

Zach Bush - Nitric Oxide releasing 4 minute workout - see *the YouTube video*

Do this 3x a day

4 exercises - do 10 reps of each do 3 sets

1. Squats - do them quickly arms in front butt back
2. 90 degree front arm swing - arms hanging raise them quickly up to perpendicular to the body
3. Shoulder arm click - make hands into a fist - and make a big circle in front of you like a ferris wheel - click them on the bottom and click them at the top
4. Military Press - make a fist - hold the fist at the shoulder level and rapidly move them straight up above the head

Joseph Mercola does the same thing with 5 to 7lb weights to make it harder - see *the YouTube*

Breath Work Exercises

Andrew Weil's - 4 - 7 - 8 whoosh exercise - tongue to the roof of the mouth - inhale to 4 count - hold the breath for 7 count and exhale while holding the mouth like whistling forcibly exhaling to the count of 8
Do this for 4 rounds - eventually working it up to 8 rounds

You Tube - Tedx Talk - Change your breath change your life - Lucas Rockwood

Water Breathing - 4 - 4 this keeps you in a constant even balanced state
Inhale to the count of 4 and exhale to the count of 4 - *you can do this constantly*

Whiskey Breathing - inhale for the count of 4 and exhale for the count of 8 - do 10 rounds

This activates the Parasympathetic Nervous System - the heart rate drops - blood pressure drops and the relaxation response kicks in

Coffee Breathing - inhale then do 20 short forceful exhales - inhale repeat 3 rounds

Do this to activate the Sympathetic Nervous System - to wake up in the morning - do it mid afternoon and before exercising - and you can do it to retain information you are trying to learn (Andrew Huberman Phd.)

