

# 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

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Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Energy Level (1-10): \_\_\_\_\_

Workout Quality (1-10): \_\_\_\_\_

Sleep Last Night (hrs): \_\_\_\_\_

Pain/Discomfort (location): \_\_\_\_\_

Key Wins Today: \_\_\_\_\_