

UNLEASH YOUR ATHLETE

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# RESETS + TRADITIONAL LIFTS

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## Original Strength RESETS for Traditional Lifts

### The Squat

#### **Press RESET:**

Breathing in “Crocodile” position x 20 breaths  
Head Nods from Supine-lying position x 10 reps  
Dead bugs (tail bone off floor) - especially for front squats x 20 total reps  
Rocking - feet plantar-flexed x 20 reps  
March in Place x 20 Reps

#### **Pattern the Movement:**

KB Goblet Squats x 5 reps; 3-5 sets, add weight as needed

#### **Tie the “X”:**

Sandbag Bear-Hug Carry – *Pick up the Bag, bear-hug it to your chest, carry it 10 yards. Put it down. Repeat.*

### **Perform the Squat**

#### **Between Work Sets, Press RESET:**

Rocking with feet dorsiflexed x 10 reps  
Dead-bugs (tail bone off floor) x 20 total reps

### Deadlifts and Swings

#### **Press RESET:**

Breathing in prone position, resting on elbows & forearms x 20 breaths  
Head nods in prone position, resting on elbows & forearms x 10 reps  
Frog rolls x 5 rolls each direction  
Rocking on Hands & Feet (4-Point position) x 15 reps  
Cross-Crawls x 20 Reps

#### **Pattern the Movement:**

2-Leg and/or 1 –Leg Hip Bridges x 10 reps; 1-3 sets as needed

#### **Tie the “X”:**

KB Bottom’s Up Carries – *Pick up the kettlebell and hold it upside down in one hand. Carry it 10 yards. Put the bell down, switch hands and repeat.*

### **Perform the Deadlifts or Swings**

#### **Between Work Sets, Press RESET:**

4-Point Rocking x 10 reps  
and/or Marching x 20 steps

An excerpt from Original Strength Performance – The Next Level

## **Olympic Lifts (Snatch & Clean)**

### ***Press RESET:***

Breathing in Commando rocking position x 20 breaths

Windshield Wipers x 10 rotations

Rocking on Hands & Feet (4-Point position) x 10 reps - move slow going forward, quick/at speed moving back

Backwards crawling x 20 steps

### ***Pattern the Movement:***

Waiter's Bow (Plate to Chest) x 10 reps

### ***Tie the "X":***

1-Leg RDLs with One Kettlebell in opposing hand from standing leg x 5 reps R & L; 3-5 sets, add weight as needed

### ***Perform the Lift***

### ***Between Work Sets, Press RESET:***

6-point Rocking with toes dorsiflexed at speed in between sets x 15 reps

Head Nods x 10 reps

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](http://Amazon). For more visual information on how to Press RESET, check out [Original Strength's YouTube channel](#).