

WEEK 4 - DAY 7

COMPLETE REST

Active Recovery | Age 38 Optimized | Body Recomposition (95kg -> 80kg)

ACTIVE RECOVERY PROTOCOL

SCIENCE: Active recovery with light movement promotes blood flow, reduces DOMS, and maintains mobility without impeding muscle repair.

RECOMMENDED ACTIVITIES (choose 1-2):

- * 20-30 min easy walking (Zone 1 cardio) - adds to daily step goal
- * 15-20 min light swimming or aqua jogging - zero impact at 95kg
- * 20 min easy cycling (low resistance) - active recovery for legs
- * 15 min yoga flow (beginner level) - mobility at 38 is critical

MOBILITY ROUTINE

Movement/Stretch	Duration	Done
Cat-Cow Flow	2 min slow	[]
Thread the Needle	45 sec each	[]
Childs Pose	90 seconds	[]
Supine Spinal Twist	60 sec each	[]
Hip 90/90 Stretch	45 sec each	[]
Foam Roll IT Band	60 sec each	[]
Foam Roll Upper Back	60 seconds	[]
Foam Roll Quads	60 sec each	[]
Deep Breathing	3 minutes	[]

RECOVERY TIPS

- * SLEEP: 7-9 hours MINIMUM - this is when testosterone peaks for muscle repair
- * PROTEIN: 1.8-2.2g/kg = 170-210g daily (critical in caloric deficit at 95kg)
- * HYDRATION: 3.5+ liters water - helps with appetite control too
- * CALORIC DEFICIT: Stay at 500-700 kcal deficit (2000-2300 kcal intake)
- * NO ALCOHOL: Impairs protein synthesis by up to 37% - serious impact at 38
- * NEAT: Non-exercise activity (stairs, standing, fidgeting) burns 200-500 kcal/day
- * FOAM ROLL: 10-15 min daily reduces DOMS and improves recovery by 20%
- * SUPPLEMENTS: Creatine 5g/day, Fish oil 2-3g/day, Vitamin D if deficient

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SESSION TRACKING

Date:

Start Time:

End Time:

Energy Level (1-10):

Workout Quality (1-10):

Sleep Last Night (hrs):

Pain/Discomfort (location):

Key Wins Today: