



THE ENERGY BLUEPRINT

BOLT Score Summary Document

In this video, we're going to be talking about the BOLT score. Also known as the Body Oxygen Level Test.

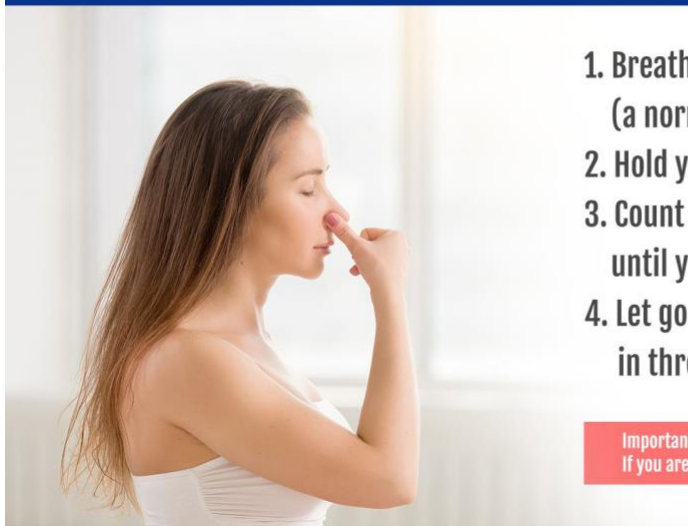
Daily practice of this test is extremely important and has a major influence on your results in this program.

Your BOLT score tells you:

- if your breathing is optimal or dysfunctional
- your current CO2 tolerance
- your energy levels
- your oxygen extraction and utilization efficiency

How to measure your BOLT Score

HOW TO MEASURE YOUR BOLT SCORE



1. Breathe in and out through your nose (a normal breath)
2. Hold your nose
3. Count the seconds you can hold your breath until you get a desire to take a breath
4. Let go of your nose, and take a calm breath in through your nose.

Important: Your breathing should be calm after performing this exercise. If you are gasping for air, you have executed this exercise incorrectly.

1. Take a normal breath in through your nose and allow a normal breath out through your nose.
2. Hold your nose with your fingers to prevent air from entering your lungs.
3. Time the number of seconds until you feel the first definite desire to breathe, or the first stresses of your body urging you to breathe.
 - a. These sensations may include the need to swallow or a constriction of the airways.
 - b. You may also feel the first involuntary contractions of your breathing muscles in your abdomen or throat as the body gives the message to resume breathing.

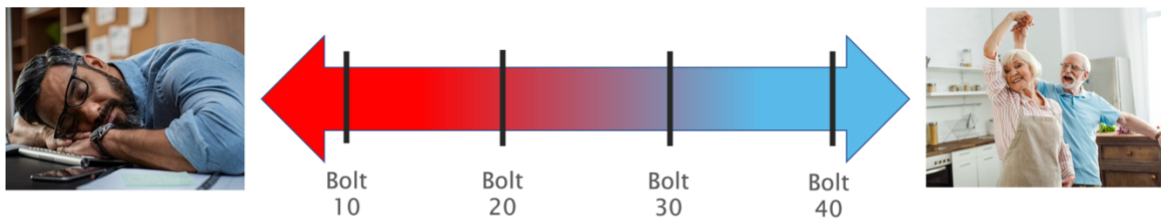
4. Release your nose, stop the timer, and breathe in through your nose. Your inhalation at the end of the breath hold should be calm.
5. Resume normal breathing.

Now, importantly, this is not a maximal breath-hold. You're going to hold until your first urge to breathe (the sensations that you might feel as far as that first urge to breathe may include the need to swallow or a constriction feeling in the airways or involuntary contractions of the breathing muscles or diaphragm or in your throat).

If you have to gasp for air after you do this breath-hold, you held too long.

The number of seconds you were able to hold your breath comfortably is your bolt score.

How Your BOLT Score Is A Reflection of Your ENERGY



BOLT Score Results

Anything below 25 seconds is an indicator of dysfunctional breathing. More specifically:

- Below 10 = Severe fatigue
- 10-15 = Strong Fatigue
- 15-25 = moderate fatigue
- 25-40 = light fatigue
- Above 40 = healthy energy levels

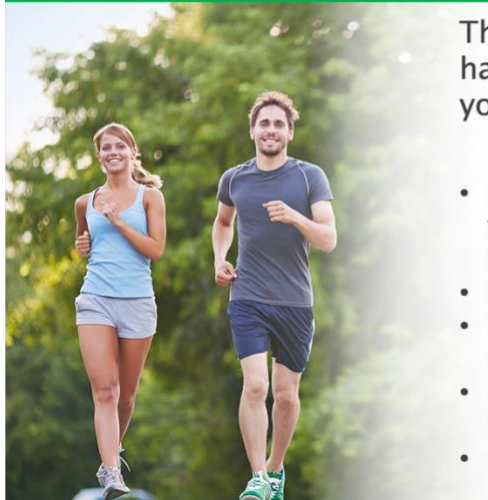
It is best to track your progress first thing in the morning, and then write down your progress every day. To get most out of your BOLT score you should write down the following:

- your current BOLT score
- your mood
- your energy levels
- your stress/anxiety

As you track your progress, you are likely going to notice an increase in your mood and energy levels in line with your BOLT score increasing.

