

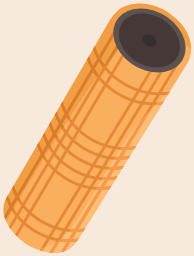
# Recovery Exercises

Ideal after a workout or on your active recovery days!



## Yoga

Yoga is a great for workouts and active recovery! Restorative yoga, Yin Yoga, and Ananda Yoga are slow and at a controlled pace that helps with blood flow in the muscles to help recover faster.



## Myofascial Release

Myofascial release helps to reduce muscle soreness by releasing the tension and tightness in the muscle. You can get myofascial release by massages, foam rolling, and rolling with a tennis ball.



## Stretching

Stretching the full body after workouts or on active recovery days will decrease muscle tension, increase the range of motion in joints, increases blood flow, and enhances flexibility and posture.



## Low Impact Activity

Low-impact activities include swimming, walking, pilates, and the use of resistance bands. This type of exercise can help prevent injury and increase blood circulation in the body to help repair and rebuild muscles.