

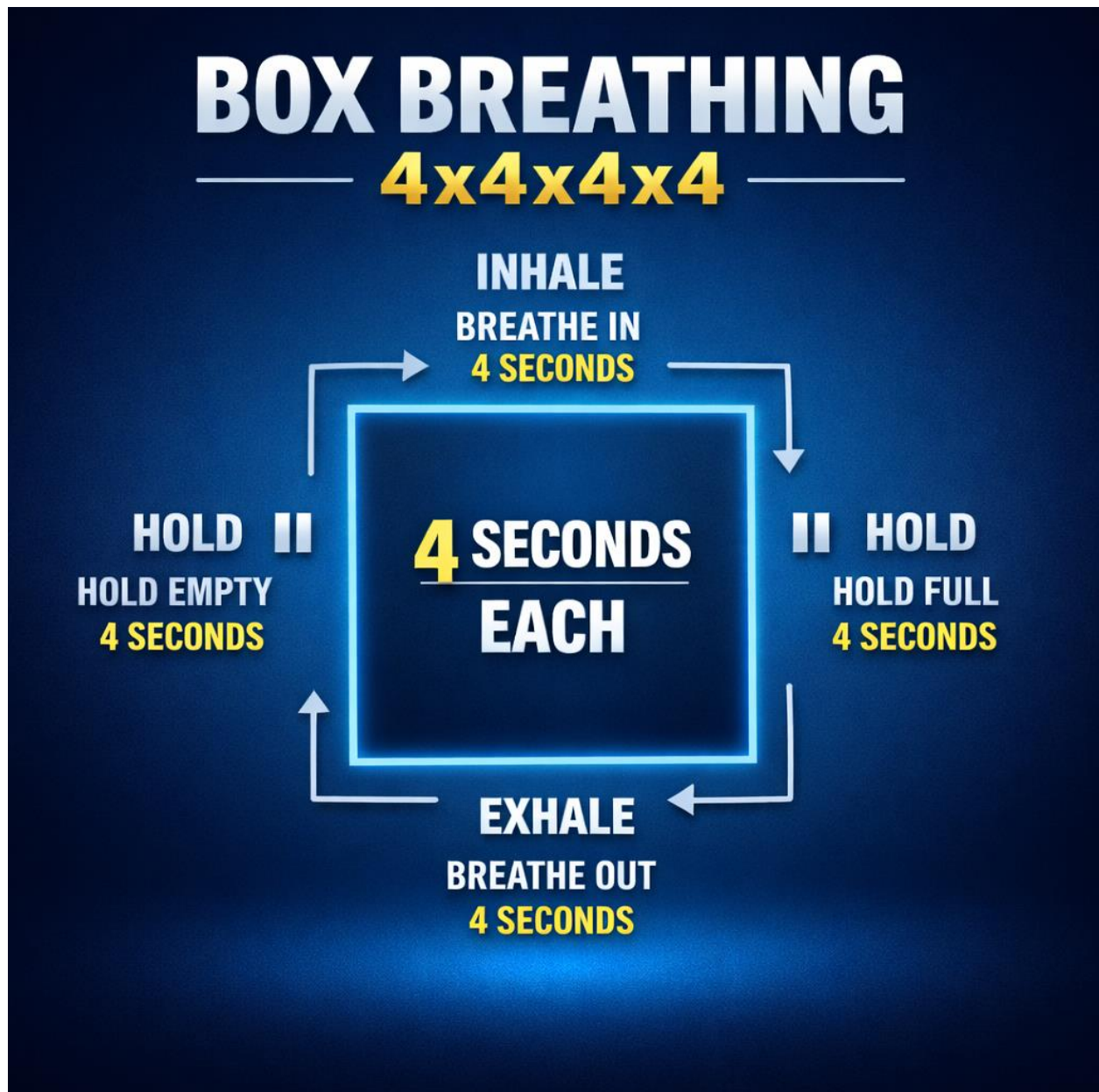


COGMOTION
THE ALYNED EDGE

Box Breathing Exercise

Be ready to lock in. Think: controlled, steady, unshakable.

🧠 What Box Breathing Actually Is. Also known as 4x4x4x4 breathing, it's a four-phase cycle where each part is equal in length—like the four sides of a box.





COGMOTION
THE ALYNED EDGE

The Protocol

Step-by-step: Focus on your Breath

1. Inhale (nose) — 4 seconds
2. Hold (lungs full) — 4 seconds
3. Exhale (mouth or nose) — 4 seconds
4. Hold (lungs empty) — 4 seconds


Repeat for 20 minutes.

 What It Does (This is why it matters)

Box breathing directly influences your nervous system:

- Downregulates stress response
- Stabilizes heart rate
- Sharpens focus under pressure
- Creates emotional neutrality (no highs, no panic)

This is why it's used by military units, elite athletes, and high performers—it gives you control when things want to speed up.

 When to Use It (Strategically)

Use it when:

- You feel rushed or overwhelmed
- Your thoughts are scattered
- You're over-amped before execution
- You need to reset between moments (shots, plays, decisions)

Not ideal when:

- You're flat, low-energy, or need activation (*That's where your fire-starter breathing comes in.*)