



## Recovery Day Protocol

### Morning Routine

- 8 + Hours of Sleep
- Hydration
- Movement
- Personal Time
- Relationship Time

### Mobility

- Couch
- Dragon
- Calf Smash
- Pigeon
- Dorsiflexion / Plantar Flexion
- Banded Decompression
- Squat Hold
- Half Front Split
- Puppy Dog
- Twisted Cross
- Pec Smash
- Thoracic Mobility
- Dead Head on Pull Up Bar

### Flossing

- Ankles
- Shoulders
- Knees Elbows
- Hips

### Active Rest Conditioning

#### Inside Gym

- Row, Bike, or Ski 20-40 Minutes at conversational pace

#### Outside Gym

- 20-45 minute run or hike at a controlled, sustainable pace
- 45-60 minute long walk, bike ride at a light comfortable pace

### Nighttime Routine

- Nutrition / Hydration
- Non-screened personal time
- Mobility/Stretching
- 8 + hours of sleep

