



APX ATHLETE · RESET PERFORMANCE

A FREE TOOL FOR COMPETITIVE ATHLETES

The 3-Second Reset

Five steps. Three seconds. How to take the hit and go again — rep after rep after rep.



THE REAL PROBLEM

The three seconds nobody trains.

Something goes wrong. You miss the lift. Boot the ground ball. Get scored on. Blow the set. It happens to every athlete, every week, and it is never going away.

What happens in the next three seconds is the whole game. In those three seconds one of two athletes shows up — and the difference between them is almost never fitness, strength, or engine. It's what they do right after it goes wrong.

That's **bounce-back ability**, and it is the single most reliable line between the athletes who keep improving and the ones who quietly plateau. One bad rep is one bad rep. One bad rep that ruins the next ten minutes is a bad practice.

Here's the part most athletes get backwards: the answer isn't to go *harder*. Going harder is a battery — it's finite, it drains, and you cannot go harder on a bad day forever. Push a broken pattern harder and you don't fix it, you break faster.

Going **again** is different. It's renewable. It compounds. And your mind has a far better relationship with *again* than it does with *harder*.

Not harder. **Again.**

THE DISTINCTION

Bounce back isn't toughness. It's speed.

Toughness says absorb it and keep grinding. Bounce back says take the hit, reload fast, and go again — and again, and again. The athlete who resets in three seconds gets a hundred more quality attempts than the one who needs two minutes to sulk first.

Going harder

Is about the **size** of a single effort. It is finite. It burns down. It has a ceiling, and most athletes have already met it.

Going again

Is about the **number** of efforts. It is renewable. It compounds. There's no ceiling on how many times you're willing to start over.

And bounce back is mental before it is ever physical. Your body will do almost exactly what your mind has already decided is possible — your body just carries out the sentence. You have to win the argument in your head first.

Which is good news: an argument you have with yourself is trainable. Exactly like a lift. That's what the next page is.

The miss is a rep, **not a referendum.**

Five steps. Three seconds.

It spells RESET. Run it in order, every time — it's a routine, not a feeling. You don't wait until you feel ready; you run the steps and the steps bring you back.

R Recognize the hit.

You can't reset something you won't admit happened. Name it — no judgment, no story. Recognition is the brake pedal. Unnamed frustration drives the car; named, you drive it.

Say it: "That rep missed." "I'm rattled."

E Exhale. Reset the body.

One deliberate breath — in through the nose, a second sip of air at the top, then a long, slow exhale. It tells the stress response to stand down. You can't talk yourself calm mid-spiral, so you start with the breath, not the words.

S Separate the event from you.

Three fast checks: **Not forever** — it's this rep, this round, right now. **Not everything** — one failed lift doesn't erase the session. **Not you** — you had a bad rep; you are not a bad athlete.

E Expect the challenge.

Hard was always part of the deal — you didn't come here for easy. Expecting it flips your chemistry from threat to fuel and aims your brain at the next solution instead of the last mistake.

Add one word: "I can't do this — yet."

T Take the next rep.

Move. Immediately. Hands on the bar, one step, one rep — not the whole workout, just the next thing. Motion beats emotion; action is what actually ends the spiral. This is where the bounce back lives.

Five studies behind the bounce back.

1

Champions aren't spared adversity — they process it differently.

Fletcher & Sarkar interviewed Olympic gold medalists. Every one faced injuries, losses, slumps, doubt. Adversity wasn't the exception in their careers, it was the curriculum. What separated them was reading stress as a challenge to grow through, not a threat to survive.

2

How you view stress changes what stress does to your body.

Alia Crum found that people taught to see stress as enhancing didn't just feel better — they showed healthier hormonal responses and performed better under pressure. "I'm falling apart" and "I'm fired up" are the same arousal with two different stories.

3

Three questions decide whether you get back up.

Martin Seligman spent decades on why some collapse after failure and others rebound. It comes down to how you explain it: **Permanence** (forever, or this once?), **Pervasiveness** (everything, or this one thing?), **Personalization** (who I am, or what happened?). That's step S.

4

Setbacks are data — and "yet" is the most powerful word you own.

Carol Dweck: a fixed mindset reads failure as a verdict on your worth; a growth mindset reads the same failure as information about where to train next. One word does the switching. "Yet" turns a wall into a map.

5

Over the long run, staying power beats raw talent.

Angela Duckworth: the ability to keep showing up and going again predicted success across brutally hard training — often better than talent did. Talent sets your starting line. What you do after you get knocked down sets your finish.

MAKE IT AUTOMATIC

Tie it to something you already do.

A routine you have to remember isn't a routine — it's a hope. Attach the reset to a physical action you already do, so the action fires the routine for you. Pick **one** trigger and use it every single time.

◆ Tap the bill of your cap or helmet

◆ Touch the baseline or a spot on the floor

◆ Snap your glove

◆ Chalk your hands

◆ Wipe your hand down your jersey

◆ Step out, breathe, step back in

The trigger becomes your on-switch. After enough reps you won't have to remember to run the reset — it just runs.

WHERE YOU'LL USE IT

- **Mid-competition.** Between plays, between reps, on the walk back to the line — the three seconds after it goes wrong.
- **Mid-practice.** After the rep your coach stops and corrects. That's the cheapest place on earth to train the reset.
- **Mid-slump.** Same five steps, bigger scale: name it, breathe, separate it from who you are, expect hard, take the next rep.

Same trigger, every time. **The body remembers what the mind forgets.**

TRAIN IT

You can't install this in a game.

Nobody learns a skill for the first time under pressure. If the first time you try the reset is in the fourth quarter, it won't be there. Build it now.

- 1 Ten reps a day.** Trigger, five steps, done. On the bus, in your room, before bed. Takes two minutes.
- 2 Use it in practice.** Run the full reset after every mistake in practice. Practice mistakes are free reps — don't waste them.
- 3 Rehearse it before you need it.** Before sleep, picture a real mistake from a real game — then watch yourself run the reset clean.

RUN IT IN ORDER

R
RECOGNIZE

E
EXHALE

S
SEPARATE

E
EXPECT

T
TAKE THE
REP

Print this page. Tape it inside your locker, your bag, or your notebook.

WHAT'S NEXT

One tool. The whole toolbox is coming.

The reset is one skill. There's a whole set of them nobody ever teaches athletes — controlling the voice in your head, building real confidence, locking in focus, handling pressure, peaking when it counts most.

APX Athlete is our 12-week performance mindset program that trains all of it: twelve lessons, a daily practice, and tools you'll use for the rest of your career.

It launches **this fall**. Get on the early list and be first in when the doors open.

Join the early list → resetperformancemindset.com

"Not harder. Again."

RESET PERFORMANCE MINDSET

Reset Performance (RST) — performance mindset coaching for athletes, families, and teams. This is coaching, not therapy.

Built by Joe Jardine & Kaysee Cooper.