

# Routine based on **Muscle**

Designed to increase your optimal  
movement and decrease  
muscle tension



**RECOVA**PRO

# Muscle

Designed to increase your optimal movement and decrease muscle tension

NECK

SHOULDER

CHEST

UPPER BACK

BICEPS

TRICEPS

ABS

FOREARM

HANDS

LOWER BACK

HIP FLEXORS

GLUTES

QUADS

HAMSTRINGS

SHINS

CALVES

FEET



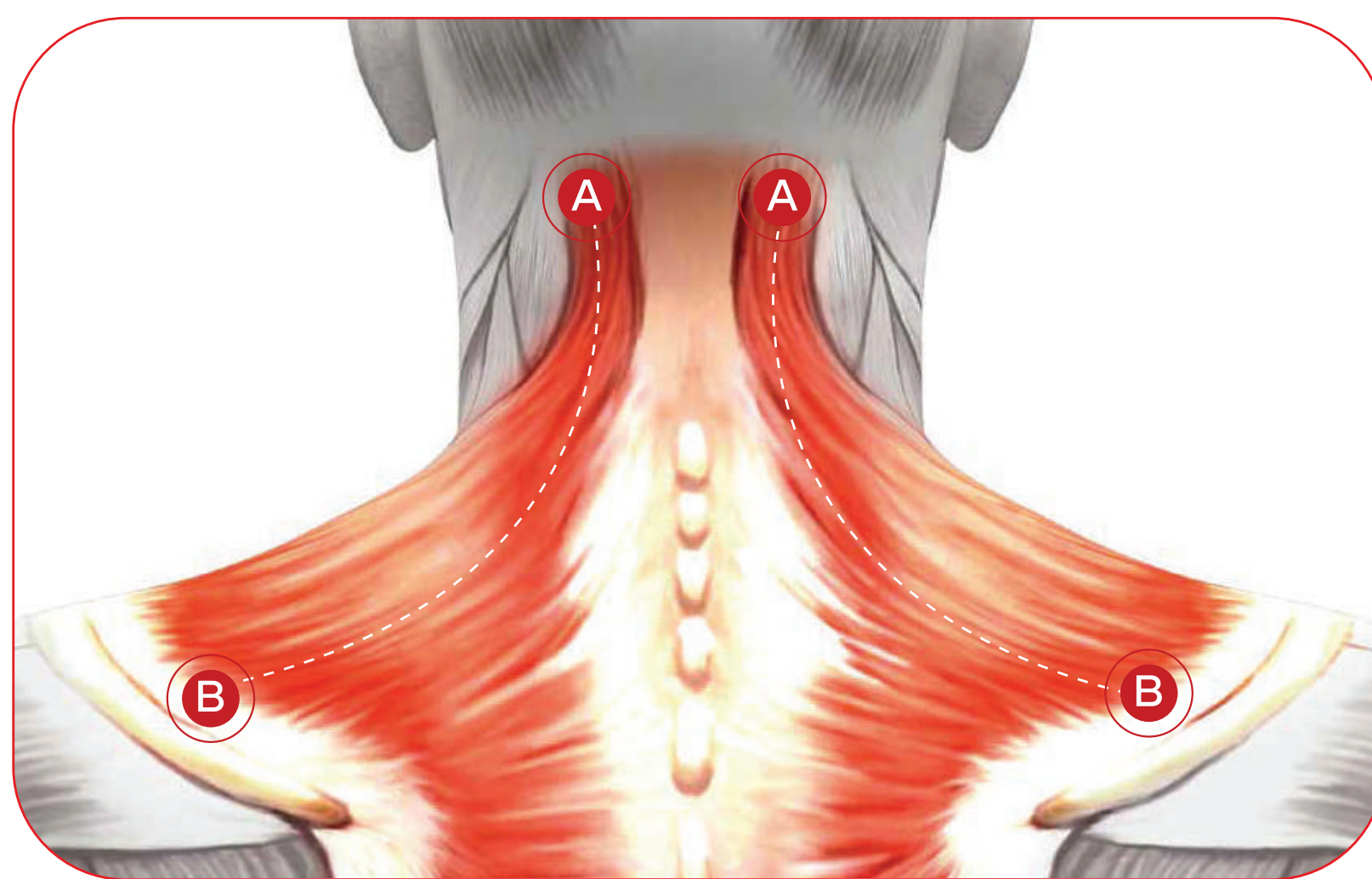
# NECK

Relax your neck to improve your posture and feel better.



## NECK

1:00 MIN



ATTACHMENT: **BALL** 

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **1min**

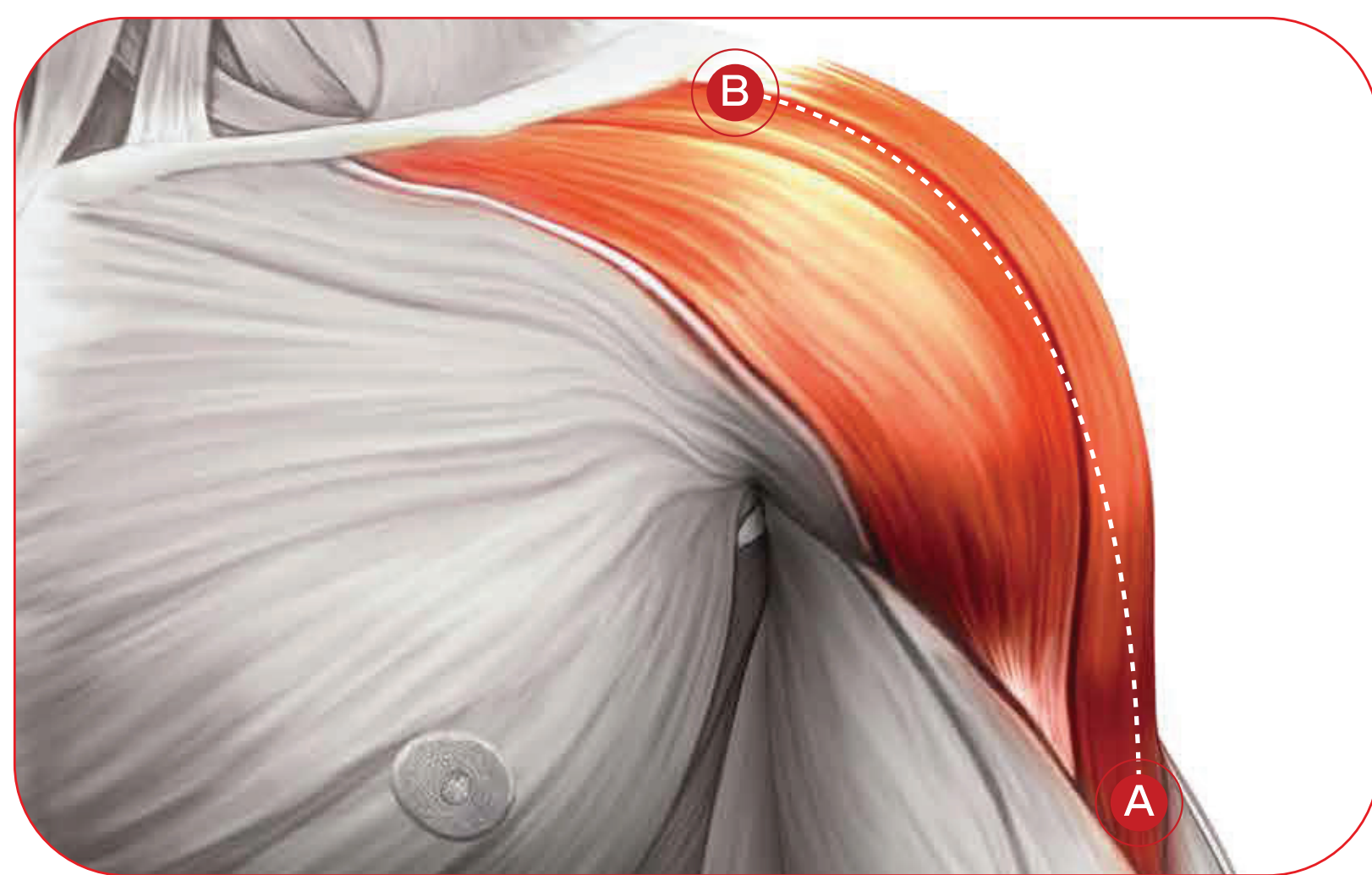


# SHOULDERS

Reduce tension in your shoulders to help you move easier.

## SHOULDERS

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

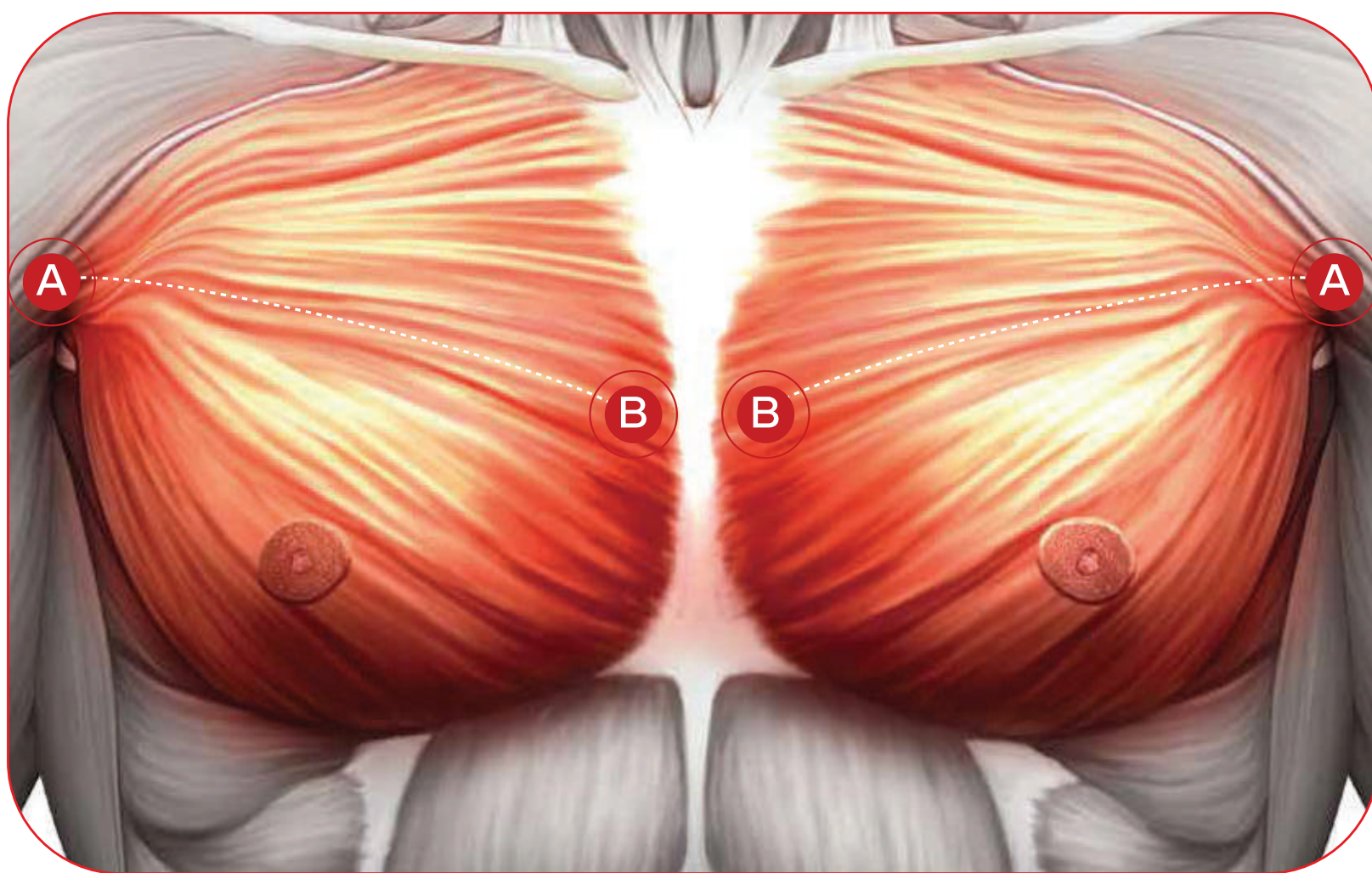


# CHEST

Get tension and stress off your chest.

