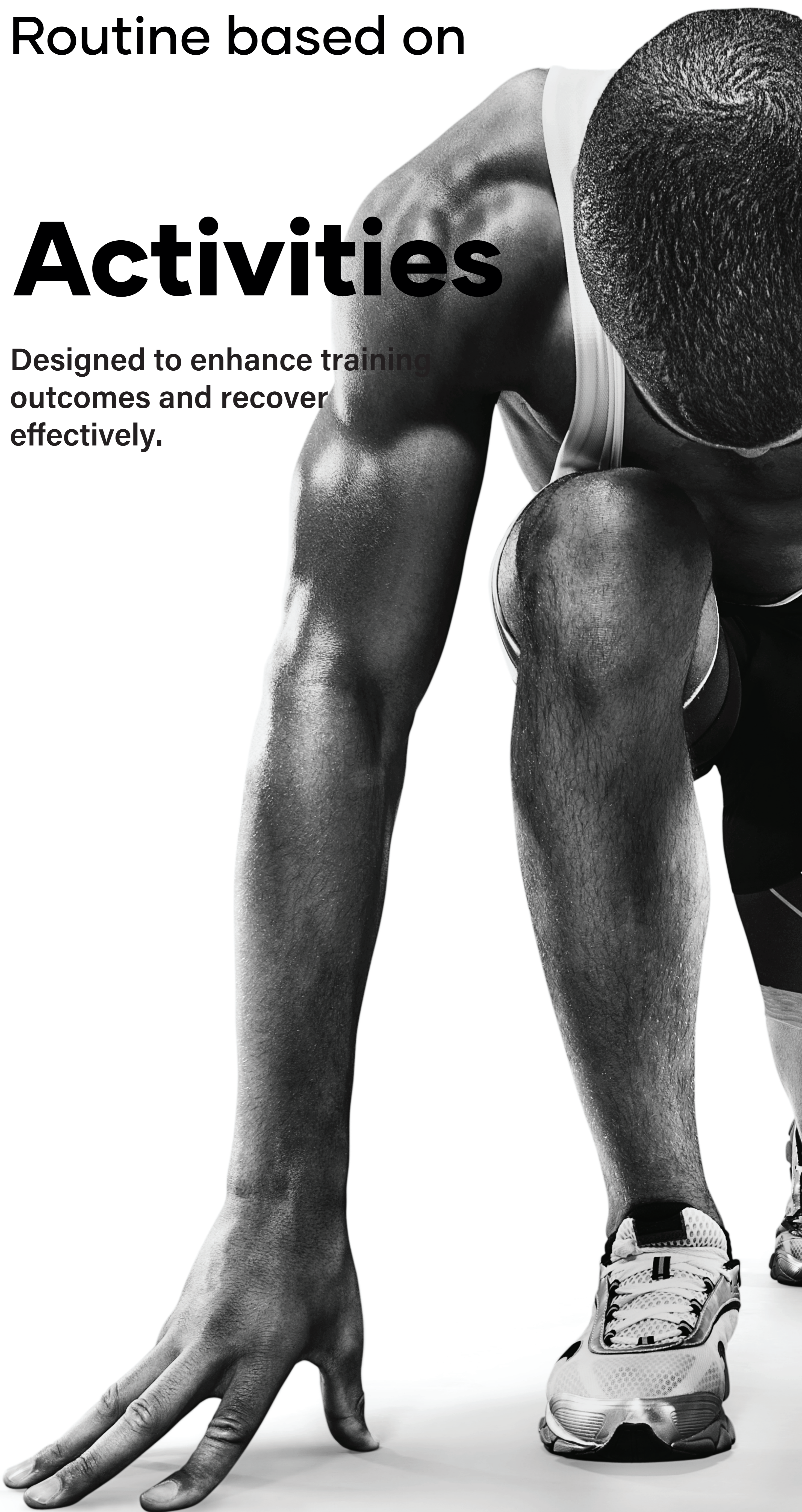


Routine based on

Activities

Designed to enhance training outcomes and recover effectively.



RECOVAPRO

Activities

Designed to enhance training outcomes, and recover effectively.

Warm up

Lower body
Upper body
Full body

Recovery

Workout
Interval training
Strength training
High intensity
Core
Run
Swim
Golf
Yoga
Tennis
Cycle
Basketball
Football
Boxing

LOWER BODY

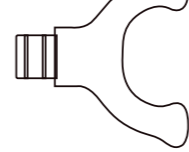
Use your Recovapro to wake up your lower body.

