



Day 2 Recovery

Your recovery schedule

1. Stretch

Eat

Vision

Stretch Exercises

Butterfly Stretch

Side Lunge Stretch

Standing Quad Stretch

Cobra

Standing Hip Flexor Stretch

Standing Hamstring Stretch

Below is an example of a meal plan. Each Client varies. Each client's body varies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

Customance

Meal One (8:00-9:00)

3 - Whole Eggs

2 - Turkey Bacon

½ cup- Rice

Meal Two (12:00)

6oz- Ground Beef

1 cup - Green Bean

½ cup - Rice