## CHEST

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

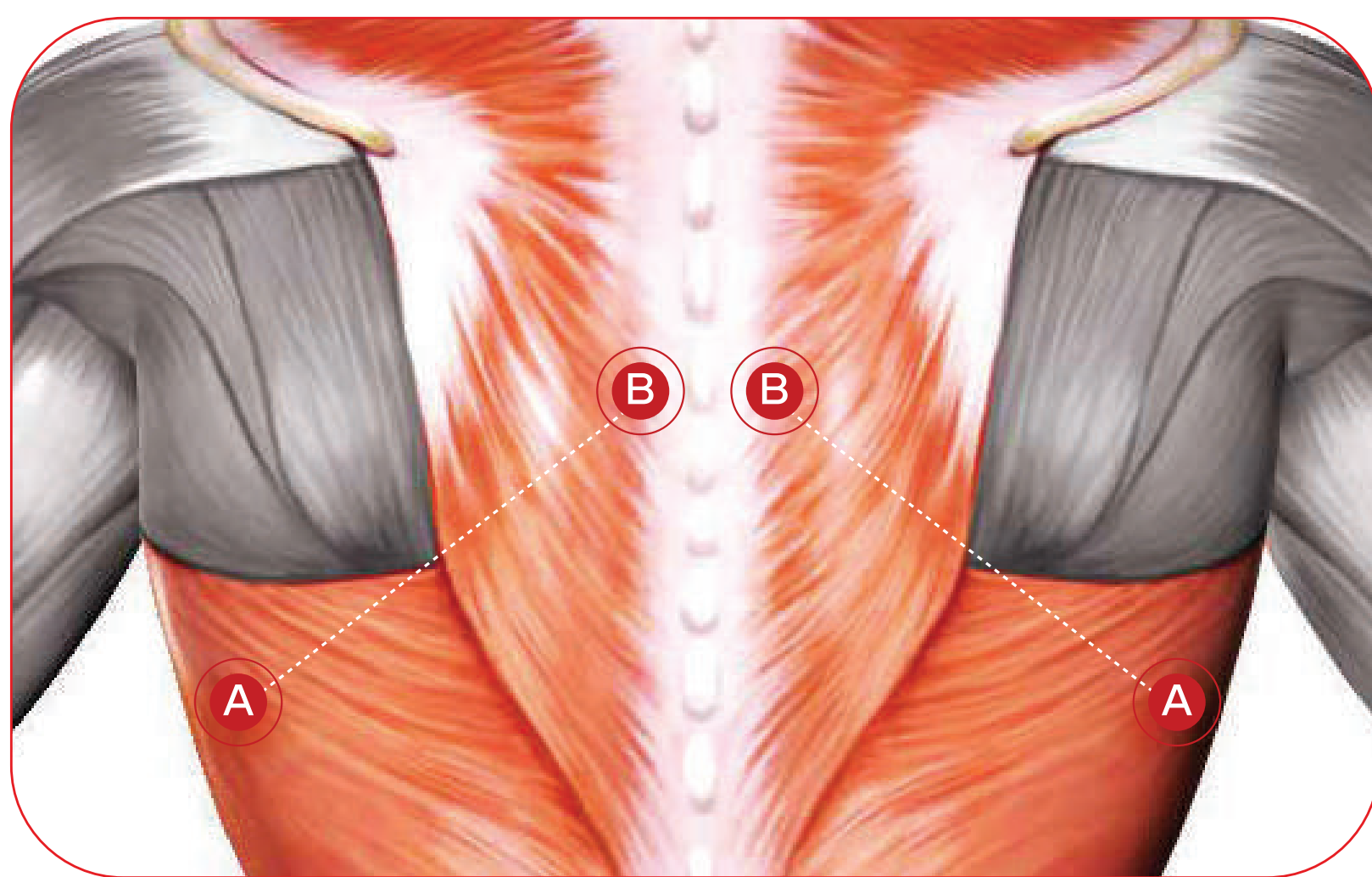


# UPPER BACK

Alleviate that discomfort by reducing tension and flushing out toxins.

## UPPER BACK

2:00 MIN



ATTACHMENT: **BALL** 

PROTOCOL: Sweep from A to B on each side for 1min

DURATION: 2min



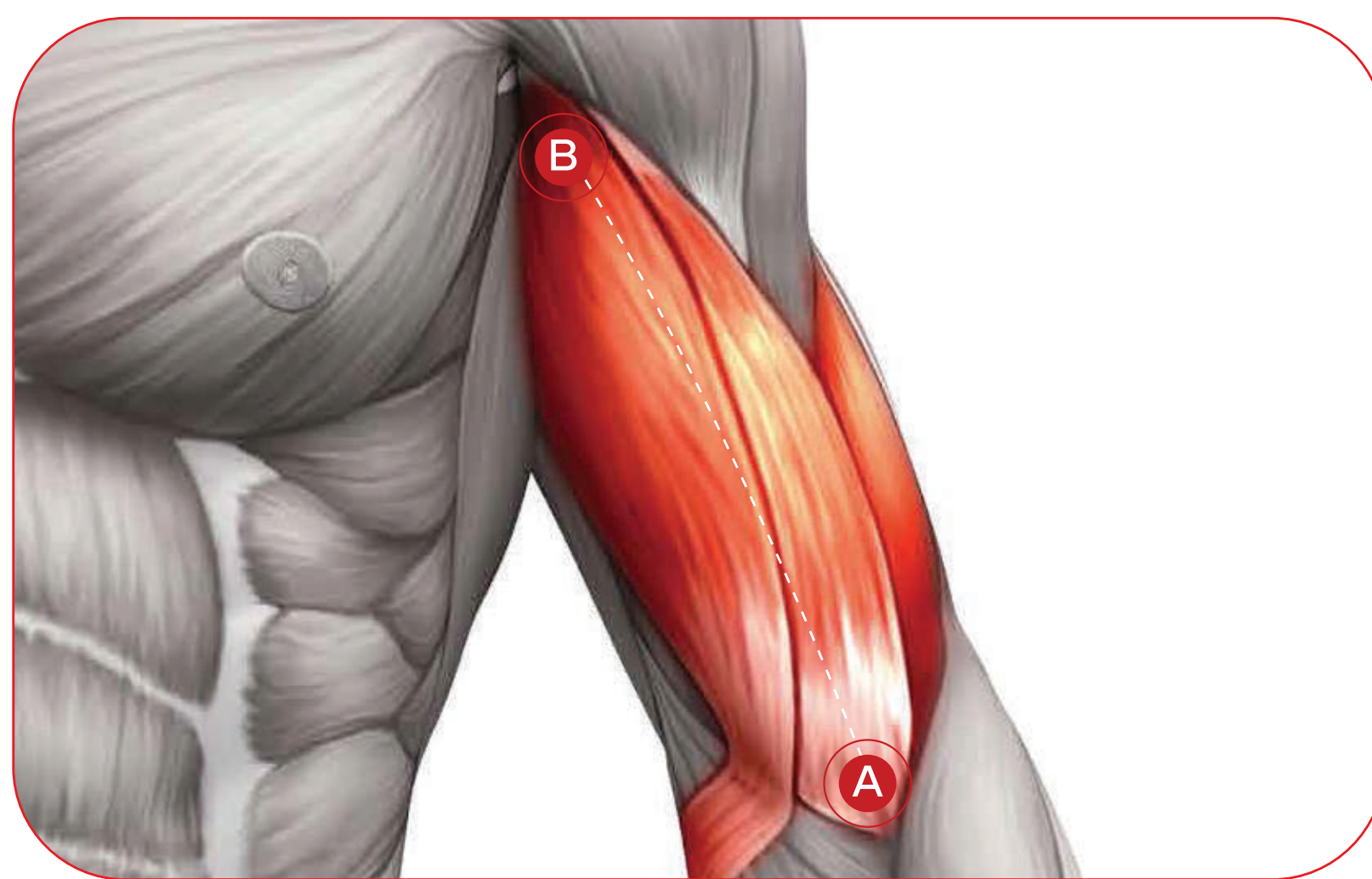
# BICEPS

Don't let tension stop you from building up your strength.



## BICEPS

1:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from B to A on each hand for 30 seconds**

DURATION: **1min**



# TRICEPS

The triceps are essential for building upper body strength.