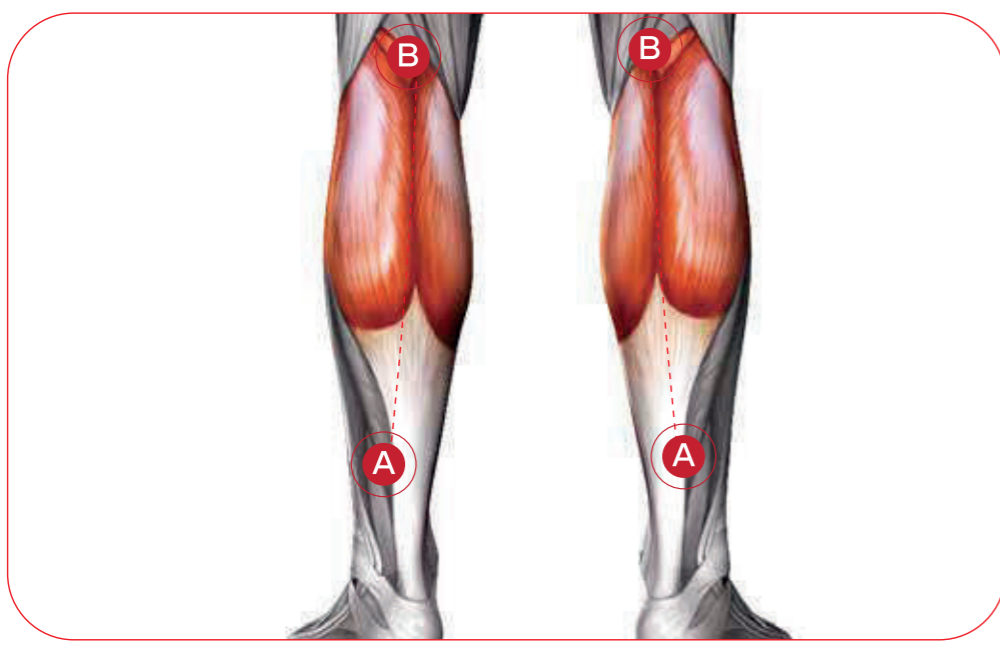


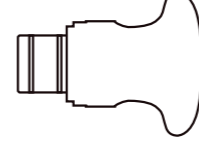
LOWER BODY

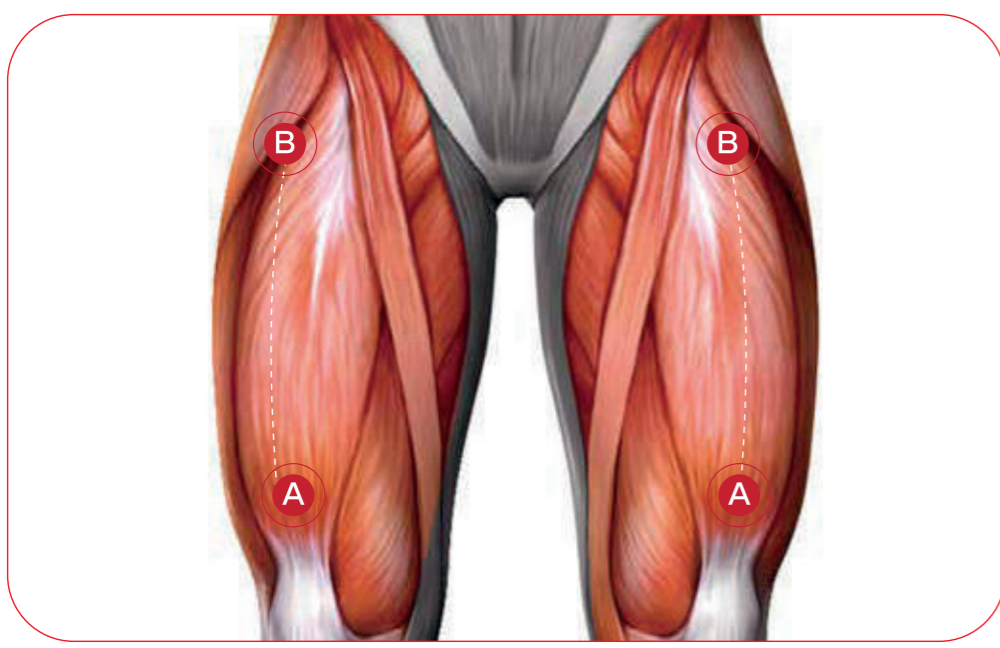
22:00 MIN

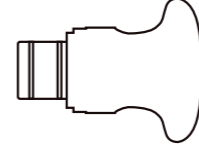


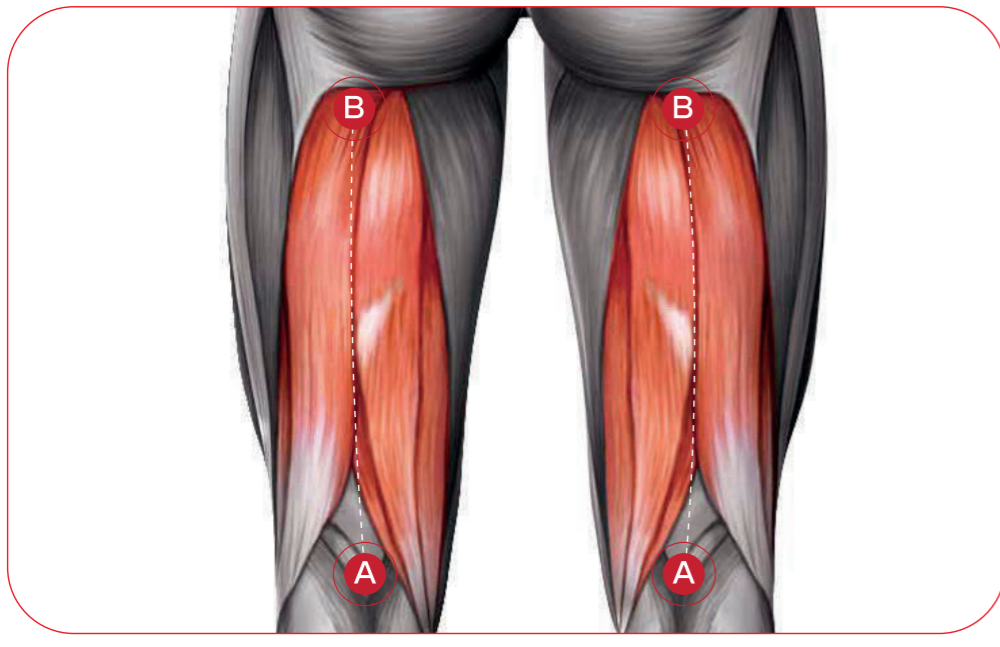
ATTACHMENT: **FORK** 
MUSCLE: **Feet**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

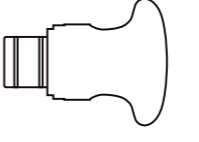


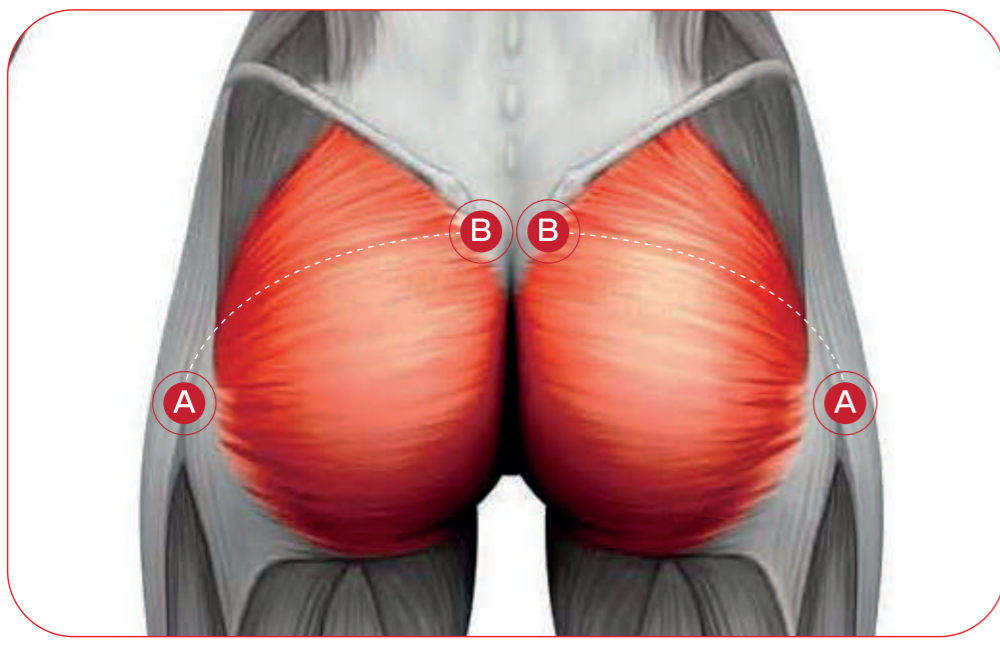
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

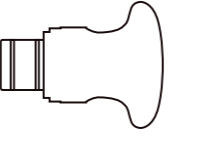


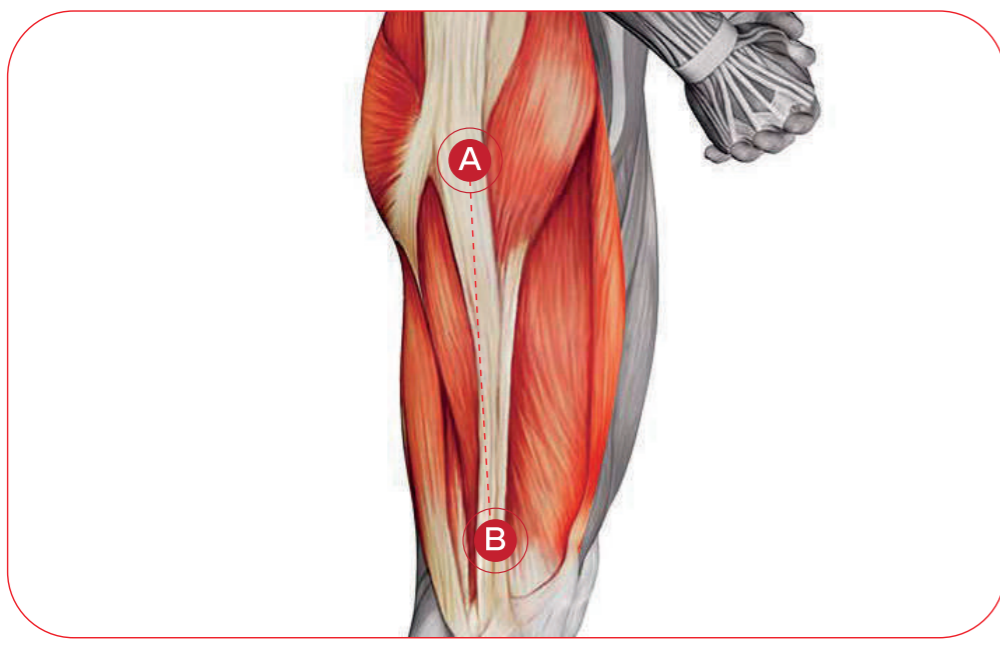
ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min




ATTACHMENT: **FLAT** 
MUSCLE: **Hamstrings**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min



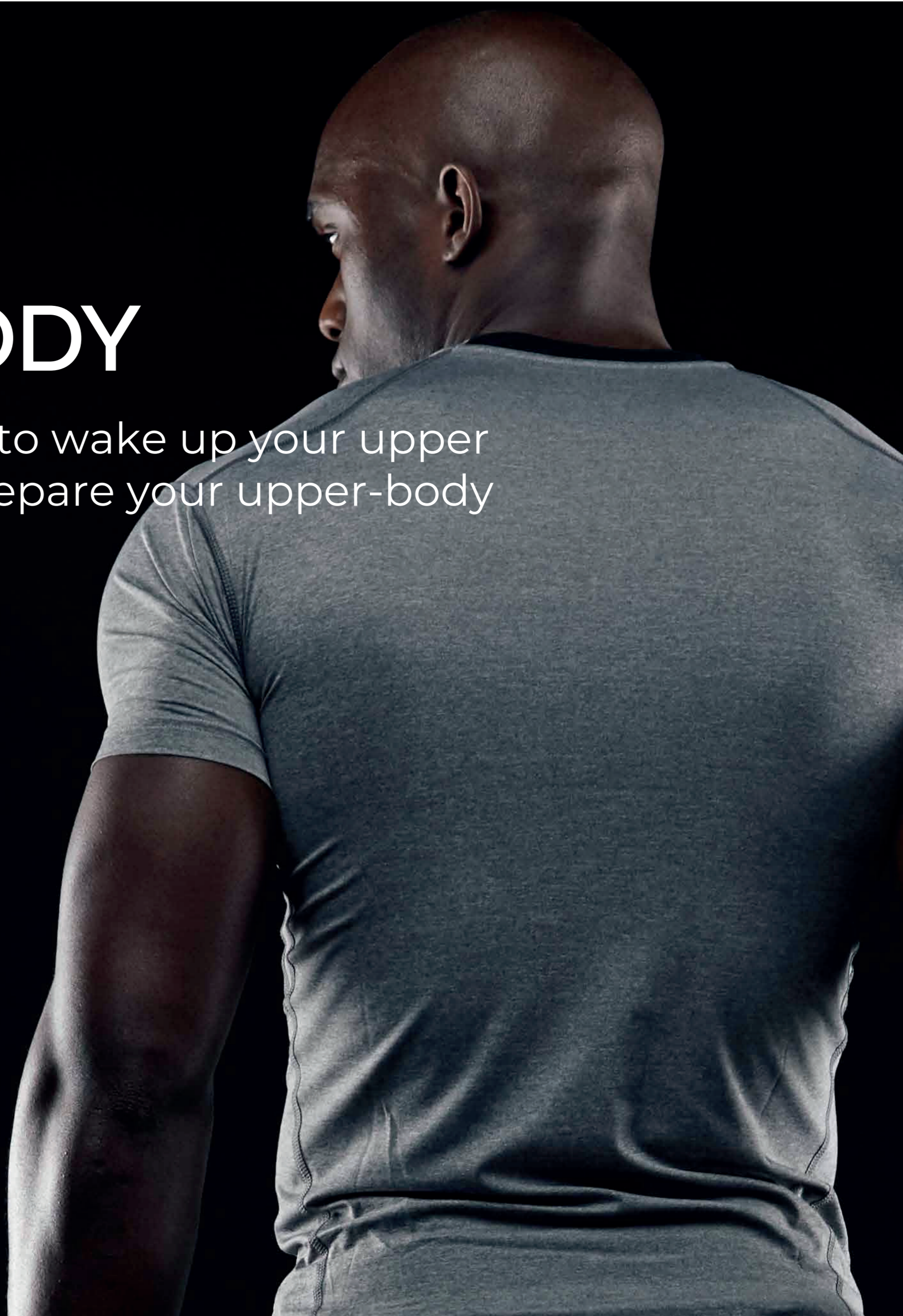
ATTACHMENT: **FLAT** 
MUSCLE: **Glutes**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min



