, in whatever activity you have planned. Go be a lion. Better yet, be a king or a queen, a conqueror!

## RESET Your Training

To be fast, strong, and powerful you need to be able to relax. A stressed out, tight body is a body that is stiff, slow, and rigid. Two great minds, Bud Winter and Pavel Tsatsouline, have both preached the importance of staying relaxed and fast and loose, respectively, when it comes to performance.

It is arguable that Bud Winter has had the greatest impact in the sport of track and field than any other coach in history. His coaching and relaxation techniques helped produce 37 world record holders, 27 Olympians, and 102 NCAA All-Americans.<sup>17</sup> In WWII, Bud was even called upon by the military to teach US fighter pilots his techniques for relaxation so they could quickly distinguish the difference between friends or foes while in combat!<sup>18</sup> There is no question, relaxation is crucial for performance.

Pavel Tsatsouline teaches his concept of “fast and loose” to enable athletes and combatants the ability to relax and rejuvenate their bodies to help improve their performance. Pavel often states that elite athletes are masters at relaxation and he himself has demonstrated time and time again that a relaxed body is a powerful body.

A relaxed body is a body that can move well. Both Bud Winter’s and Pavel’s techniques work very well for relieving tension and improving performance. However, their techniques are skills; skills that come with a learning curve. It may be no surprise to you that *Pressing Reset* is another method, perhaps even a better method, that can relax, or reset, the body and improve performance.

It can be hard to teach someone how to relax and “shake” their muscles loose. It can be hard for people to learn how to clear their minds and just “let go.” However, almost anyone can be taught how to march, or rock on the floor, or roll. Pressing Reset can instantly relax the nervous system, and thus the body, enabling you to move and perform better. Best of all, the learning curve is pretty minimal.

To illustrate power of Pressing Reset, let’s look at strength training. Performing resistance exercise increases tension in the muscles and stress in the nervous system. Take squatting for example: after a set of heavy squats, the body is a little more tight, tired and stressed. Once the body is stressed, it can be hard to perform consecutive sets with the same focus, energy, and strength that was applied to the first “heavy” set. What if you could just press a reset button and restore the body’s nervous system back to a relaxed and ready state, thus enabling you to perform well on your next set? What if you could instantly refresh your body and improve your movements while under the stress of added load? You can. And, it is pretty easy to do. It’s as easy as marching in place.

If you strength train, you should be training to get strong in a safe and effective manner. Your goal should be to have strength so that you can enjoy your life and / or perform well at your sport. Even if you treat strength training as your sport, you would probably

agree that in order for you to be happy, you need to be able to train. So it would only makes sense that your strength training routine should be built around quality movements and not merely the quantity of movements. Here is where Pressing RESET really comes into play.

Pressing RESET between your strength training sets can really help to revive the body and clean up any movement deterioration caused by the stress of strength training itself. In other words, if you reset yourself between sets, you will move better longer and improve the quality of your training. The better you move while under a load, the less chance you have for an injury and the more resilient you will become because you are adding strength to a solid movement foundation. Simply put, Pressing RESET while you train can relax your nervous system and improve your strength, speed, power, and focus. Your quality of movement stays up and your risk of injury stays low.

Try this yourself. Take a weight that you struggle to press one to two times and press it. Then get on the floor and rock back and forth five to ten times. Now press your weight again. You may find that the weight went up easier, and you were able to press it more than you did the first time. Pressing RESET simply works.

When it comes to strength training, or training in general, I like to combine certain resets with certain movements. If my movements are fast, like a kettlebell swing, I like to perform slower resets, like rocking, in between sets. If my movements are slow, like a heavy front squat, I like to perform faster moving resets like marching. I also like the idea of performing rolls after spinal compression caused from exercises like back squats or deadlifts. There are no rules though. You can perform the reset you feel you need. But just to give you some ideas, I'm going to show you some examples here:

### Movement Resets

- Swings x 10 to 20 reps, followed by rocking x 5 to 10 reps
- Goblet Squats x 3 to 5 reps, followed by marching x 20 steps
- Back squats x 3 to 5 reps, followed by elevated rolls x 2 rolls each leg
- Clean and press x 3 to 5 reps, followed by rocking x 5 to 10 reps
- Strict overhead presses x 3 to 5 reps, followed by marching or cross-crawls x 20 steps
- Heavy Deadlifts (I know, is there any other kind of deadlift?) x 1 to 3 reps, followed by elevated rolls x 2 rolls each leg
- Sprinting x 60 yards, followed by rocking x 5 to 10 reps
- Pull-ups x 5 to 10 reps, followed by hard rolls x 2 rolls each way

- Olympic Lifts (you pick!) x 1 to 3 reps, followed by rocking x 5 to 10 reps

Again, there are no rules here. Experiment with the resets and use the ones that tend to relax you and restore you the most. You may be pleasantly surprised to find that your movements get better and better as you train, and you end your training sessions feeling refreshed and invigorated. That should be the point!

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<sup>17</sup> Bud Winter, [www.budwinter.com](http://www.budwinter.com)

<sup>18</sup> [http://en.wikipedia.org/wiki/Lloyd\\_\(Bud\)\\_Winter](http://en.wikipedia.org/wiki/Lloyd_(Bud)_Winter)

# The *Reset* RESET

After you train, it is a good idea to Press Reset again. This will not take up a great deal of your time and it may even help you recover faster. Besides, the more you engage in Pressing Reset, the more you will own the patterns and the more efficient your body will become. Here are just a few benefits that a post workout reset can offer.

Your training, or play session, could have been a little too stressful on your body. Lets face it, we don't always pay attention to our bodies, and sometimes we get a little ambitious with our training sessions. We may lift too much, run too far, or turn our head to see what our health club neighbor is wearing while we are squatting. I know, no real "squatter" would get distracted while squatting. But how many of us are actually real "squatters"? Press Reset.