## TRICEPS

4:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 2min**

DURATION: **4min**

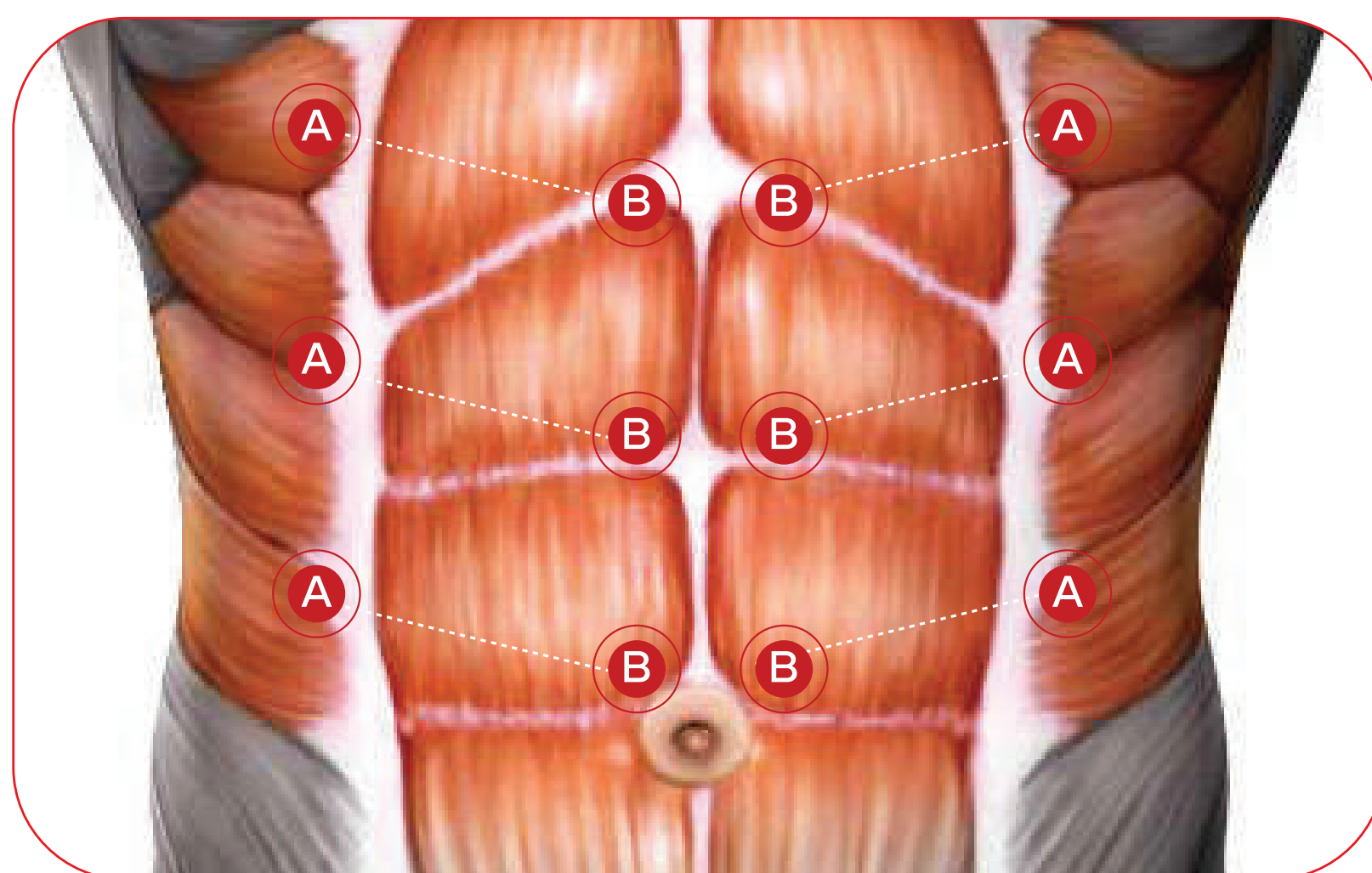


# ABS

Help keep your body stable and balanced.

## ABS

3:00 MIN



ATTACHMENT: **BALL** 

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **3min**



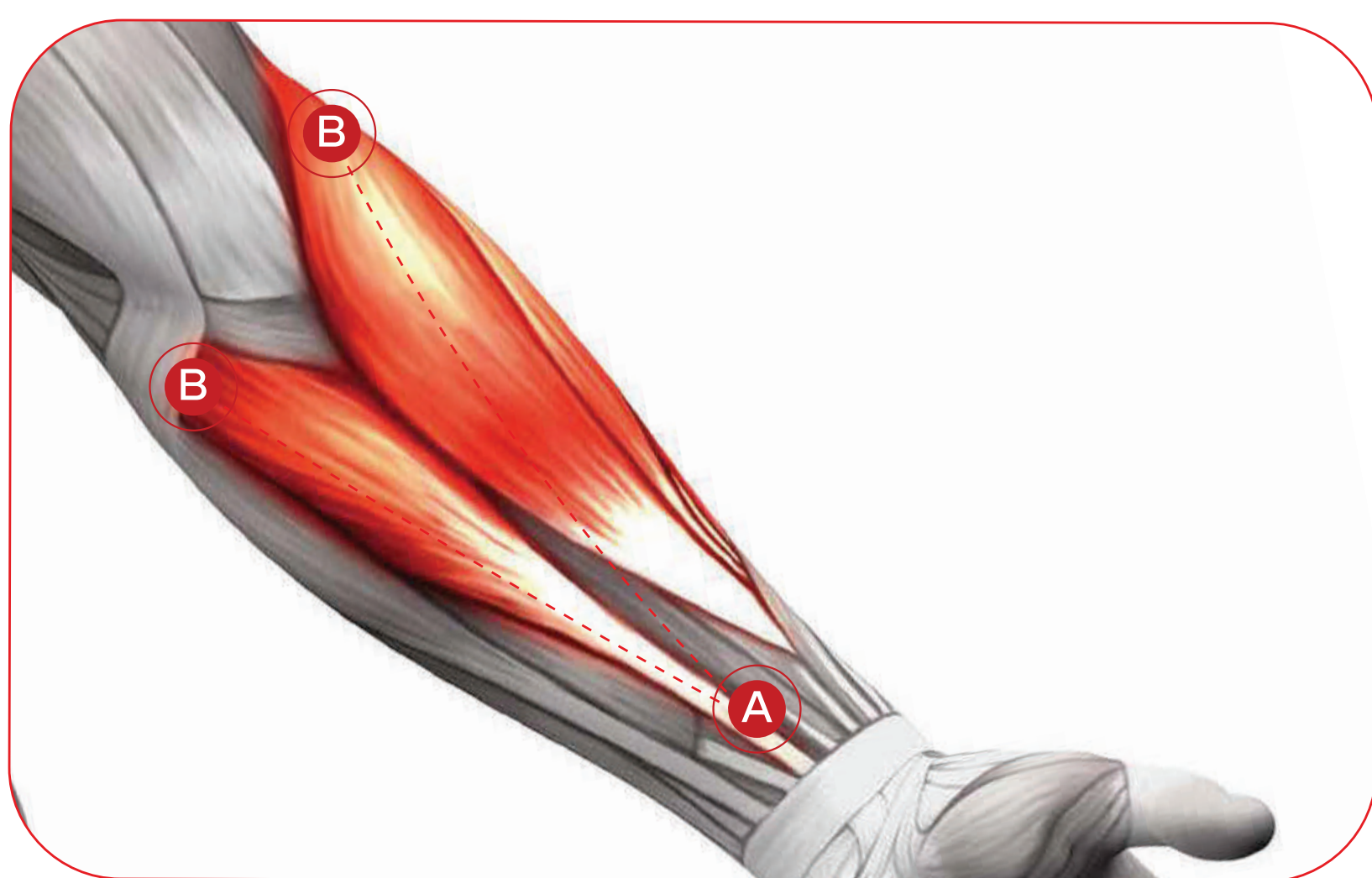


# FOREARM

Relaxing your forearms helps remove tension from your hands.

