

Recovery



The majority of us spend our days attached to a desk or the seat of our car. When we go out and vigorously exercise, it is a shock to our systems. Muscle aches, soreness, mild joint pain and general soreness will occur.

MASSAGE

First of all, massages do increase lymph circulation and can reduce inflammation (especially deep tissue massage). In fact, Active Release Technique (ART), a form of deep tissue massage, is probably the most effective non-pharmaceutical treatment for inflammation injuries such as tendonitis. Massage can also increase the elasticity of the ligaments and muscles. It also has a general relaxing effect on the body.

CRYOTHERAPY

This technique refers to ice massage. Put some baby oil on your muscle (to prevent shock) and put ice in the middle of your muscle. Start to gently massage the muscle in a circular motion with the ice. Gradually increase the diameter of the circles. Perform this action for five to ten minutes. This strategy is very effective at decreasing pain and excessive inflammation and can thus help prevent overuse injuries.

POSTWORKOUT NUTRITION

Studies have found that delaying nutrient (protein and carbohydrate) consumption after a workout can greatly reduce the rate of glycogen restoration and protein synthesis. An ideal post-workout formula would include fast-absorbing proteins, high glycemic carbs, and some additional BCAAs (which have been shown to drastically increase protein synthesis and decrease protein breakdown on their own).

CONTRAST BATHS AND SHOWERS

Alternate between 30 seconds of cold water and two minutes of hot water. Perform this cycle three or four times. This technique is very effective at increasing peripheral blood flow, thus facilitating recovery.

BOTTOM LINE...

- Enhance the amount of progress made between each session
- Reduce the risk of injuries
- Help to deal with minor aches and pains
- Allow you to train more intensely, more often, with more regularity