Pressing Reset

It is Time to Reboot

The Resets

Cross-Crawls and Marching

The Why:

The How for Cross-Crawls:

The Pics for Cross-Crawls:

The How for Marching:

The Pics for Marching:

Crawling

The Why:

The How:

The Pics of Crawling:

Rome was Built by Marching?

Conclusion

About The Author
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 that 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 lets face it, this is not a perfect world. Most of us simply do not move well enough, often enough to overcome all the time we spend sitting, or not moving. We were made for movement and 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. We were designed in such a way that through movement, we would build a foundation, our original strength, that would allow us to become extremely resilient life conquerors. This guide-book is an attempt to illustrate how to implement a few simple whole body movement patterns, or resets, into our daily lives to tip the scales and regain and keep the bodies we were meant to have. Numbers and repetitions add up. The more resets you perform, the more neural connections you engrave in your brain and your body. Thus, the closer you get to regaining your intended design and your Original Strength.
It is Time to Reboot

Just incase the idea of pressing reset is still a bit foreign, here is an analogy that will make perfect since to you. Have you ever had a computer that just froze up on you? No matter how many times you click the mouse, or press control-alt-delete, you can’t get any response. What is the only solution for a computer that does this? A reset, also known as a reboot. You simply turn off the computer and let it start up again. Most of the time, this simple trick works like magic.

I don't mean to compare the body to a computer, it is far more miraculous than a computer. However, the body seems to have a few reset buttons, too. We have found that performing a few simple moves seems to have a rebooting, or reseting, effect on the body.

No, the body does not shut down and then power up again. Can you imagine the fear and chaos that would create? Those people who love "pressing your buttons" would have a field day. No, the resets we are talking about our a little more subtle, but very impactful. The body just seems to move and function a whole lot better once these moves are performed.

I know you are still probably wondering what I am talking about. Imagine, if you will, that you, or someone you know cannot touch your toes. Suppose you, or your friend, have not been able to touch your toes for years, if ever. You would probably think that tight hamstrings (the back of your legs) are the problem, but that may not be the problem at all. It could very well be that your core muscles (the muscles around your center) are just not working properly. You simply might be lacking reflexive strength in your core. If this is the case, and there is a good chance that it is, all the stretching in the world may not do anything other than cause pain and discomfort in the back of your legs along with sweat that beads up on your forehead. Sometimes the body tightens up areas and reduces mobility when it is lacking strength and stability elsewhere. This is one way that
the body tries to protect itself. In this situation, stretching is the last thing you need to do.

So what should you do? Go back to the beginning and press reset. Would you believe something as simple as crawling around on your hands and knees could "turn on" the muscles of your core and allow you to touch your toes? It could. And that is a reset.

Resets are simply movements that we were designed to perform as we were growing and developing as children. These "child-like" movements are the movements that tie your brain and your body together and lay a foundation of strength. They build your original strength, even though you are no longer a child. They still work; much as they did when you were two years old. Isn't the body simply amazing? The very movements that made you resilient as a child are the same movements that can make you resilient as an adult. Only now, they are resets, because you were never supposed to lose these movements, or the foundation that they once created in your body.

There are 5 "big" resets that we have found to offer the biggest punch. We discuss those resets in great detail in Original Strength. Because the information in that book is so important and we think everyone should own a copy, we are only going to talk about two very powerful resets in this book: Cross-crawls and baby crawls. Once you see how powerful these two resets can be, you'll really want to check out the rest of the resets in Original Strength.
The Resets

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.¹
- They improve communication between the brain and the body.²
- They have been shown to help patients recover from strokes and help children overcome ADD and ADHD.³
- They improve neural connections in the brain and encourage new nerve cell growth.⁴
- 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 Pics 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 we 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 of 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 Pics for Marching:

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

Rome was Built by Marching?