## FOREARM

2:00 MIN



ATTACHMENT: **FORK** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**



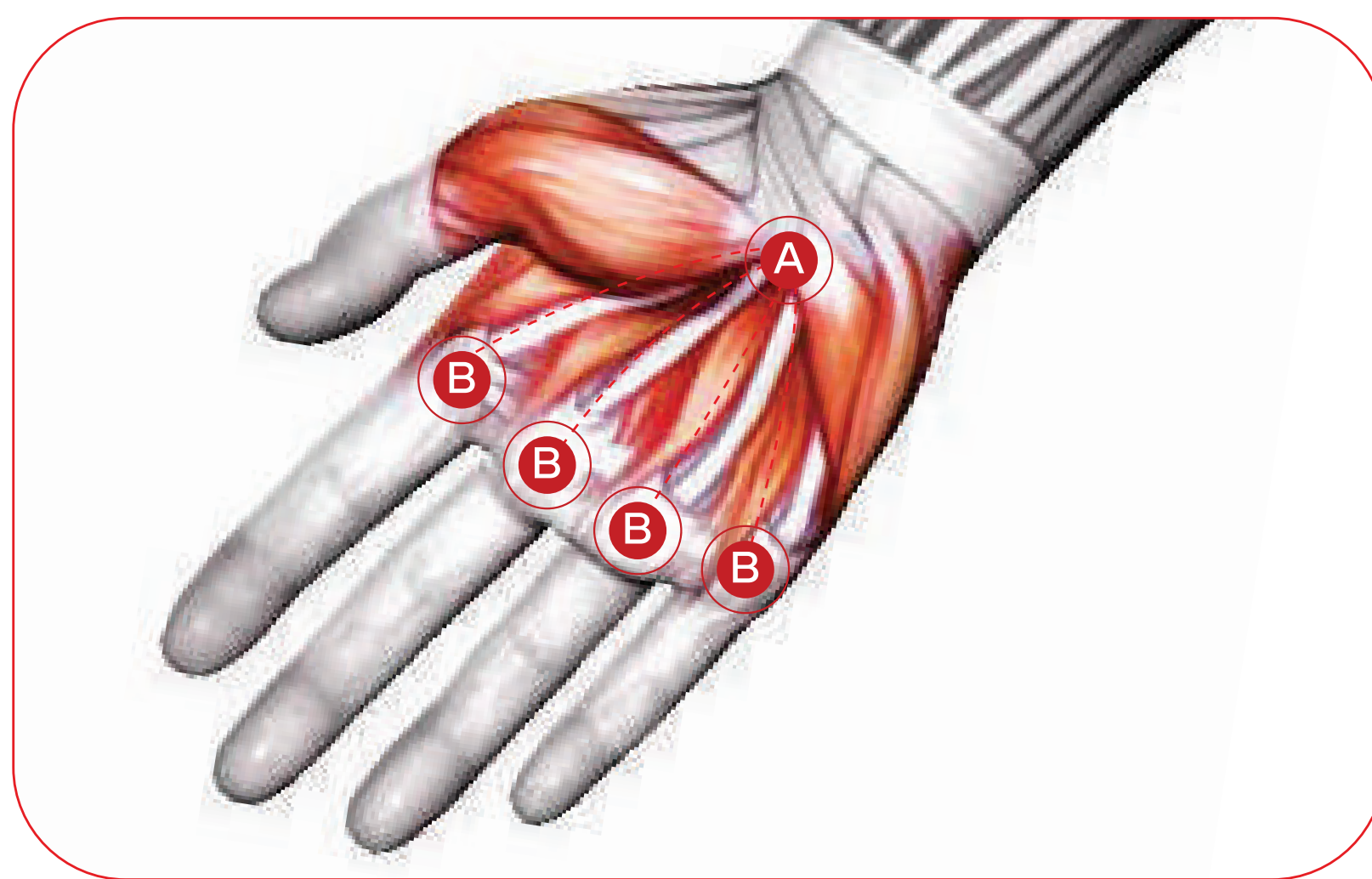


# HANDS

Relieve tension in your hands.

## HANDS

4:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from B to A on each hand for 30 seconds**

DURATION: **4min**



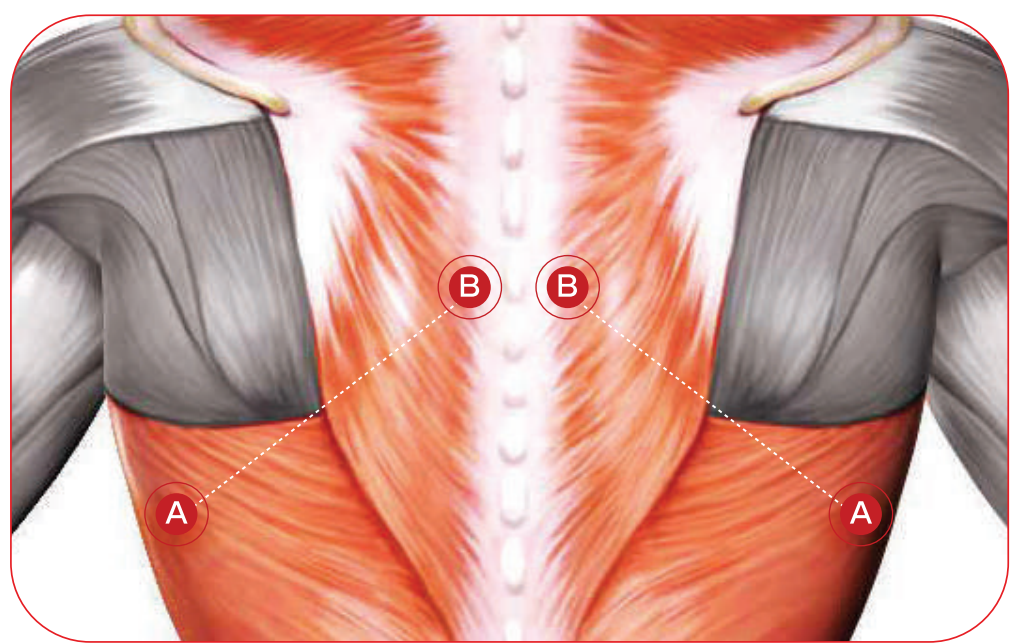
# LOWER BACKS

Your lower back supports your body. Loosen it up and relieve any aches and pains.

