



A COACH LEWIS POSTER

TOOL
01

The 3-Breath Reset

IN-GAME RESET

One tool. Print it, post it, run it when the moment calls.

From the Apex Six Mental Performance System.

01

The 3-Breath Reset

IN-GAME RESET

WHEN TO USE

When pressure spikes mid-game or your mind starts spiraling.

HOW TO RUN IT

- 1 Long exhale** (6+ seconds). Drop physical tension from shoulders, jaw, and hands.
- 2 Box breath** (4 in, 4 hold, 4 out, 4 hold). Anchor your nervous system to a steady rhythm.
- 3 Power inhale** + whisper your cue word (“go work,” “my time,” “reset”). Launch back into the moment.

TIMING

30 seconds · No equipment · Anywhere

PRINT · POST · RUN IT WHEN THE MOMENT CALLS

Pin to a dugout fence, locker, or gym bag.

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— *Let's go to work.* —

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