The Roman Empire was one of the greatest military forces the world has ever known. It is said that Roman soldiers would march 20 to 25 miles per day. Can you imagine this? Think about it: Marching with 40 to 60 pounds of gear for 20 to 25 miles, then maybe set up camp, or maybe slay a few hundred "barbarians." The Roman soldiers were machines. The were resilient. Why?

Well, for one, they moved a great deal. They used their bodies the way they were intended to be used. They did not sit in chairs. These soldiers probably didn't even know what a chair was. To them, a "recliner" was something you did by the supper table after you were too full to move. These soldiers also pressed "reset" all day long.

Marching, or walking, is a reset. In fact, it is a reset we were ultimately designed to do - day in and day out. We were made to walk, march and run. This contra-lateral movement, or gait pattern, is what nourishes our brains and keeps our bodies tied together. It also keeps our bodies "fresh" and ready for action, like say slaying a few hundred barbarians when it is time to conquer new territory.

The Roman soldiers were extremely resilient. Yes they were wonderful strategist when it came to war, but they also had the bodies needed to enact that strategy. They were raw muscle and power. They could move extremely well. How do I know? Because they won their battles. If you don't move well, you are not going to fight well. You certainly aren't going to rule the whole world with a bunch of poor movers and fighters. No, the Roman soldiers were a great example of what the body is capable of being: strong, powerful, graceful, fluid, resilient, healthy, insert any desirable physical quality here because the Roman soldier had it.

They marched. They pressed reset all day long. And then, the next day, they did it again.
Like to Roman soldiers, you too can become bulletproof, resilient. The good news is that you don't have to march 25 miles a day to regain your foundation, your original strength. After all, Rome wasn't built in a day (Ha!). You can just "press reset", just do a little bit, every single day. It all adds up. It is too simple and effective not to do.
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.\(^5\)
• It improves posture.\(^6\)
• 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 do to all the skin stimulation that takes place. Our skin is our largest proprioceptive organ.
• Crawling ties your core, your center, together and prepares you to transfer force.

The How:
• Crawling can be done on the hands and knees, like a baby, or on your forearms and legs - army style.
• 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 - contralateral limb movement.
  • If this is not natural to you, rest, relax, focus and try again. It will come!

The Pics of Crawling:

Crawl Your Way Back to Health

Have you ever been in a hurry, trying to leave your house to make an appointment, but you couldn't leave your home because you couldn't find your car keys? You search everywhere, the places you usually put them, the places you would never put them. You look in your old pair of pants, under the mail, you might even retrace your steps and look for them in the refrigerator. You start to really get aggravated and you begin to turn your house upside down only to realize that you've had them in your hand the entire time. Have you ever done this? It makes you feel like an idiot.

Searching for your car keys when they are in your hand is a lot like trying to find the truth. In life, we search for the truth - we look all over to find it, when all along the truth is often right in front of us. We just overlook it. Many times we overlook it because the truth is so simple we miss it or dismiss it altogether.

What in the world am I talking about? Movement and the body. Here is the truth: You were made to move. You were made to be strong. You were made to be healthy. You were made to crawl. And it is crawling that you once used to make your body ridiculously resilient. That is truth. It is so simple. Don't miss it.

You were made to crawl. Hopefully, you did when you were a child. Crawling, the simple way you learned to go investigate the world as a baby, is the way you once built a reflexively strong and stable body. At one time in your life, you used crawling to tie your body together; literally.

Crawling ties both hemispheres of the brain together. Crawling ties the vestibular system, the visual system and the proprioceptive system together. Crawling ties your body together: It ties the opposite hand to the opposite foot, it ties the head to the tailbone, it ties the lats to the glutes, it ties the nerves to the muscles (the reflexes), it even ties the heart to the lungs. Crawling glues everything about the body together. At least it did, when you were a child.
Guess what? Crawling like a child can still glue everything about you together. That is truth. That is a key to regaining your original strength: Press reset - crawl like you once did.