## LOWER BACKS

4:00 MIN

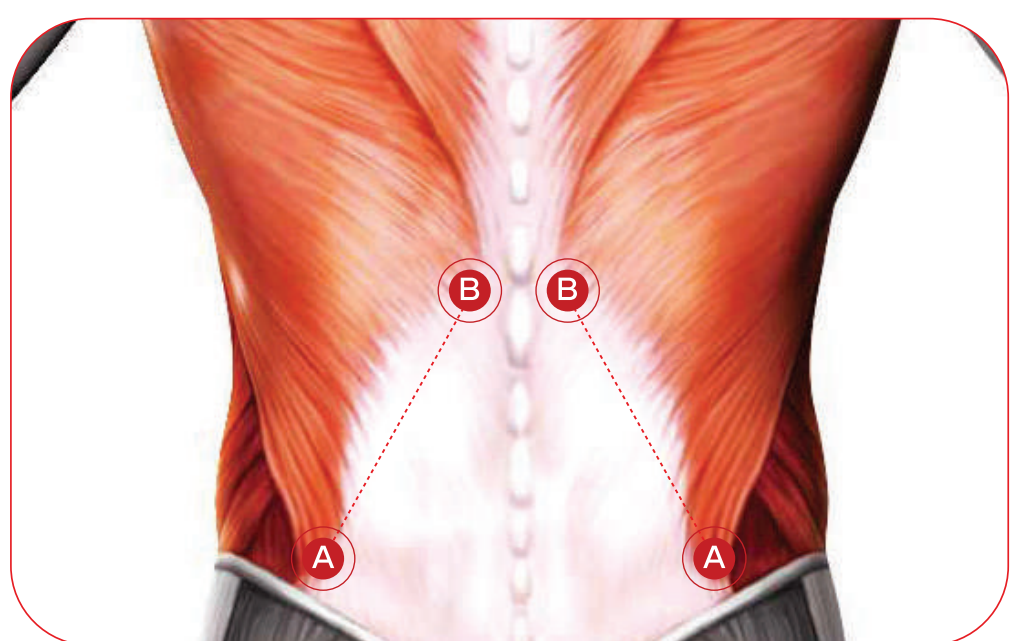
ATTACHMENT: **BALL** 



STEP 1: **Upper back**

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**



STEP 2: **Lower back**

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

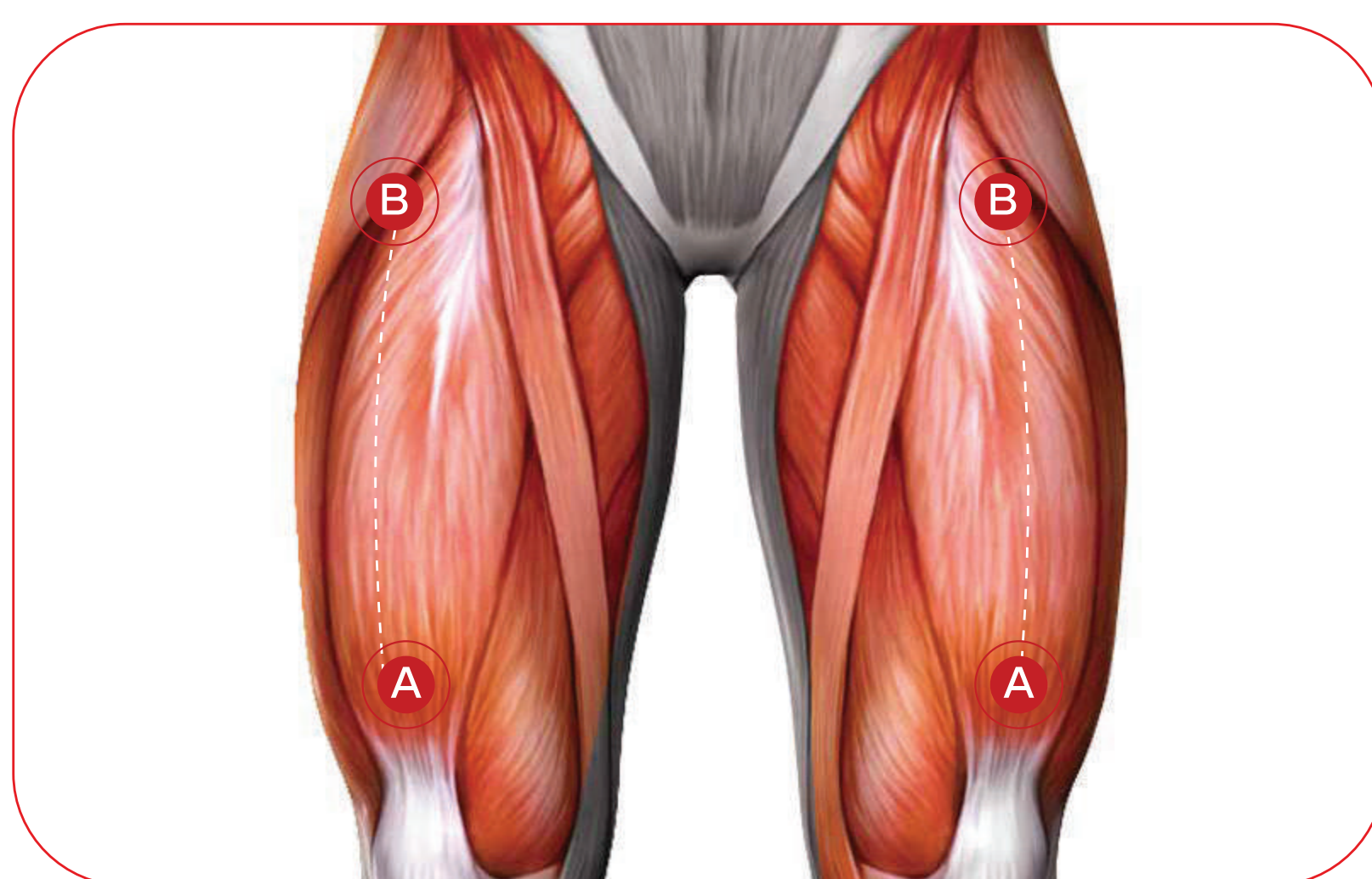


# HIP FLEXORS

Tight hip flexors can cause lower back pain. Loosen them up and improve your mobility.