ATTACHMENT: **BULLET** 
MUSCLE: **IT Band & Hip**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

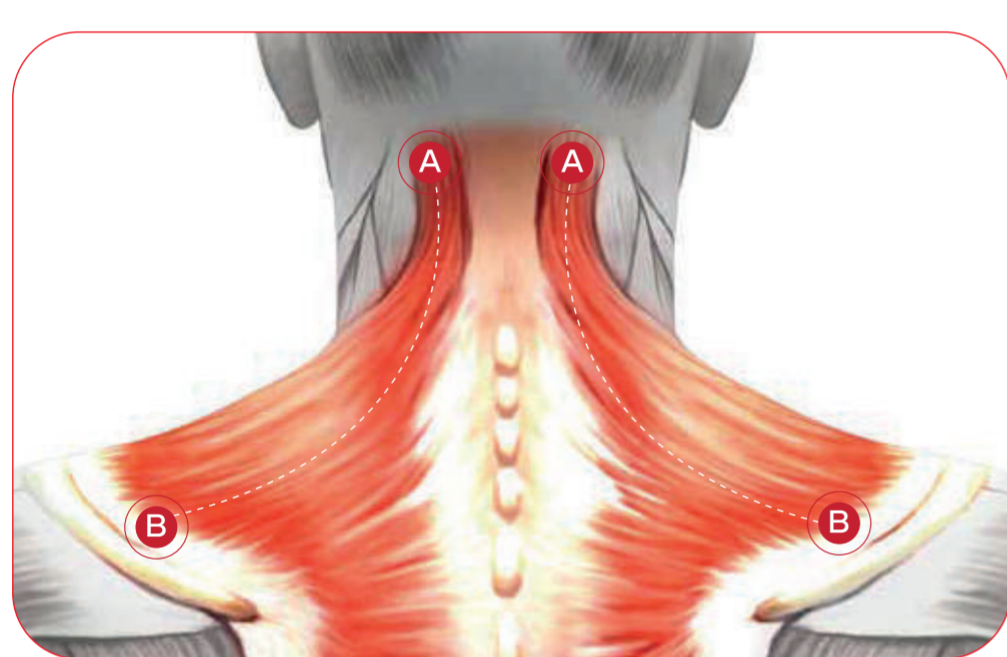
UPPER BODY

Use your Recovapro to wake up your upper body, Loosen and prepare your upper-body muscles.



