

Recover Smarter: The Wonder Body™ Guide to Peak Performance

Signs You Need More Recovery

LISTEN TO PHYSICAL RED FLAGS



WATCH FOR CONSTANT FATIGUE, PERSISTENT MUSCLE SORENESS, AND AN ELEVATED RESTING HEART RATE.

DECLINING PERFORMANCE AND MOTIVATION



A DROP IN WORKOUT QUALITY OR LOW EXERCISE MOTIVATION SIGNALS A NEED FOR REST.



The Recovery Blueprint



7-9 HRS

SLEEP IS YOUR BEST RECOVERY TOOL

AIM FOR 7-9 HOURS OF QUALITY SLEEP TO REGULATE HORMONES AND REPAIR MUSCLES.



RESPECT THE 48-HOUR RULE

ALLOW 48 HOURS BEFORE TRAINING THE SAME MAJOR MUSCLE GROUP AGAIN AFTER HEAVY LIFTING.



IMPLEMENT ACTIVE RECOVERY

USE LIGHT WALKING, SWIMMING, OR MOBILITY WORK TO BOOST CIRCULATION WITHOUT ADDING STRESS.

RECOVERY MODALITIES & BENEFITS



COLD THERAPY

REDUCES PERCEPTION OF SORENESS AND FATIGUE AFTER HIGH VOLUME TRAINING.



WARM BATHS

EASES MUSCLE TIGHTNESS AND SUPPORTS OVERALL STRESS MANAGEMENT.



FOAM ROLLING

IMPROVES SHORT-TERM FLEXIBILITY AND INCREASES BODY AWARENESS.