Even with the best focus, sometimes we can *over* stress our brains as well as our bodies. Pressing reset after a training session, or sporting event, can help relax the nervous system and soothe your emotions. There is something very calming and soothing about rolling on the floor and gently rocking back and forth. Press Reset.

If you are like me, and your training session is always perfect (he said jokingly), you should still press reset. Maybe you did just the right amount of work and you even hit a personal record. Great, press reset anyway. The purpose of training is to create a stress so that our body has to adapt to that stress, right? Wouldn't it be cool if you could recover faster and adapt faster too? Press Reset.

The last benefit I will point out for the post workout reset is that it simply gives us more repetitions towards engraving our foundational patterns. It is just simple math. The more we perform the resets, the more we own them.

Yes, too much of anything can be a bad thing. That **may** be true. Even if it is, you already sit too much. How many years have you spent sitting and lying? Are you worried about that being a bad thing? If not, you should be. Performing resets a few times a day is not going to hurt you. It may help you - a lot. Engraving the resets into our nervous system may eventually cause walking to become the reset it was always meant to be.

## The Post Training RESET

This is not too complicated or time consuming:

March x 20 steps

- Remember to hold your elbows at a 90 degree angle and drive your arms from your shoulders.

Rocking x 5 to 10 repetitions

- If you've had a taxing training session, these will feel good. Spread your knees and open up your hips.

Baby Crawl x 20 steps

- Keep your chest up and "explore" the floor!

Walk x 5 minutes

- Be purposeful in your walk and swing your arms forward to back from your shoulders.

The Post Training Reset will not take you long to do, and it is very similar to the Preset Reset. Do it anyway. We are striving to engrain these patterns into your body. That, and Pressing Reset seems to make things work like new again.

# RESET Yourself with a Play Session

Play is important. Playing is one of the crucial things we do as children that help us develop. Playing stimulates our brains. It causes our brains to grow and develop. It makes us smarter. Playing cements our foundational patterns and allows us to build a huge movement vocabulary from which we can do almost anything. Play is fun and play is nourishing for the brain, the body and the soul. A child needs to play.

We believe, sometimes, adults should act like children especially when it comes to playing. The magic of play is not lost with childhood. Play is still wonderful and powerful even when we are adults. Play is important. It keeps us young. It keeps us healthy. It rejuvenates our minds, and it can reset our bodies.

If you don't know how to play, here is a simple "Play Session" you can do between your regular training days. You can even use this for all your play sessions. This play session makes use of lots of midline crossing movements, it stimulates your brain, and improves your coordination.

## The Recess RESET

Mark off about 50 yards somewhere where you have room. A grass field or even a basketball court will do. You just need space.

Walking cross-crawls x 50 yards. Repeat for 50 more yards.

Baby crawl x 50 yards. Rest and repeat.

Skip x 50 yards. Walk back and repeat 2 more times.

Sprint at half speed x 50 yards. Walk back and repeat 2 more times.

Sprint at three-quarter speed x 50 yards. Walk back and repeat 2 more times.

Skip x 50 yards. Walk back and repeat.

Baby crawl x 50 yards. Walk back.

March x 50 yards. Walk back and repeat.

Walking cross-crawl x 50 yards. Repeat for 50 more yards.

Finish with a 10 minute purposeful walk (Walk like you are a conqueror).

If you complete this, you will have traveled several hundred yards using midline crossing, cross-lateral resets! That's several hundred yards of play! Not too shabby. And, this doesn't even include the 10 minute walk!

Of course, do **only** what your body will let you do. If you are overweight, you should probably substitute the sprints with some powerful walking (walk fast and strong while using your shoulders and arms) or even some marching (again coordinating arm swing with opposite leg drive). Do this to acclimate your body and allow your tissues to strengthen before you embark on sprinting.

If you are not overweight, but are not accustomed to sprinting, you may want to keep your sprints at half speed for a couple of weeks to give your body time to acclimate. If you are comfortable with sprinting, you may want to sprint at full speed every now and then. Remember, **do what you can do**. As you progress, you can increase your distance or the number of times you repeat an exercise.



*Sprinting - perhaps the ultimate expression of our design: power, efficiency, and beauty.*

## Conclusion

There it is: a short guide to Pressing Reset. I really believe that engaging in resets every day can really help you regain the body you were meant to have. You were made to do wonderful things both physically and mentally. It is my hope that you will begin Pressing RESET and start learning your true potential.

Just remember, change takes time. Some of you will notice immediate benefits from performing the resets. For others of you, the benefits will be noticed over time. It all depends on who you are, how much you engage, and how long you've traveled the road you've been on.

As my friend, Mike McNiff, always points out, becoming bulletproof is a journey. Be patient and engage. Enjoy your journey.

## About The Author



Tim Anderson is the co-author of *Becoming Bulletproof: An Uncommon Approach to Building a Resilient Body and Pressing RESET: Original Strength Reloaded*, and author of *Habitual Strength*. Tim is a husband of one and a father of two. He has been a personal trainer for over nineteen years and he served as a professional firefighter for over twelve years.

Tim has had the fortune of learning from some of the brightest minds in the fitness industry like Dan John, author of *Never Let Go*, and John Brookfield, the creator of The Battling Ropes® Training System. He has a passion for learning about all things health related and he loves sharing what he knows.

To learn more about Tim, Pressing RESET and Original Strength, you can check out [www.OriginalStrength.net](http://www.OriginalStrength.net). You can also order his books and DVDs at [Amazon](https://www.amazon.com). For more visual information on how to Press RESET, check out [Original Strengths Youtube channel](#).

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