UPPER BODY

10:00 MIN

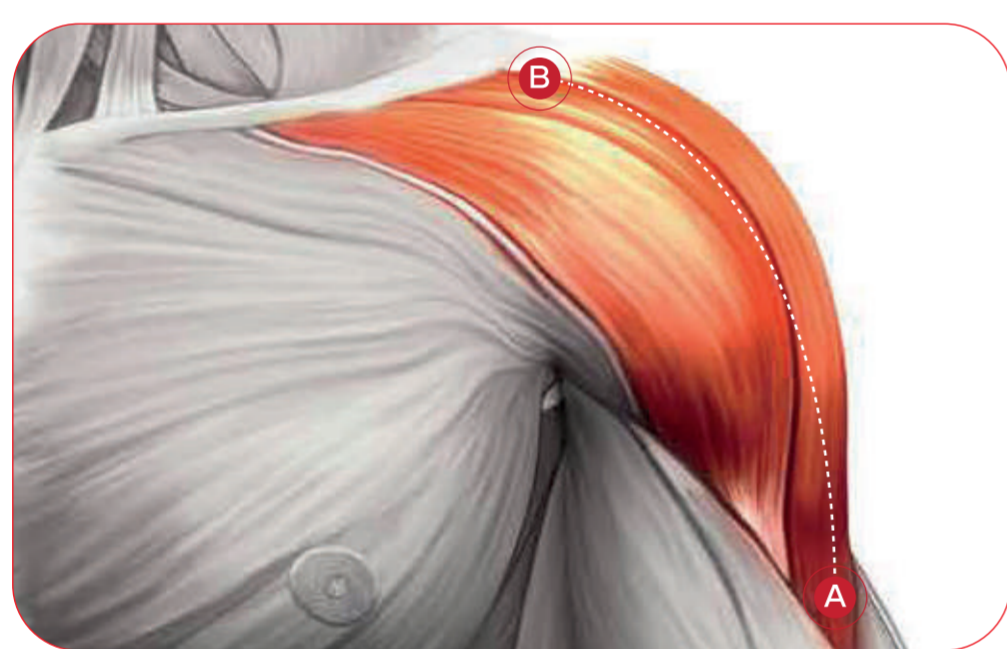


ATTACHMENT: **BALL** 

MUSCLE: Neck

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

DURATION: 2min

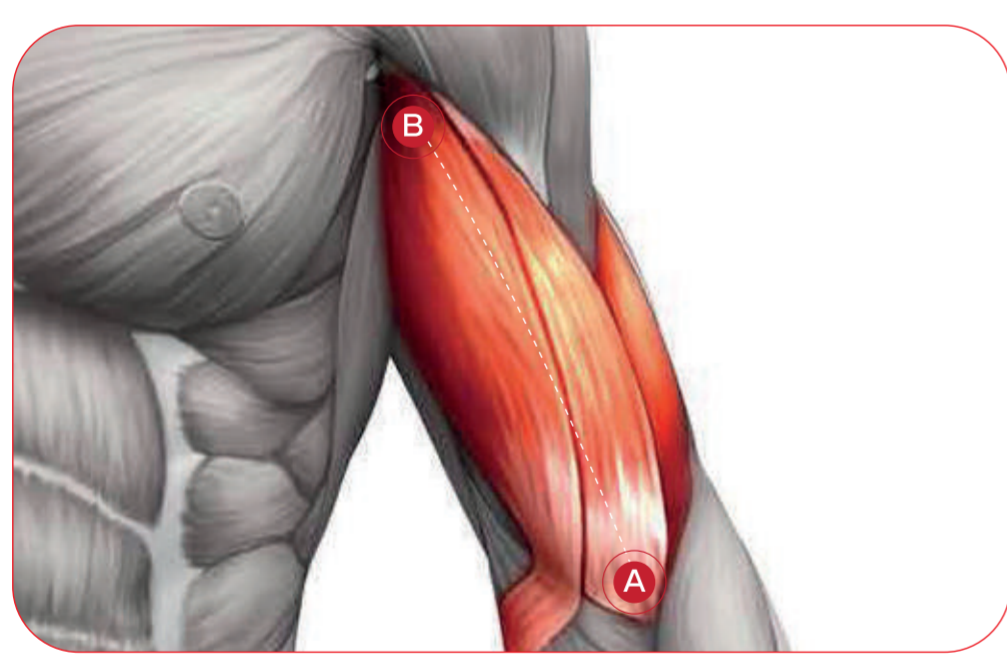


ATTACHMENT: **FLAT** 

MUSCLE: Shoulders

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

DURATION: 2min

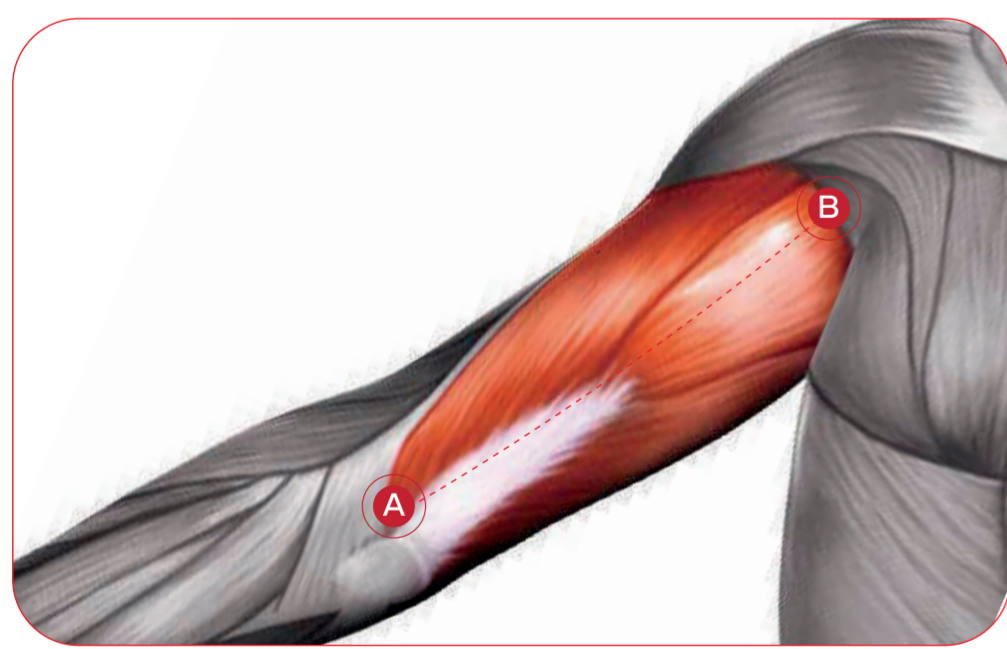


ATTACHMENT: **FLAT** 

MUSCLE: Biceps

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

DURATION: 1min

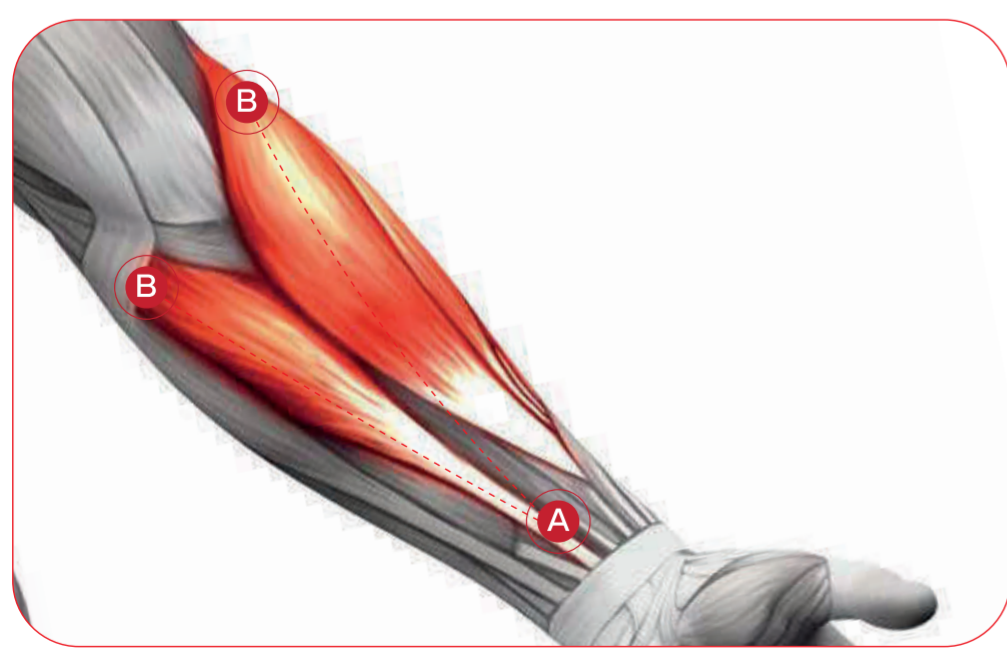


ATTACHMENT: **FLAT** 

MUSCLE: Triceps

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

DURATION: 1min

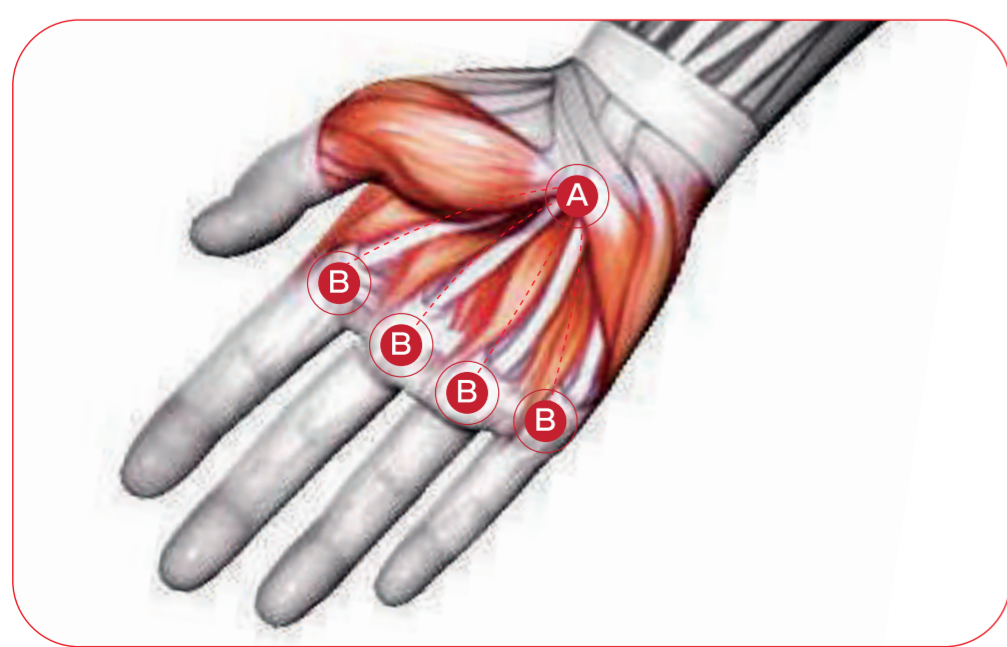


ATTACHMENT: **FORK** 

MUSCLE: Forearms

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

DURATION: 2min



ATTACHMENT: **FLAT** 

MUSCLE: Hands

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

DURATION: 2min

FULL BODY

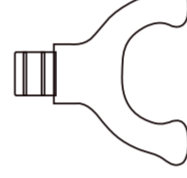
Use your Recovapro to prepare your muscles for a full body workout.