The BOLT Score and Activity Levels

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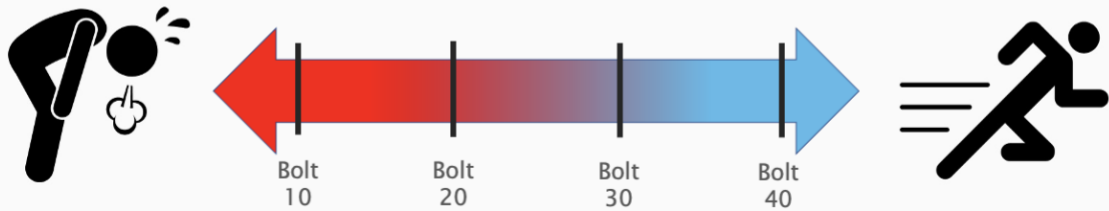


The pace at which you can exercise during a half hour of training while breathing through your nose will depend on your BOLT score.

- BOLT score 5 seconds - your ability to walk is very limited and you need to stop to rest frequently.
- BOLT score 10 seconds – you can walk slowly.
- BOLT score 20 seconds, you can walk at a fast pace or jog lightly.
- BOLT score 30 seconds, you can jog at a medium to fast pace.
- BOLT score 40 seconds, you can run fast.

In other words: Your BOLT Score Influences Your Sports Performance. Your BOLT score has a profound impact on your sports performance and the more that you're going to find that whatever physical activities that you do, you're going to start to notice that you are way less gassed and you have way more sustained energy at the level of physical intensity or the duration of physical activity that would've previously gassed you and wiped you out.

Your BOLT Score Influences Your Sports Performance

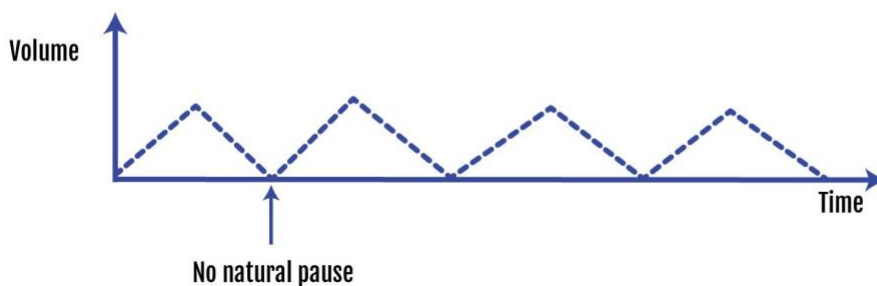


The Different Types Of Breathing Depending on BOLT Score

Your BOLT score predicts how you breathe normal. Your actual breathing pattern will reliably correlate to your BOLT score.

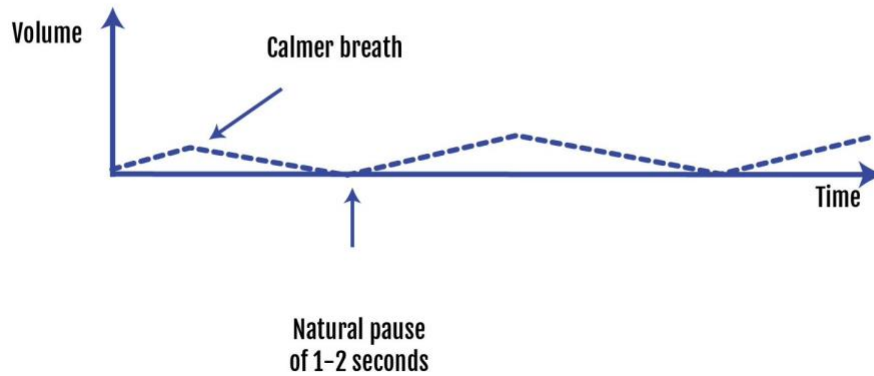
A BOLT score of 10 seconds might have a typical breathing pattern of two to three seconds in on each inhale, two to three seconds out on each exhale, no natural pause between them.

