

Sharpen the Battle Axe and Come Out Swinging!

This 5 minute process kicks your day off right by priming your muscles (Squeeze!), opening your lungs and joints (Move!), activating your nervous system (Impact!), and setting your focus (Target!). Feel awake, clear, and ready to take on the day!

Squeeze!

Build your body-brain connection by turning on your muscles as hard as you can. Split your muscles into two major groups, all the muscles that turn in and all the muscles that turn out. Start standing in a comfortable ready position and squeeze each muscle group as hard as you can 3 times for 5 seconds.

Squeeze In

- ★ Legs together without caving in
- ★ Backs of thighs and butt
- ★ Hands together by belly button
- ★ Elbows, shoulders, ribs in and down

Squeeze Out

- ★ Legs apart without spreading
- ★ Backs of thighs and butt
- ★ Chest up and belly button in
- ★ Armpits and elbows down and back

Move!

- ★ Lungs - Take big breaths in through nose and out through mouth
- ★ Skin - Imagine your hands are scrub brushes and scrub every inch of skin
- ★ Joints - Move every joint in every way it can (think circles)

Impact!

Impact activates the “Fight” side of our nervous system, creating a calm, alert focus and effectively getting your brain ready to hunt your next target. A punching bag, jumping, and sprinting are good options. For something quicker and quieter, create impact forces safely by pushing against an immovable object, like your door frame. Use the Hook and Drive positions 3-5 times for 3-5 seconds each.

Hook (Rotational Push)

- ★ Stand sideways, palm on door jamb
- ★ Use hips and core to rotate into hand
- ★ Repeat on the other side
- ★ Start slow and make more explosive as you comfort level grows

Drive (Forward Push)

- ★ Stand in doorway, hand on each side
- ★ Crouch down, ready to spring
- ★ Drive hard into hands against doorway
- ★ Start slow and make more explosive as you comfort level grows

Target!

Answer the question, “**What am I hunting today?**” Declare your answer out loud as a simple statement, intention, affirmation, or prayer.

Now go do it.

For more from Coach Tate, check out www.facebook.com/greatnorthwolf or send an email to tate@cfgreatnorth.com