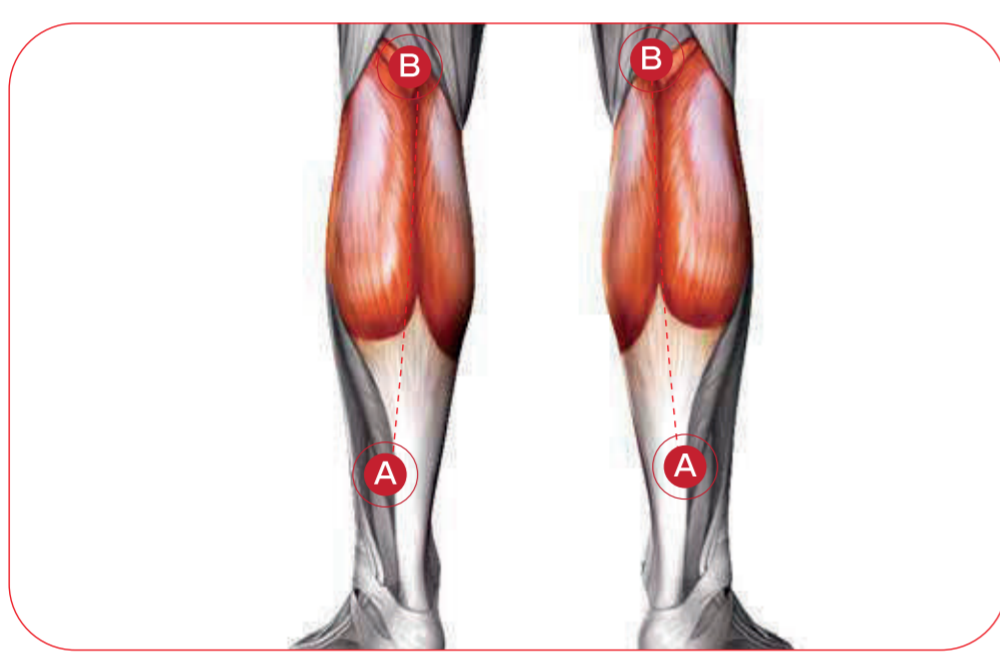


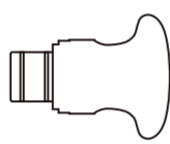
FULL BODY

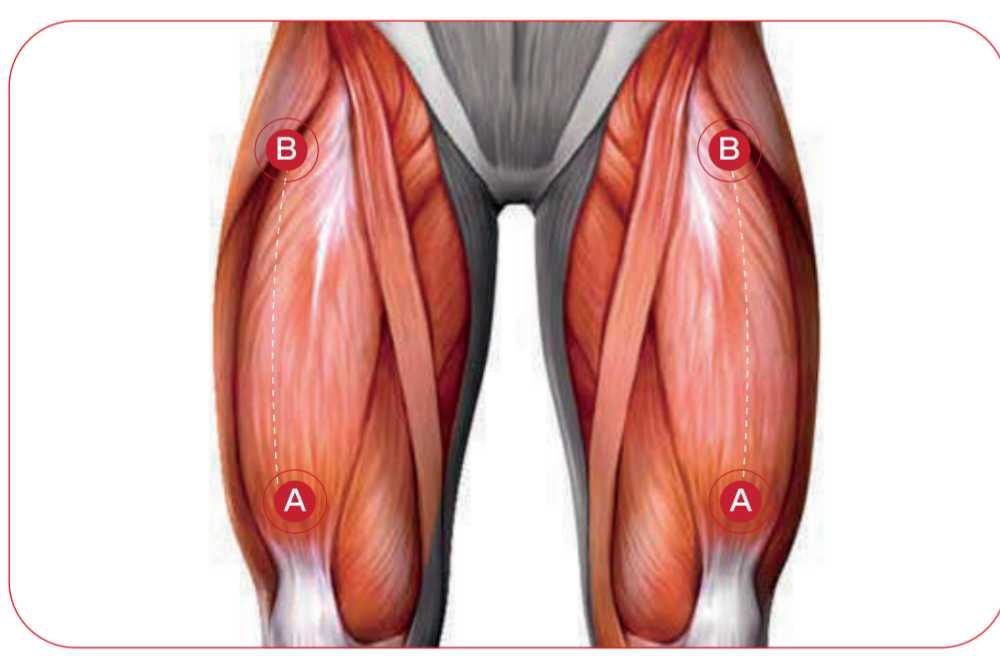
26:00 MIN

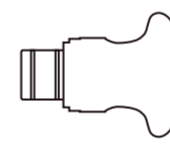


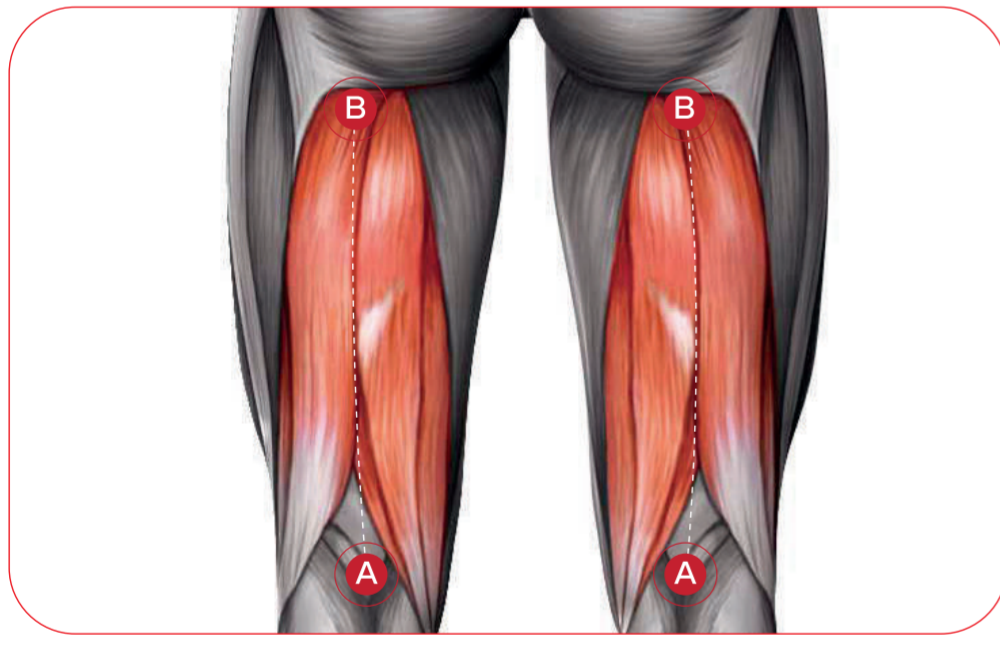
ATTACHMENT: **FORK** 
MUSCLE: **Feet**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

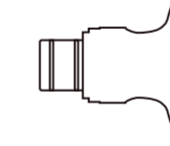


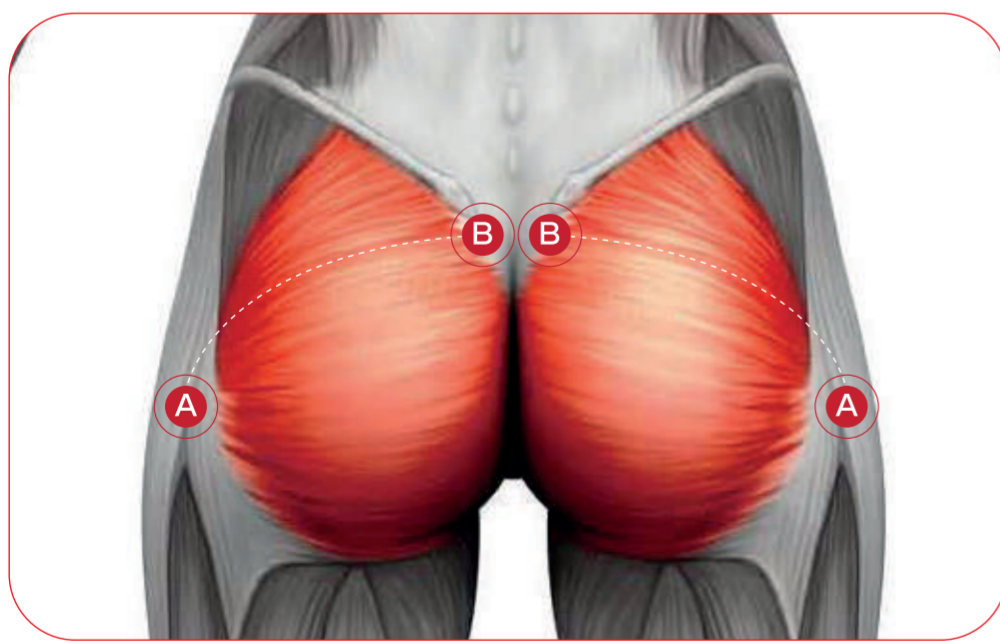
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

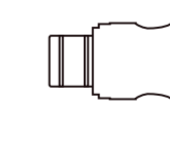


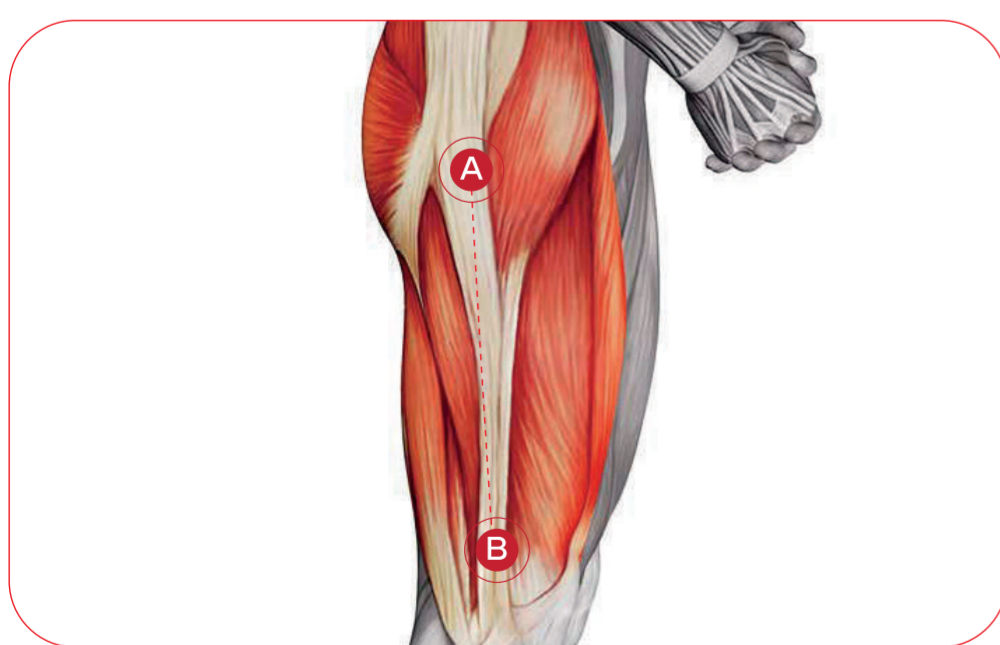
ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

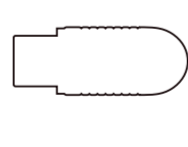


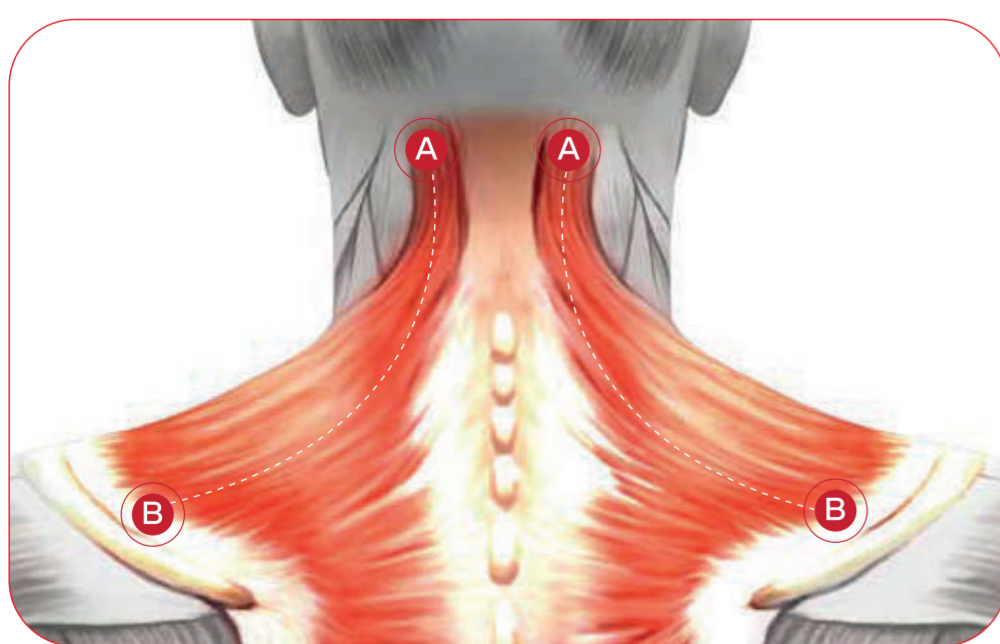
ATTACHMENT: **FLAT** 
MUSCLE: **Hamstrings**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