## HIP FLEXORS

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

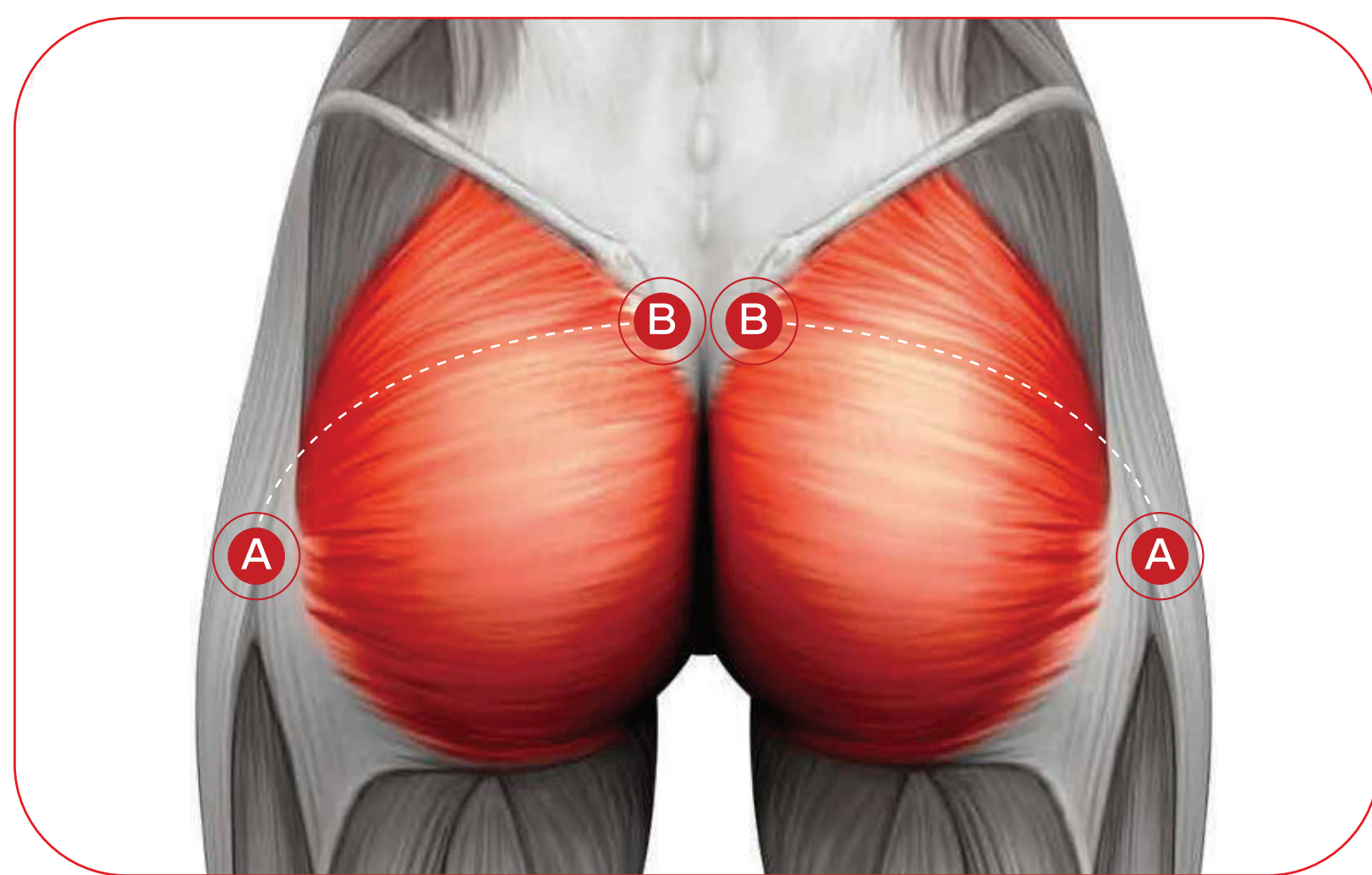


# GLUTES

Strong glutes are important for posture, core strength, and athletic movement.

## GLUTES

4:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: Sweep from A to B on each side for 2min

DURATION: 4min

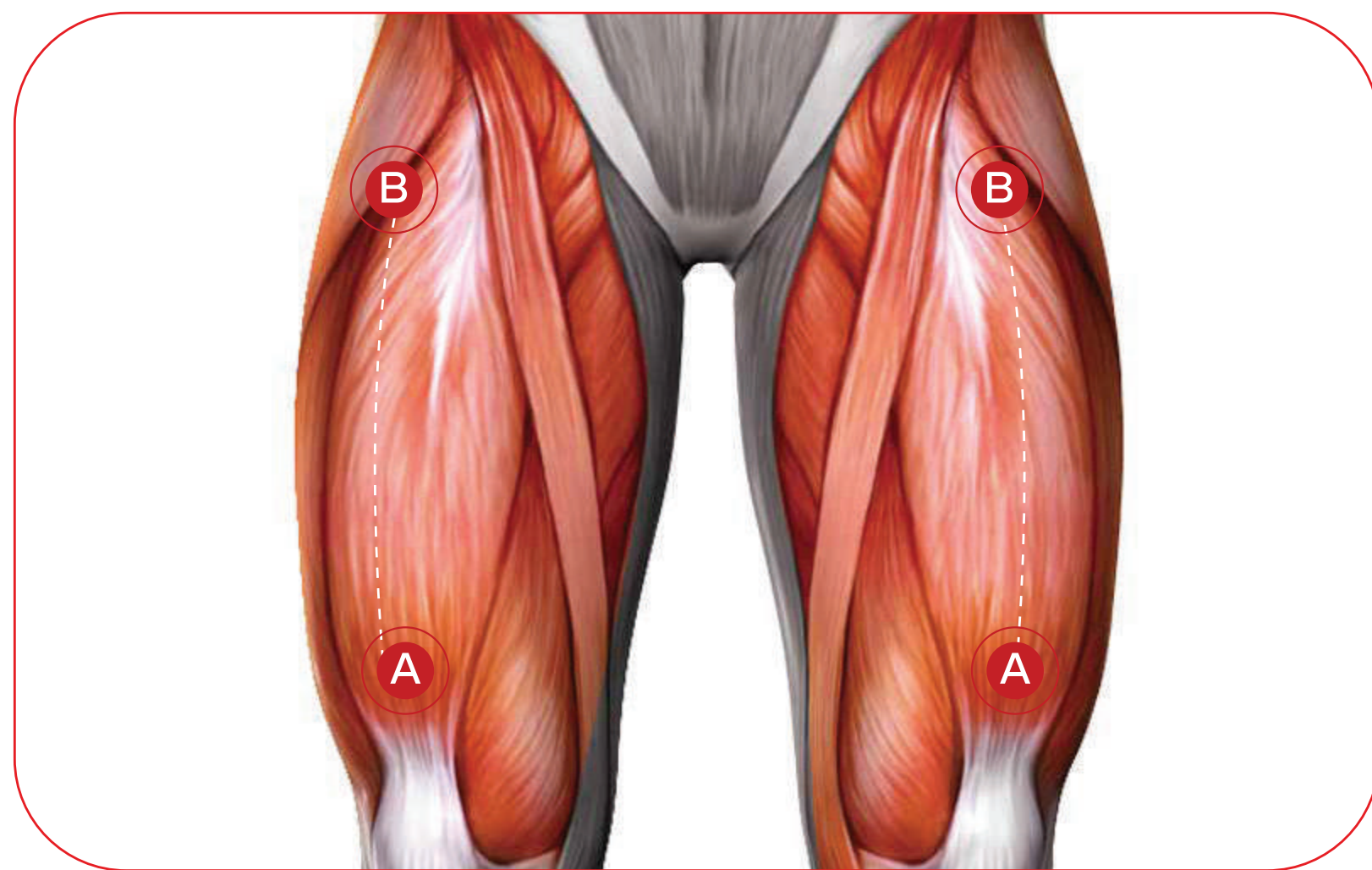


# QUADS

Reduce tension by increasing blood flow and oxygen delivery to the muscle.

