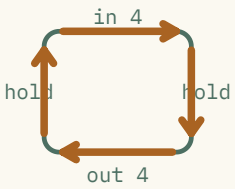
SUCCESS FITNESS

FREE — FROM THE DESK RESET

The 3pm Fix

The 3-minute reset for the afternoon crash. It works the first day you try it.

The 3pm crash isn't a willpower problem — it's a circulation and nervous-system dip after hours of sitting still. You don't fix it with more coffee (that just wrecks tonight's sleep and guarantees tomorrow's crash). You fix it with **three minutes**, the moment you catch yourself re-reading the same line.



STEP 1 ~60 sec

Breathe

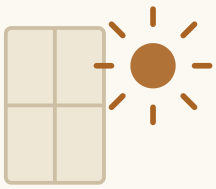
5 physiological sighs — a normal breath in, a small second sip on top, a long slow breath out. Then **4 rounds of box breathing** — in 4, hold 4, out 4, hold 4. This is the part that settles the crash.



STEP 2 ~60 sec

Move

20 fast squats, or **30 seconds of high knees** — enough to feel your heart rate lift. You're pushing blood and oxygen back to your brain.



STEP 3 ~60 sec

Reset your senses

Cold water on your wrists and face, then **60 seconds by a window** or outside in real daylight. Cold and bright light both re-alert the nervous system fast.

WHY IT WORKS The crash is your body downshifting after hours of stillness. Slow breathing takes it out of "low gear," the movement restores circulation, and cold + daylight tell your brain it's daytime again. No caffeine required.

This is 1 of 5 resets in The Desk Reset

A 15-minute-a-day system for people who sit for a living — five short resets tied to things you already do, plus strength for a body that sits and a desk-side card. No gym, no 5am.

DM "RESET" to @you.succeed.fitness on Instagram — or grab the full guide at the link in bio.