



DAY-TO-DAY MUSCLE RECOVERY CHECKLIST

As athletes, it's easy to focus all of our effort on our workouts and improving our performance. What's not as easy to focus on (but equally important) is our recovery. The body repairs and strengthens itself between workouts but proper treatment before, during and after your workout can set you up to avoid post-workout muscle soreness and speed up your muscle recovery so you can get back to the gym and keep performing at your peak ability.

Use this convenient checklist that outlines all the crucial steps, to make sure you're doing everything you can to supplement your muscle recovery.

PRE-WORKOUT

60-90 Minutes Before Your Workout

- Eat a snack or small meal with carbohydrates and protein.

30 Minutes Before Your Workout

- Drink 8-16 ounces of water to hydrate your muscles.
- Plan your workout.

5-10 Minutes Before Your Workout

- Use QiVantage Muscle and Joint Energizer to boost circulation to your muscles and joints. Spray on prior to exercise to help your body warm up quickly.
- Perform a workout specific warm-up at 40-70 percent.
- Do some dynamic stretching.

A form of stretching that consists of active movements of muscle that bring forth a stretch but are not held in the end position. Dynamic stretches are active.

- i.e. air squats, leg kicks, lunges, jump squats, etc.



WORKOUT

- Stay hydrated.
 - Drink 7-10oz of water every 20-30 minutes.
- Listen to your body.
 - Spray on Muscle and Joint Energizer if you feel tension in a specific muscle group or excessive fatigue. It will help you keep up your training intensity.



POST-WORKOUT

Immediately After Your Workout

- 5-10 minutes of cool down to bring your heart rate down to it's resting heart rate (60-80 beats per minute).
- Rub Recovery Cream on muscles or joints immediately following exercise to prevent deterioration and injury, strengthen areas of weakness and discomfort and aid in recovery of muscle and joint stress and damage.
- Drink QiVantage Energy Support Tea after your workout and prior to your next meal to renew energy and help your body recuperate faster from muscle pulls and sprains.
- 5 minutes of static stretching of the muscles most worked during your workout.
- 10 minutes of foam rolling.
- Drink 8 ounces of water.



20-30 Minutes After Your Workout

- Eat a snack or small meal with a 3:1 ratio of carbs to protein.

Night of Workout

- Soak in a bath of QiVantage Recovery Soak to reduce soreness, remove toxins and relax the mind and body.
- Get 7-9 hours of sleep.

Day After Your Workout

- Engage in 30-40 minutes of active recovery.
A low-intensity exercise performed at up to 60-70% of your maximum heart rate.
- Use Recovery Cream on any muscles or joints you worked during your hard workout as well as during active recovery.

