RECOVERY

RECOVER WITH REGENERATION

The brain and body endure stress in everything you do, from workouts to workday and family activities. Using strategies to combat the effects of these stressors allows your body to recover, reducing your risk of fatigue and decreased performance.

PREPARE YOUR BODY FOR THE NEXT CHALLENGE WITH REGENERATION.

WHAT IS REGENERATION?

Regeneration is any activity that proactively or reactively facilitates recovery. Regeneration activities are the body's opportunity to recover from everyday and workout-related stressors.

BENEFITS OF REGENERATION

Proper nutrition, sleep, compression, hydrotherapy, and soft-tissue management are just a few examples of Regeneration activities. The focus is to find the right combination of activities that ork together to relieve tension, alleviate aches and pains, reduce stress, and help the body recover faster. Before long, you'll find that you're recovering faster and that your body feels better prepared for the next challenge.

COMPONENTS OF REGENERATION

The body endures four types of stress — mechanical, neural, metabolic, or psychological. The most effective way to help the body recover is to use Regeneration strategies that are specific to the type of stress endured.

01 **MECHANICAL**
Physical stress to bones, muscles, tissues, etc. → Decrease training intensity, use compression

02 **NEURAL**
Stress on the nervous system → Breathing strategies

03 **METABOLIC**
Stress on the systems that provide energy → Nutrition strategies

04 **PSYCHOLOGICAL**
Stress on the mindset and psychology → Increase training variety, incorporate games

PRO TIP

Prioritize sleep. It targets all four categories of stress, helping the body adapt and become more resilient.

REGENERATION STRATEGIES IN ACTION

Adding Regeneration strategies to your daily routine? Keep these key objectives in mind when choosing activities.

When combined effectively, regeneration strategies should provide:

01
Continuous management of muscle tension/ spasm

02
Accelerated removal of the effects of fatigue

03
Rapid restoration of the body's energy systems

04
Improved ability to resume physical activity

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Regeneration relieves tension, alleviates aches and pains, reduces stress, and helps your body recover faster from training. Use the series of movements below to help accelerate recovery from mechanical stress such as a tough training session.

PREPARE YOUR BODY FOR THE NEXT CHALLENGE WITH REGENERATION.

01 TRIGGER POINT - ARCH
30 seconds each



02 TRIGGER POINT - CALF
30 seconds each



03 FOAM ROLL - HAMSTRINGS
30 seconds each



04 FOAM ROLL - GLUTES
4 each



05 FOAM ROLL - LOW BACK
4 each



06 FOAM ROLL - LATS
4 each



07 REVERSE LUNGE ELBOW TO INSTEP W/ ROTATION
6 reps



08 BENT KNEE HAMSTRING STRETCH
6 each



09 KNEE HUG - SUPINE
6 each



10 DEEP SQUAT TO HAMSTRING STRETCH
6 reps



11 SCAPULAR PUSHUPS
6 reps



12 SIDELYING 90/90 STRETCH W/ ARM SWEEP
6 each

