RECOVERY

REGENERATION

A critical component of the training program, 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 A TOUGH TRAINING SESSION.

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
30 seconds each



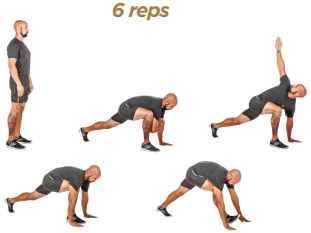
05
FOAM ROLL - LOW BACK
30 seconds



06
FOAM ROLL - LATS
30 seconds each



07
REVERSE LUNGE ELBOW TO INSTEP W/ ROTATION
6 reps



08
DEEP SQUAT TO HAMSTRING STRETCH
6 reps



09
SCAPULAR PUSHUPS
6 reps



10
SIDELYING 90/90 STRETCH W/ ARM SWEEP
6 each