Seriously. It works. Think of it like this: Imagine you just learned how to tie your shoes as a five year old. Through out your life, you tie your shoes. When you are 99 years old, the same way you learned to tie your shoes at age five, still works when you are 99. No matter how many times your shoes become untied, the same way you learned in the beginning to tie them will still tie them when you are more "advanced" or "senior" in years. The same is true for you - You are the shoe string. Crawling, which tied you together as a child, can still work today to tie you back together. You have probably come untied from a lifestyle of not moving, or a lifestyle of sitting. All you have to do, is tie yourself back together. Get down on the floor and crawl.

If you have been wanting to regain your youth, your strength, you have the answer. Crawling is the pair of car keys that you have been looking for all along. It has always been with you. You just over looked it. You don't need to try every exercise routine under the sun. All you have to do is go back to the movements you were made to do. Just crawl like you used to do. It is so simple. It is truth. Don't miss it.
The Invigorating Three Minute Reset

The following reset session will leave you feeling invigorated, refreshed, and awake! It is like a great, big cup of coffee. It is a great way to start your day, or it can be a great "movement snack" that you perform throughout your day. No matter when you do this reset, if you do it every day, good things will happen: You will improve the communication between your left and right brain hemispheres, you will improve the communication between your brain and your body, you will start gluing your body together and begin laying a solid foundation for strength and movement.

The best thing about this invigorating, three minute reset is that it is ridiculously easy and simple to do. You can do it almost anywhere. And, it takes exactly three minutes. There is no excuse not to do this. It is not as if you are marching 25 miles or anything!

Cross-crawl x 1 minute
Baby-crawl x 1 minute
March x 1 minute

That is it. It is simple. It works. It will get your pulse elevated just a little, it will light up your brain like a Christmas tree, and it will start building reflexive strength and stability throughout your body. In other words, this simple three minute plan can help you regain the body you were meant to have.

Really? Yes, really. Give it a try for one month. If you are feeling froggy, try it few times a day. You will probably want to as it does leave you feeling refreshed and alert.

Again, this is just a simple "movement snack" that can encourage wonderful things to happen inside your body. There are many other powerful resets that can really help you lay the foundation of strength you were born to have. They are all just as simple as the ones listed here. If you want to learn more about those resets, check out Original Strength: Regaining the Body You Were Meant To Have.
You Simply Need to Move

Even if you don’t buy into the idea that simple moves like cross-crawls and crawling can help restore your original strength, there is no denying that you simply need to move if you want to regain or retain your health. The body was made for movement.

One of the easiest ways to stay healthy and retain your youth is to engage in deliberate, daily movement sessions. Some people refer to these movement sessions as exercise, but I do not. In my mind, deliberate, daily movement sessions are what we were made to do: Walk, skip, crawl, run or good old fashion tummy/tumbling time. We were made for these movements. We were not, however, made to “exercise.”

Moving, the way we were designed to move, keeps our brains young and healthy. It also keeps our bodies healthy, strong and resilient. What do I mean when I say moving the way we were designed to move? I simply mean we should be spending our time moving with contra-lateral, or cross-body, patterns (think gait, like walking). We should be getting up and down from the ground regularly, we should be going for small adventures (hiking, playing tag, climbing trees), and we should be “playing”. We should escape the gravitational pull of the chair or couch, and we should move our bodies deliberately every single day.

I know, you probably think I am talking about exercise, but I’m really not. Exercise is something man had to create because he stopped moving. We were made to move, but yet most of us don’t move like our great, great, great grandparents did when they were around. They moved for a living. They maybe farmed, built skyscrapers, worked in the military, or whatever. Chances are, they moved a great deal in their day-to-day lives and consequently, they were pretty resilient.