## QUADS

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**

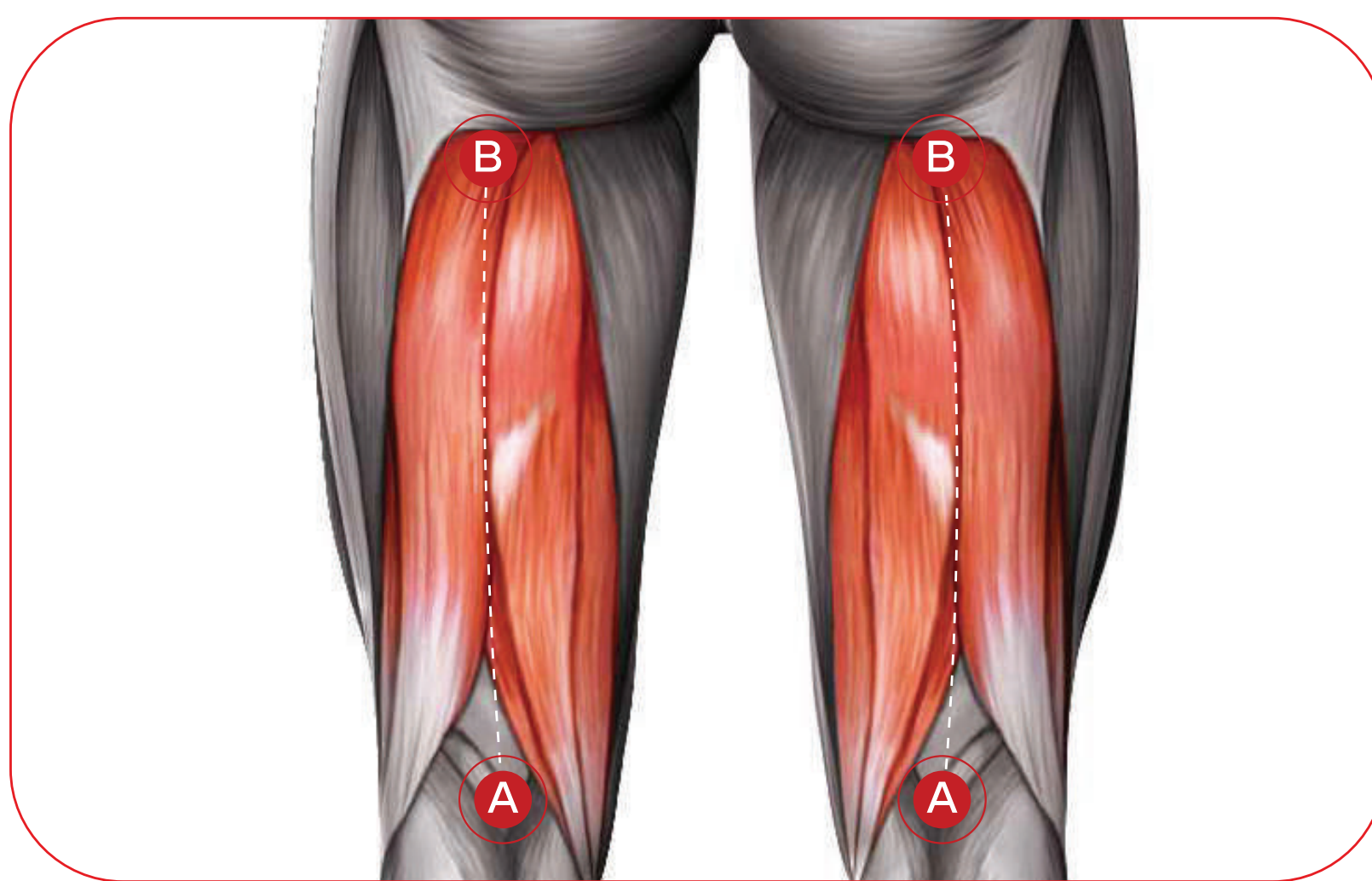


# HAMSTRINGS

Tight hamstrings reduce mobility.  
Loosen them up and feel the difference.

## HAMSTRINGS

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**



# SHINS

Treat the muscles in your lower leg to increase blood flow and reduce tension.



## SHINS

1:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 30 seconds**

DURATION: **1min**

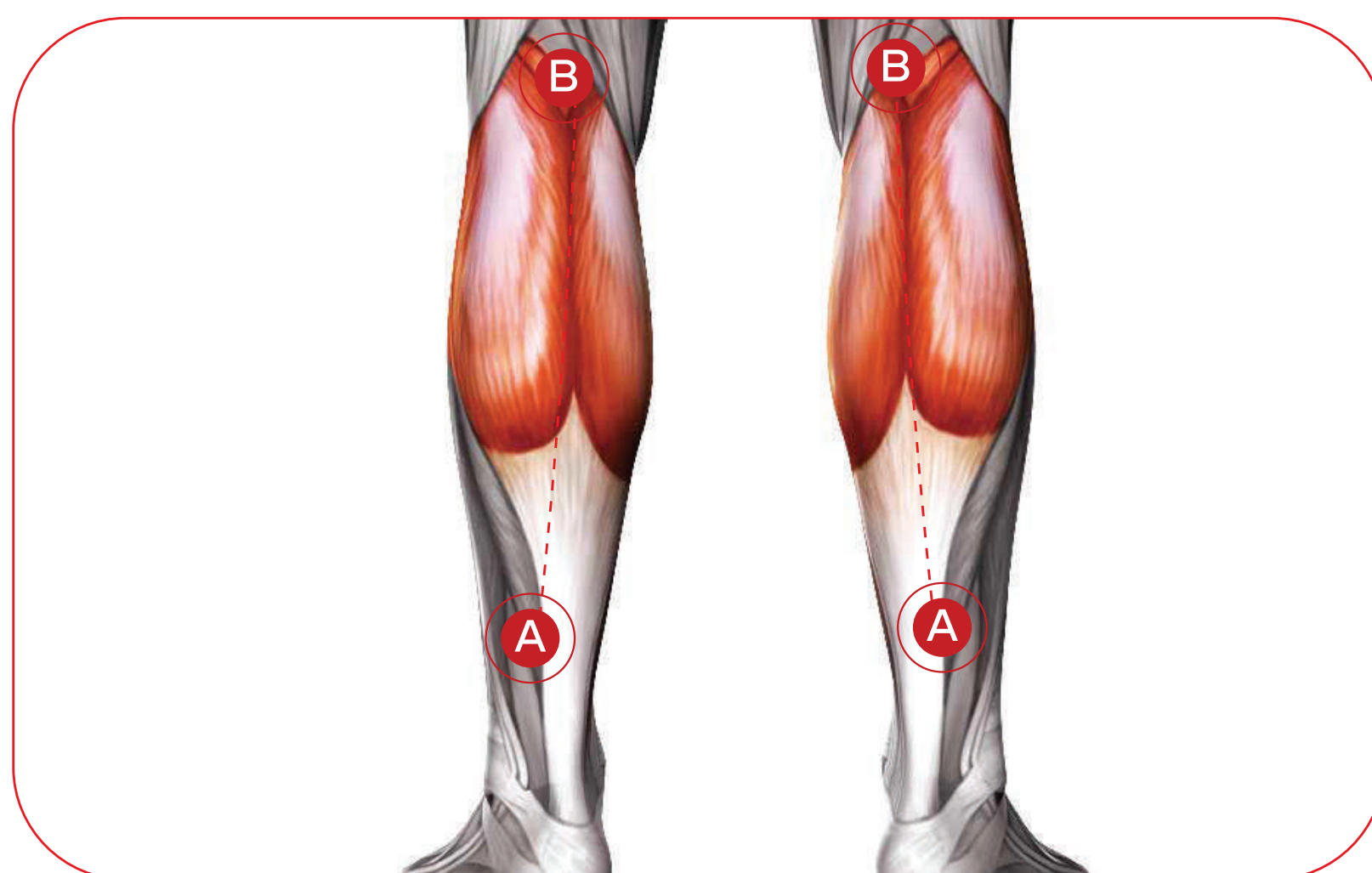


# CALVES

Take care of your calves so they can take you further

## CALVES

2:00 MIN



ATTACHMENT: **FLAT** 

PROTOCOL: **Sweep from A to B on each side for 1min**

DURATION: **2min**



# FEET

Treat your feet well,  
and your body will follow.

## FEET

4:00 MIN



ATTACHMENT: **FORK** 

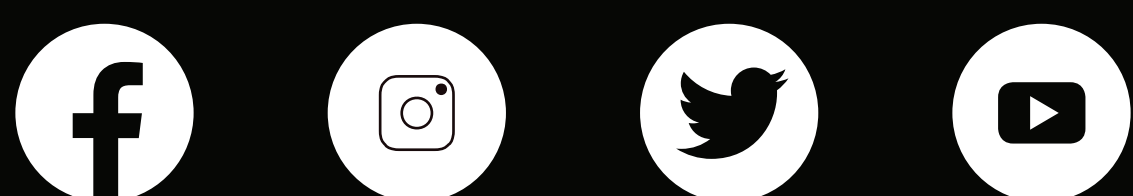
PROTOCOL: **Sweep from A to B on each side for 2min**

DURATION: **4min**



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