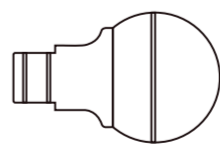


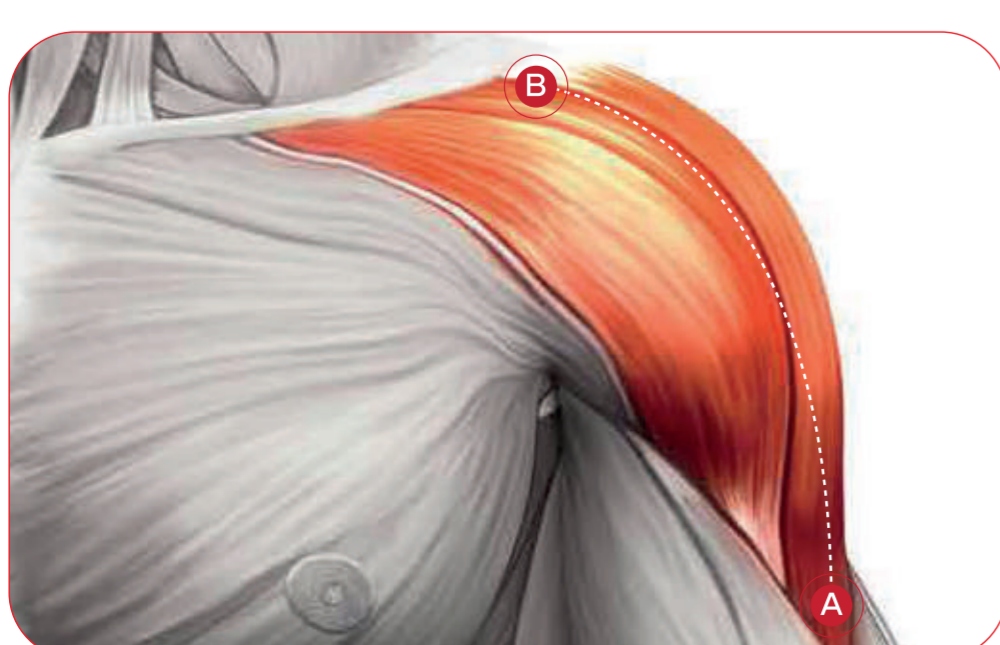
ATTACHMENT: **FLAT** 
MUSCLE: **Glutes**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min

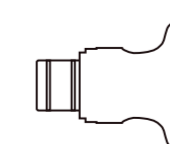


ATTACHMENT: **BULLET** 
MUSCLE: **IT Band & Hip**
PROTOCOL: Sweep from A to B on each side for 2min
DURATION: 4min



ATTACHMENT: **BALL** 
MUSCLE: **Neck**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



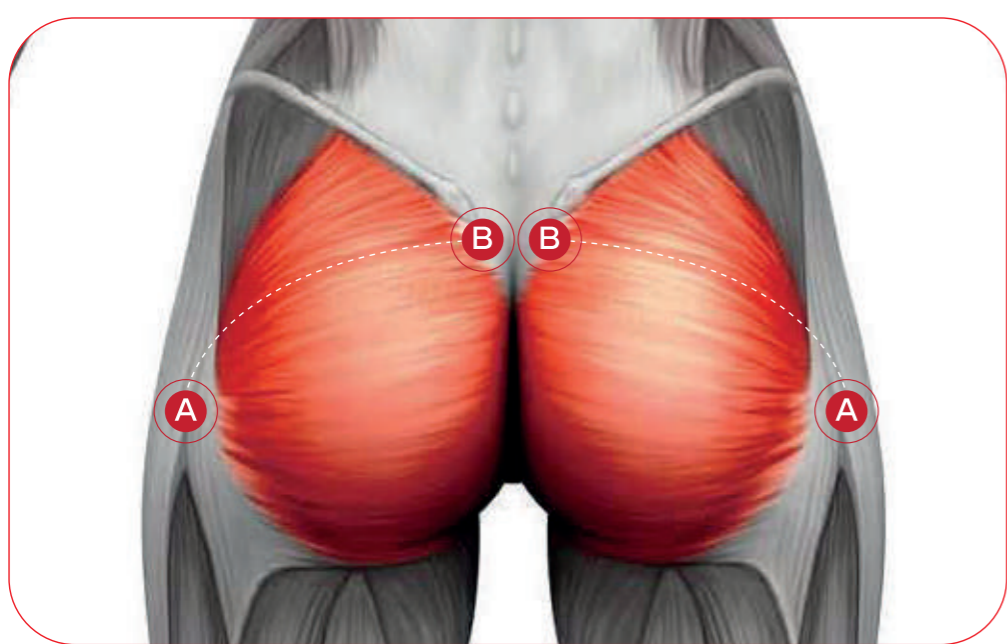
ATTACHMENT: **FLAT** 
MUSCLE: **Shoulders**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

