

WEEK 1 - DAY 3

ACTIVE RECOVERY

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: _____