

REBOOT#5

PERFORMANCE ROUND #2

Purpose: Be your sharpest (mentally) at 3.30 am.

#	Practice	When & Why	Time	C
1	Gamma/Beta brain wave booster + Box Breathing	<ul style="list-style-type: none">• Be seated, open your box breathing App, pop in headphones, press play on the gamma/beta brain wave mix (youtube) and start box breathing.• Gamma brain waves (alertness) and beta brains waves (concentration) drive up your mental focus and awareness.• With box breathing you'll be mental sharp for your meeting, presentation, exam, or negotiation.• Even 1 minute of recommended 3 minutes will leave you amped.	3 mins	
2	Standing into down-dog return.	<ul style="list-style-type: none">• Your brain needs oxygenated blood.• Combining sitting all day and gravity, if it's any wonder you're flat at 3.00 pm.• The natural classic yoga movement of the down-dog back into the standing position shuttles O2 to your brain, quickly, and safely.• Slowly and carefully walk your hands out into the down-dog position, hold for 3 seconds, then return to standing. Repeat for 1 minute.	1 min	
3	Energize Q10+ B Complex with a Coffee or Green Tea.	<ul style="list-style-type: none">• 1 capsule with a coffee or green tea.• All-natural, OTC, Australian made & regulated dietary supplement.• Offers a clear boost in mental focus.• Avoid food.	1 mins	