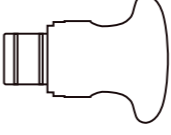
WORKOUT

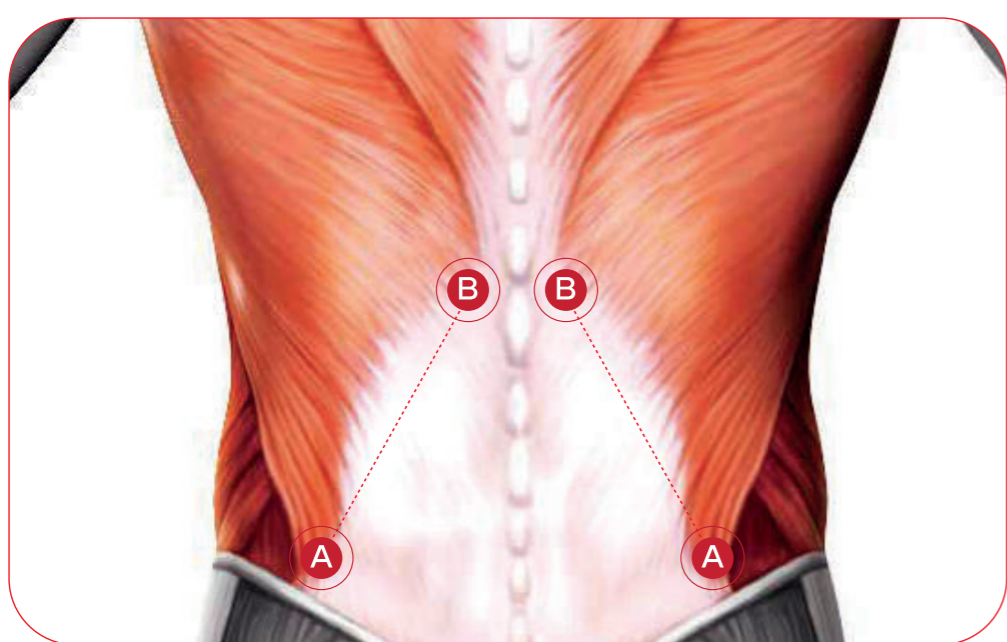
Recover like a pro

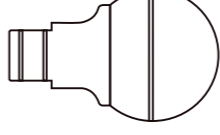
WORKOUT

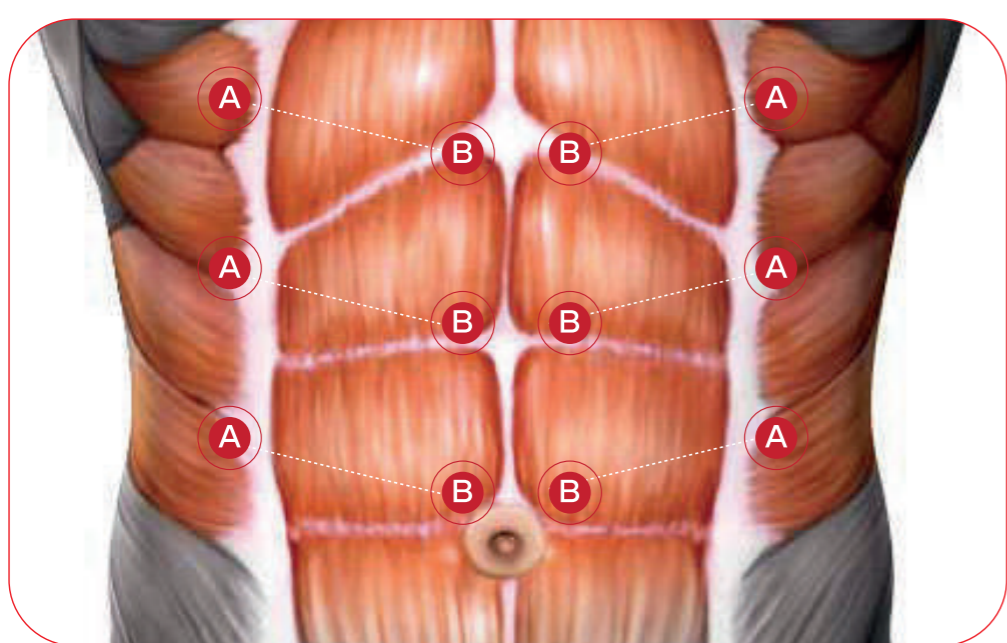
6:00 MIN

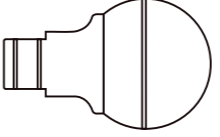


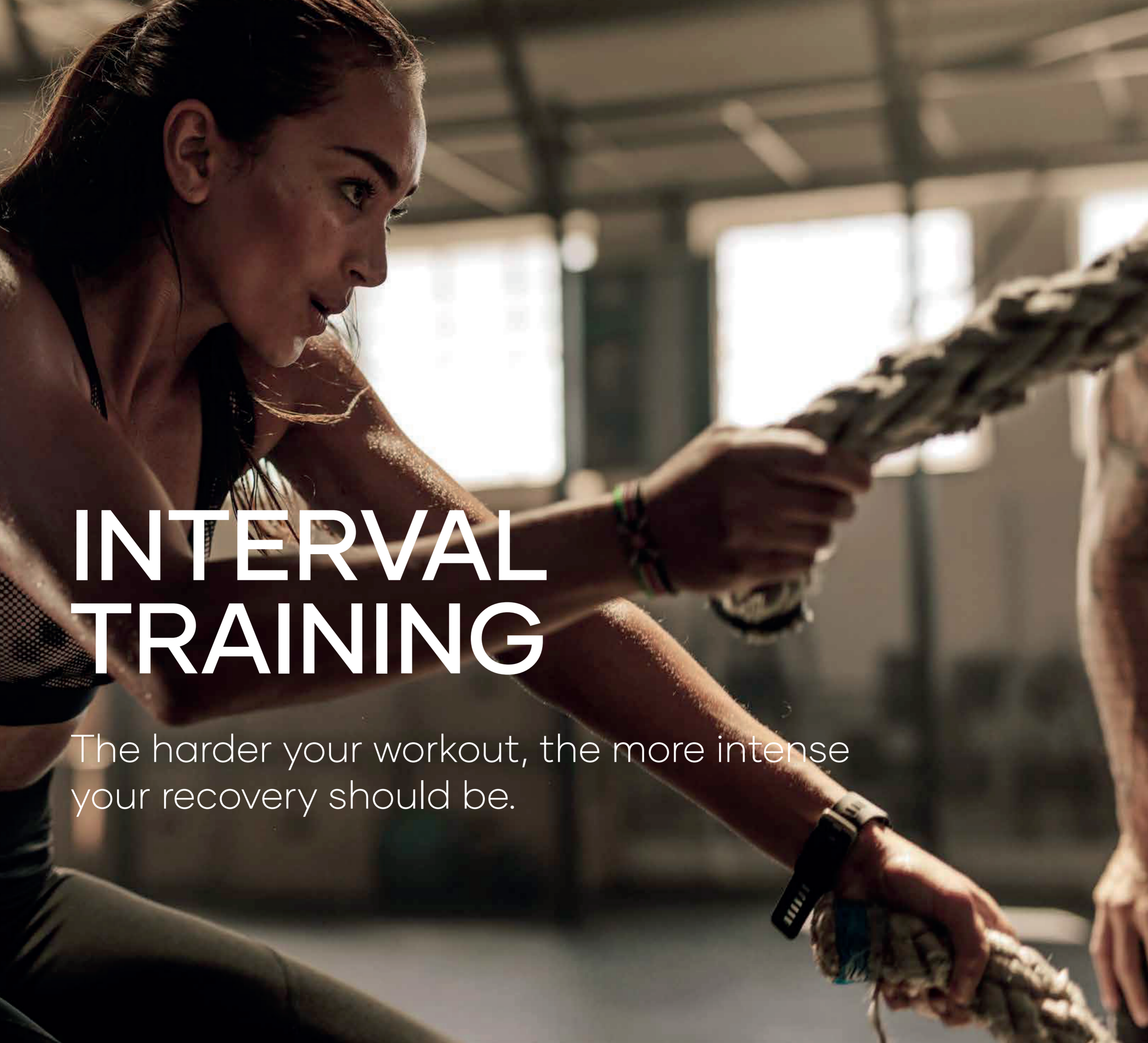
ATTACHMENT: **FLAT** 
MUSCLES: **Glutes**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **BALL** 
MUSCLES: **Lower back**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **BALL** 
MUSCLES: **ABS**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

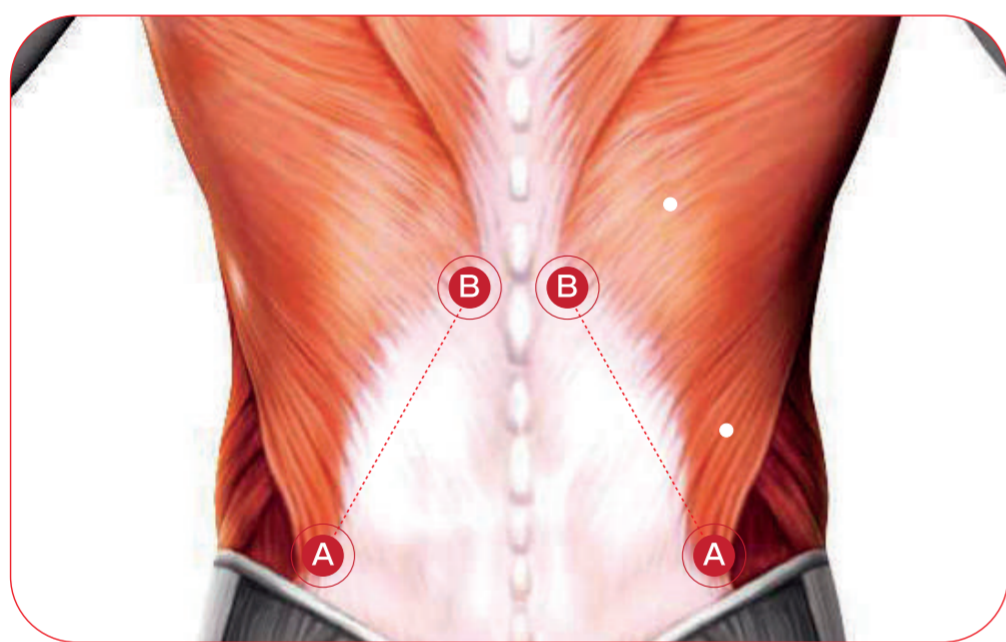


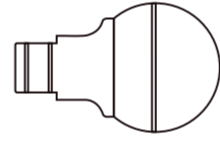
INTERVAL TRAINING

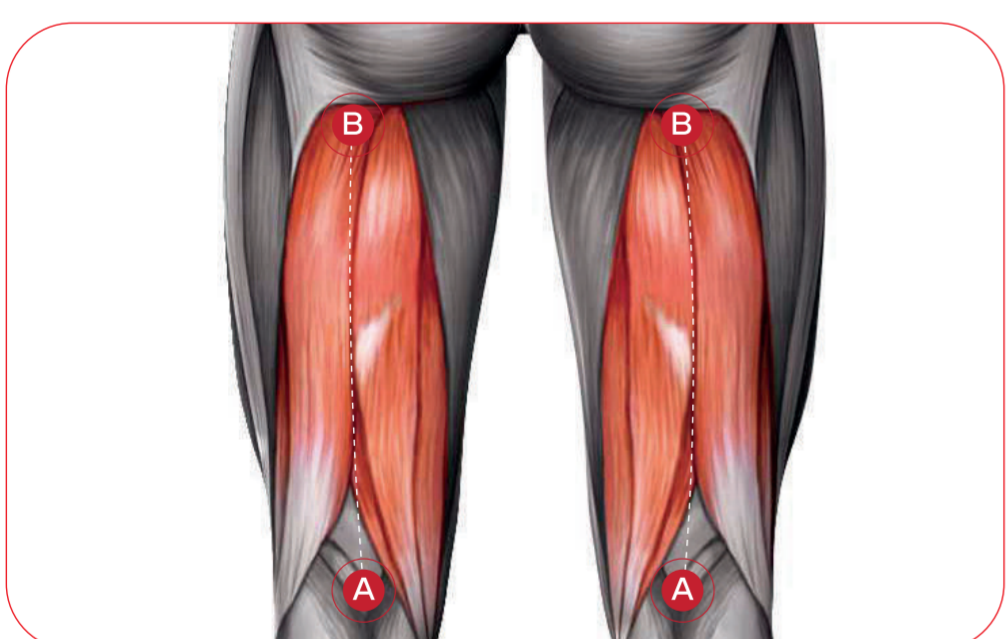
The harder your workout, the more intense your recovery should be.

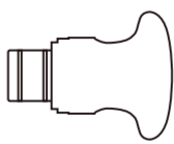
INTERVAL TRAINING

7:00 MIN

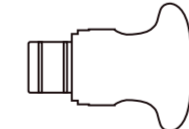


ATTACHMENT: **BALL** 
MUSCLES: **Lower back**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

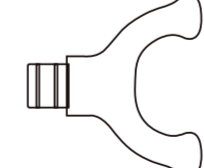


ATTACHMENT: **FLAT** 
MUSCLE: **Hamstrings**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FORK** 
MUSCLE: **Feet**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **60 seconds**

