



ENDURANCE
SPECIFIC
COACHING

THE DAILY RESET

Below you are going to find four exercises that will improve your life. Big claim... yes I know. But as we grow up and sit way too much and don't move how we should, we lose our ability to move efficiently and effectively.

This hurts performance but it also keeps us in pain. These RESET movements make both hemispheres of the brain communicate more effectively and lay down new neural connections thus making the brain efficient. Further to that there are improvements in neural connections between the brain and the body.

With daily resets – we stimulate our proprioceptors, our vestibular system (balance, awareness of our body in space, and our tissue). We reinforce good foundational patterns and improve our movement vocabulary through neural efficiency.

They also help remove waste from the system and open up tight joints.

Before you start every session, you should be HIT RESET - these quickly prime the body for the session, switching on your Central Nervous System, elevating your Heart Rate, engaging core musculature and increasing brain function.

Remember that this is really about prevention, not cure. By making these a daily habit, you are preventing the onset of deep-set fatigue and possible injury.

These help make you bulletproof.

Stupidly easy and it only takes about 3 minutes. You do have the time.

Get started now, you'll thank me for it just like I thank Geoff Neupert from Original Strength who first showed me these in a hotel gym in upstate New York back in 2013.



1. Cross Crawls

Cross crawls get the left and right hemispheres of your brain firing and communicating with each other. This improves brain and nervous system functioning.

Perform 20 cross-crawls nice and slowly.



2. Neck Nods

Neck nods help mobilise the thoracic spine, hips, ankles and improve balance.

Perform 10 neck nods.

On the 5th rep, keep your chin tucked and breathe diaphragmatically 5 times.
On the 10th rep, keep the chin up and breathe diaphragmatically 10 times.





ENDURANCE
SPECIFIC
COACHING

3. Rocking

Rocking engages our abdominal muscles, resets our reflective stability, improves proprioception, posture and hip and shoulder mobility.

Perform 10 rocks.

On the last rock, hold the end position (butt to calves) and perform 5-10 neck nods, raising head high as if to see over horizon and then tucking chin to chest.



* you can add to these rocks by adding 5x 'circles' both directions. These further open your shoulders and hips.



4. Rolling

Rolling restores reflective strength and improves joint mobility at the hip, thoracic spine, ankles and shoulders.

Perform segmental rolls from side to side, and from limb to limb. Perform 3-5 complete rolls from each limb both upper and lower body (go both directions). When doing upper body, don't use your legs to assist you and visa-versa.

Upper Body Segmental Roll – *Hint: Look where you want to go.*



* make sure you now go in the other direction. I.e bring the right arm up and roll left!

Lower Body Segmental Roll



* make sure you now go in the other direction. I.e bring the right knee up and roll left!