BOLT 10 SECONDS



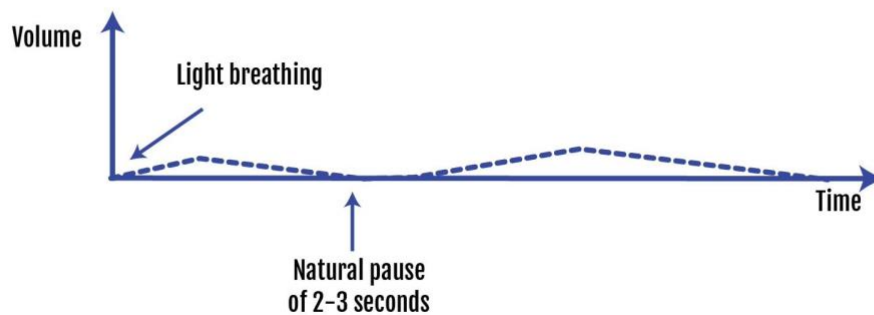
20 seconds is going to be about the same length of an inhale, a significantly longer exhale.

BOLT 20 SECONDS



At 30 seconds, it gets even smaller. The exhale gets even longer and there's a longer natural pause between each breath.

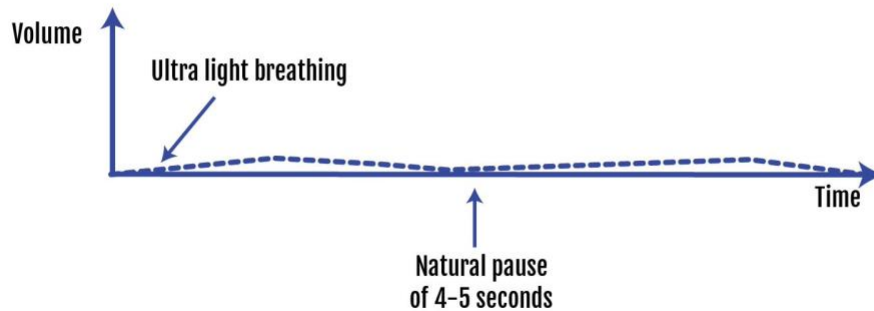
BOLT 30 SECONDS



Then, at 40 seconds and above, we have ultra-light breathing. This is barely detectable. You can hardly see a person's chest or belly moving as they breathe.

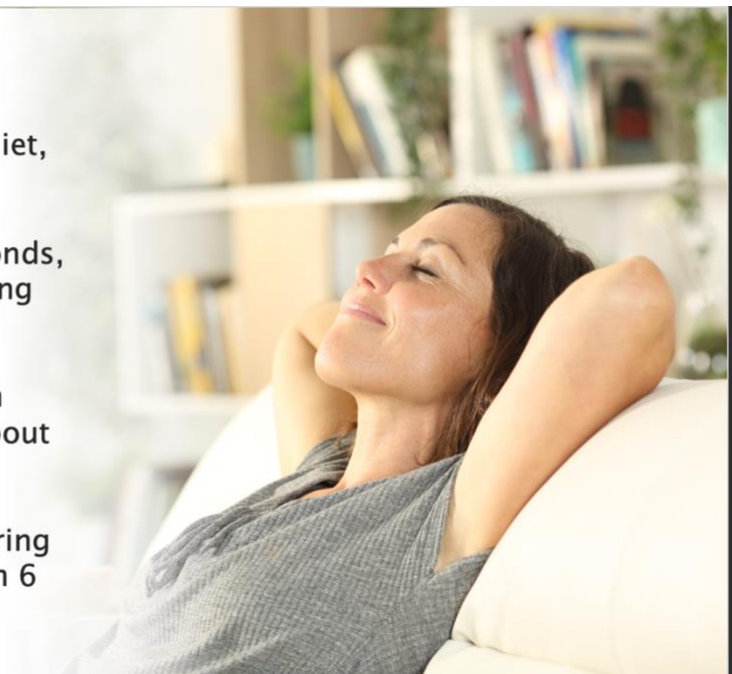
It's very very light and each breath takes very long. Each breath might now take, instead of 4 to 6 seconds, each breath might now take 15 seconds. Okay.

BOLT 40 SECONDS



That is a big indication of how efficient your body is at utilizing, extracting oxygen, and using it to produce energy at the cellular level, and it's also a huge indication of your CO₂ tolerance which is incredibly important. (We're going to go more in-depth about that in a later lesson in this program)

- When a BOLT score is 40 seconds, breathing is effortless, calm, gentle, quiet, soft, and minimal.
- At a BOLT score of 40 seconds, it is difficult to see breathing movements.
- The natural pause between each breath is generally about 4 to 5 seconds.
- The number of breaths during rest per minute varies from 6 to 10 minimal breaths.