Today, we don’t move so much. We have conveniences, technology, and really comfortable chairs. As a result, we have grown “old”, weak, and frail. So, we turn to exercise to try to combat our current physical state. However, exercise can leave us
lacking greatly when it comes to our health. In our wisdom, we have invented dumbbells, pec-decks, and leg extension machines to replace what our bodies were really designed to do. We substitute our natural movements with these made-up movements and we expect ourselves to become strong and healthy. Guess what, you were not made to get on an elliptical machine or a cable machine. You were made to crawl, walk, skip, run, and climb. These movements keep you strong. They will also give you youth and vitality.

Please don’t misunderstand me, there is nothing wrong with “exercising” but “exercising” is not what we were made to do. “Exercising” will not keep you strong and resilient. It could actually rob you of your resilience; especially if you do not have a foundation of good movement. How do you get a foundation of good movement? By moving the ways you were made to move! Traditional exercise will never be able to replace our bodies’ need for natural movements. At best, traditional exercise can add to a solid foundation of movement and strength that has been built through natural movements.

Now I know you think I’m crazy, but consider this. To review, moving the way we were designed to move (crawling, rolling, walking, skipping, etc...) connects your left and right brain hemispheres together by increasing and cementing neural connections between the two hemispheres. In other words, these natural movements nourish your brain and make it healthy and efficient. The more efficient the brain is, the more efficient the body is. These natural movements also tie the body together through integration between the vestibular system (your balance system), the proprioceptive system (your sense of self in space), the nervous system, and the muscular system. To say it another way, they tie you together by building reflexive strength and stability. Thus, they lay a foundation of strength - the foundation you were meant to have. You see, crawling really can help you regain your original strength!

Another problem with traditional exercise is that the health and fitness world is selling the idea that you can get healthy by 20 to 30 minutes of exercise a few times a week.
You can certainly change your body in 20 to 30 minutes of exercise a few times a week, but that does not really make you healthy. It is almost unreasonable to think we can combat 23.5 hours of being sedentary with 30 minutes of exercise a few times a week. Especially when you consider that we were simply made to move and that we were not made to sit, lounge, or just take up space. This is why engaging in deliberate natural movement breaks throughout the day is so important. Moving the way we were designed to move on a frequent basis restores the body’s health and overcomes our sedentary lifestyle.

Regardless of how you view “exercise”, or traditional exercise, you were made to move. That is the bottom line. Exercise is okay, but exercise is not the real movement you were created for. You wouldn’t even need to exercise if you simply found ways to move, play, and explore your surroundings - much like a growing child does. Your body is designed for graceful, strong, and powerful movement. You were not made for a sedentary lifestyle. The key to staying healthy and vibrant is to engage in life, to move daily, on purpose, and with purpose.

Set out to move every day. Go for hikes or climbs. Find a playground. Get some mats, get down on the floor, and learn how to roll and crawl. You will feel wonderful. You will feel rejuvenated. If you do these things daily, you will regain your foundation of strength, your Original Strength - the strength you need to have to be strong, healthy and resilient.
Conclusion

There it is: A short guide to Pressing Reset. We really believe that engaging in these simple resets every day can really help you start to regain the body you were meant to have. Try these for a couple of weeks. If you notice a difference, and you will, grab a copy of Original Strength and discover the other resets that you already know how to do. Once you start pressing reset with the Big 5 resets, you will rediscover your original strength.

You are wonderfully made. You were made to do amazing things both physically and mentally. It is our 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 these 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 and Original Strength*. Tim is a husband of one and a father of two. He has been a certified personal trainer for over fourteen 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. He has a passion for learning about all things health related and he loves sharing what he knows. Tim has had several training articles published and has even starred in a couple of physical training DVDs.

For more of Tim’s writings, you can check out his blog at [www.Tim-Anderson.net](http://www.Tim-Anderson.net).

If you would like to contact Tim, simply go to [www.OriginalStrength.net](http://www.OriginalStrength.net) or email him at [heyguys@originalstrength.net](mailto:heyguys@originalstrength.net)