How the BOLT test works

What's going on is that when you hold your breath, you have no oxygen entering your lungs and no CO₂, no carbon dioxide can leave your lungs.

What's going on in your body is that CO2 levels rise and oxygen levels in your blood start to drop.

When that happens, you will start to feel the urge to breathe at some point, based on your personal threshold of what your body can tolerate in terms of the drop in oxygen and probably even more importantly, the increase in carbon dioxide. How quick you feel the urge to breathe is a reflection of your:

- body's efficiency at extracting and utilizing oxygen to produce energy at the cellular level
- your brain's CO2 sensitivity or your carbon dioxide threshold

The lower your BOLT score is, the more that you are probably quite fatigued and have very poor energy level. If you have a BOLT score of 40 or beyond, the more likely it is that you have great energy levels.

Regardless of your current BOLT Score – know that you will will feel better and have more energy each time your BOLT score increases by five seconds. This gives you this amazing, daily, simple, free, one-minute test to track your scores and track your progress every day as you move through this program.

Initially, the rate of progress will be faster. First two to three weeks, you might increase three to four seconds each week during those weeks and sometimes it can increase more rapidly as you do some of these practices in the program. For some people you can get upwards of a 10-second, 15-second improvement within the first few weeks. Now, when your BOLT score reaches more than 20 seconds, it is absolutely normal for the rate of progress to slow down a bit.

When you have a BOLT score of at least 30 seconds, there is a proper match between the production of carbon dioxide, which happens as a result of your cells using oxygen and using carbs and fats to produce energy. One of the products of that is carbon dioxide.

What we want is a proper match of that carbon dioxide production to the breathing rate and the breathing volume of each breath in terms of how much oxygen we're taking in and how much carbon dioxide we're expelling with each breath. In order to have a proper match between the production of carbon dioxide and the rate of breathing.

When you have a low BOLT score of below 30, what that means is that there's going to be a mismatch between carbon dioxide production and breathing rate, the rate of taking in oxygen and expelling carbon dioxide.

Anything below 25, indicates dysfunctional breathing, and anything below 30, indicates there's a need for significant improvement here. When the BOLT score is less than 20 seconds, excessive breathing eliminates too much carbon dioxide, and that leads to a net loss of CO2 in the blood, it leads to

less efficient oxygen delivery to your cells. This only happens when there is a BOLT Score at less than 30.

How To Increase Your BOLT Score

There are three steps to increase your BOLT score:

1. Eliminate excess CO2 loss
2. Improve CO2 tolerance
3. Reset your CO2 threshold

1. Eliminate Excess CO2 Loss

- Breathe through your nose, day and night.
- Stop sighing; instead, swallow or suppress the sigh. (One sigh taken every few minutes is enough to maintain chronic overbreathing).
- Avoid taking big breaths when yawning or talking. Individuals with a low BOLT score are often tired, and yawn frequently throughout the day.
- If you talk for a living, you need to be aware that your breathing should not be heard during talking.
- Observe your breathing throughout the day. Good breathing during rest should not be seen or heard.



2. Improve CO2 tolerance

- This is where you practice exercises designed to reduce your breathing volume toward normal. They will bring a feeling of relaxation to your body and encourage your breathing to slow down and become calmer.
- The objective is to create a tolerable need or hunger for air.
- A sustained need for air over the course of 10 to 12 minutes resets the receptors in the brain to tolerate a higher concentration of carbon dioxide.



3. Reset Your CO2 threshold

- During physical exertion, as discussed, breathing volume increases along with metabolic activity, which generates carbon dioxide.
- Breathing less than you feel you need to during physical training is an excellent method of conditioning the body to tolerate a higher concentration of carbon dioxide, while at the same time subjecting the body to a reduced concentration of oxygen.
- The benefit of implementing breathing techniques during physical exercise is that a stronger air shortage can be created than at rest.
- A strong air shortage is necessary to increase your BOLT score from 20 to 40 seconds.



How to use your BOLT score

Take it every single day first thing in the morning

Have a little note or a notebook next to you where you can just quickly jot down your score for that day

- Write the date
- Write your score

- Write your energy level
- Write your anxiety level

What this will help you see is how the BOLT score is improving, and how that tracks and correlates with improvements in your energy levels and decreases in anxiety, improvements in mood.

As you do this, you're really going to see and you're going to see it objectively in your notes that as you go from day 1 to day 15 and day 30 you're going to see big improvements in your energy levels and your stamina during exercise and in your mood and your lack of anxiety.

That is the BOLT score. Again, a critically important aspect of this program. Make sure to do this simple, free one-minute test to track your progress every morning and you're going to notice big improvements. For every few seconds of improvement in your BOLT score, you're going to notice big changes translating into your life, into your health, your vitality, and your energy levels.