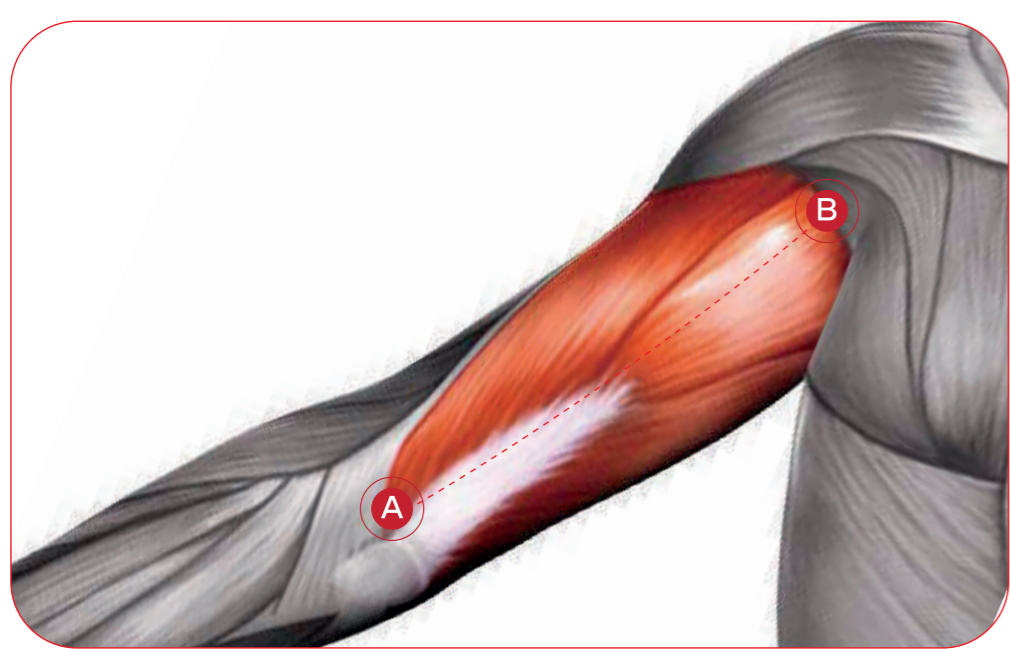


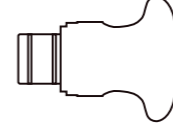
STRENGTH TRAINING

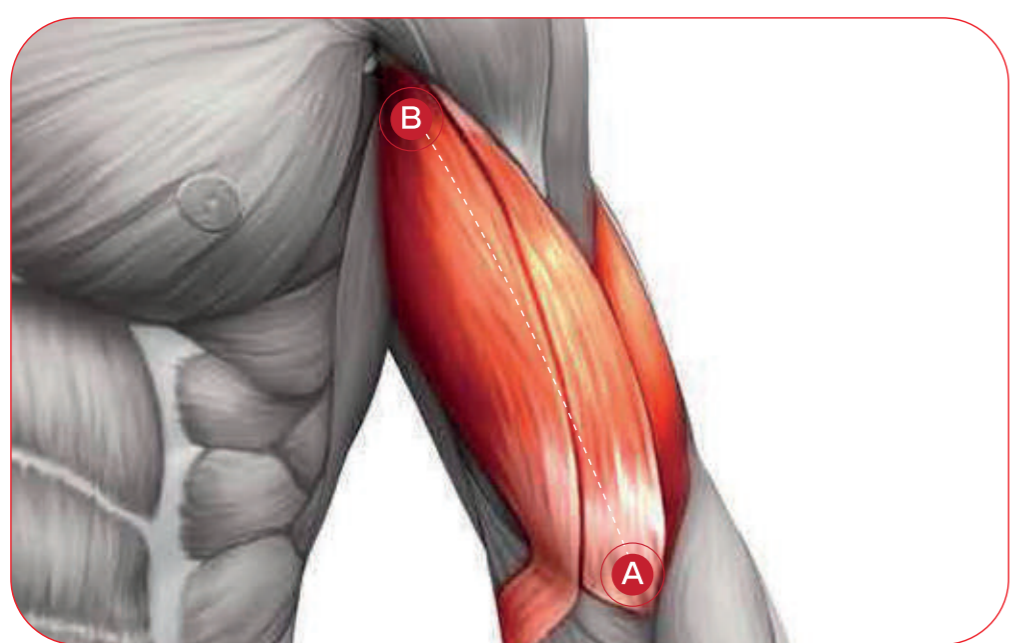
Recover faster so you can get stronger.
Target the main muscles used
in your training session.

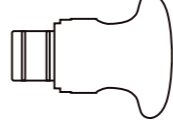
STRENGTH TRAINING

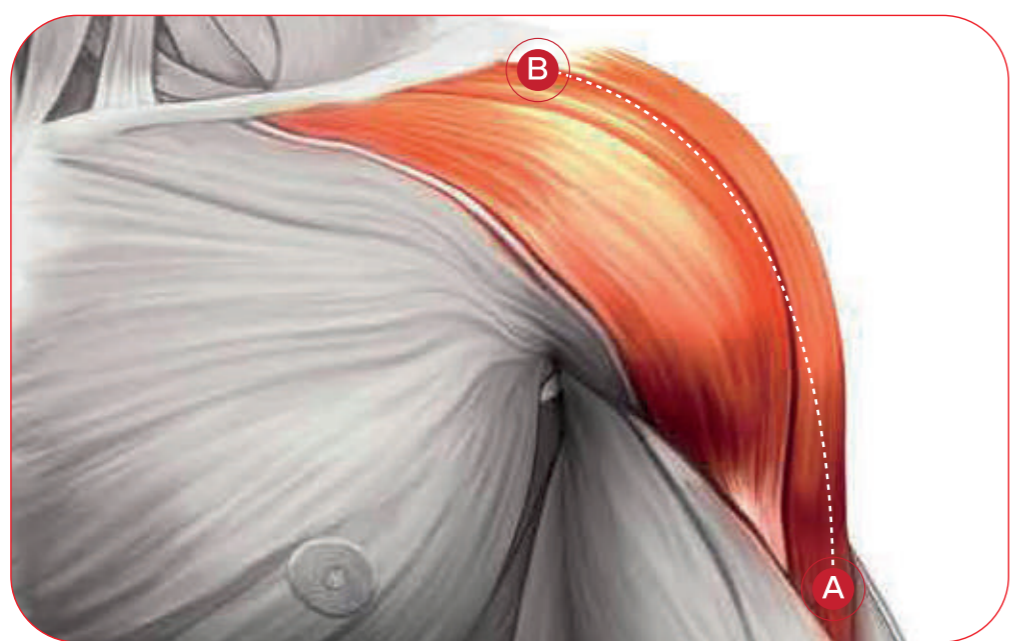
6:00 MIN

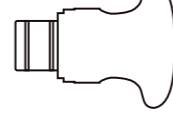


ATTACHMENT: **FLAT** 
MUSCLES: **Triceps**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FLAT** 
MUSCLES: **Biceps**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FLAT** 
MUSCLES: **Shoulders**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

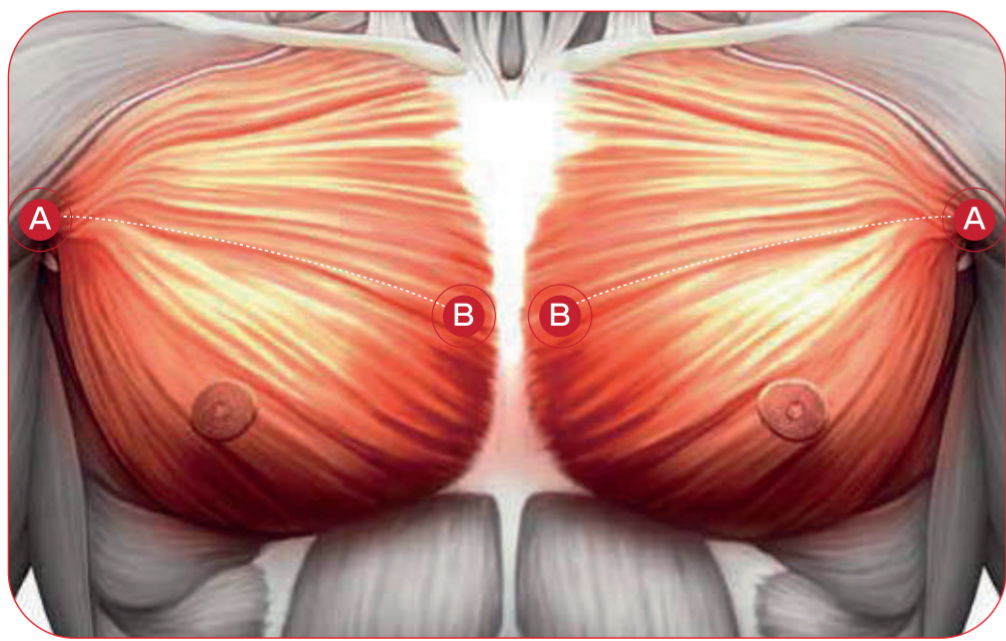


HIGH INTENSITY

Recover so you can reach a higher intensity. Start now by treating the muscles you used during your high intensity session

HIGH INTENSITY

4:00 MIN

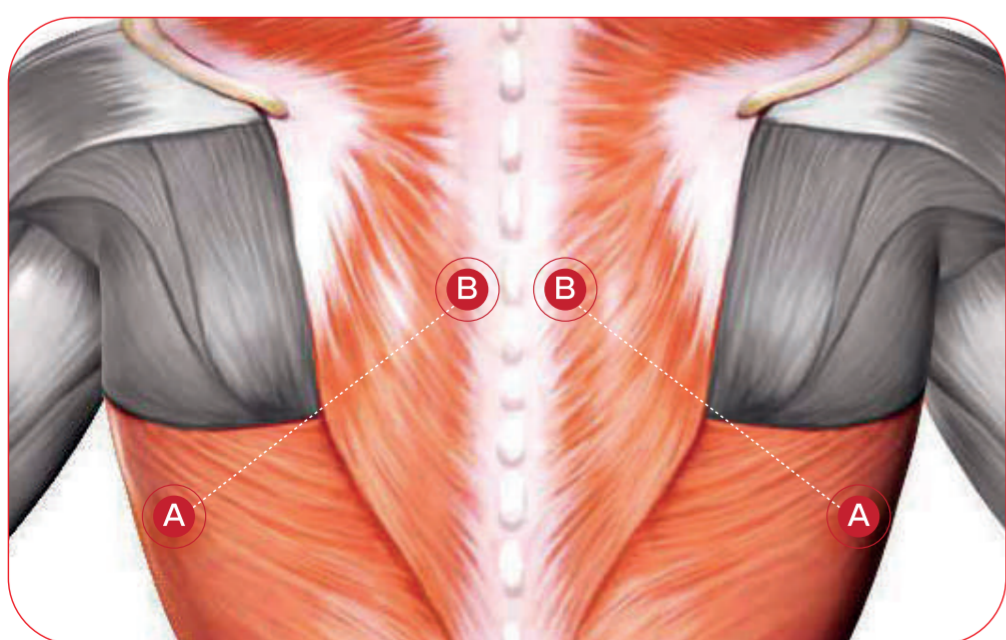


ATTACHMENT: **FLAT** 

MUSCLES: **Chest**

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

DURATION: **2min**

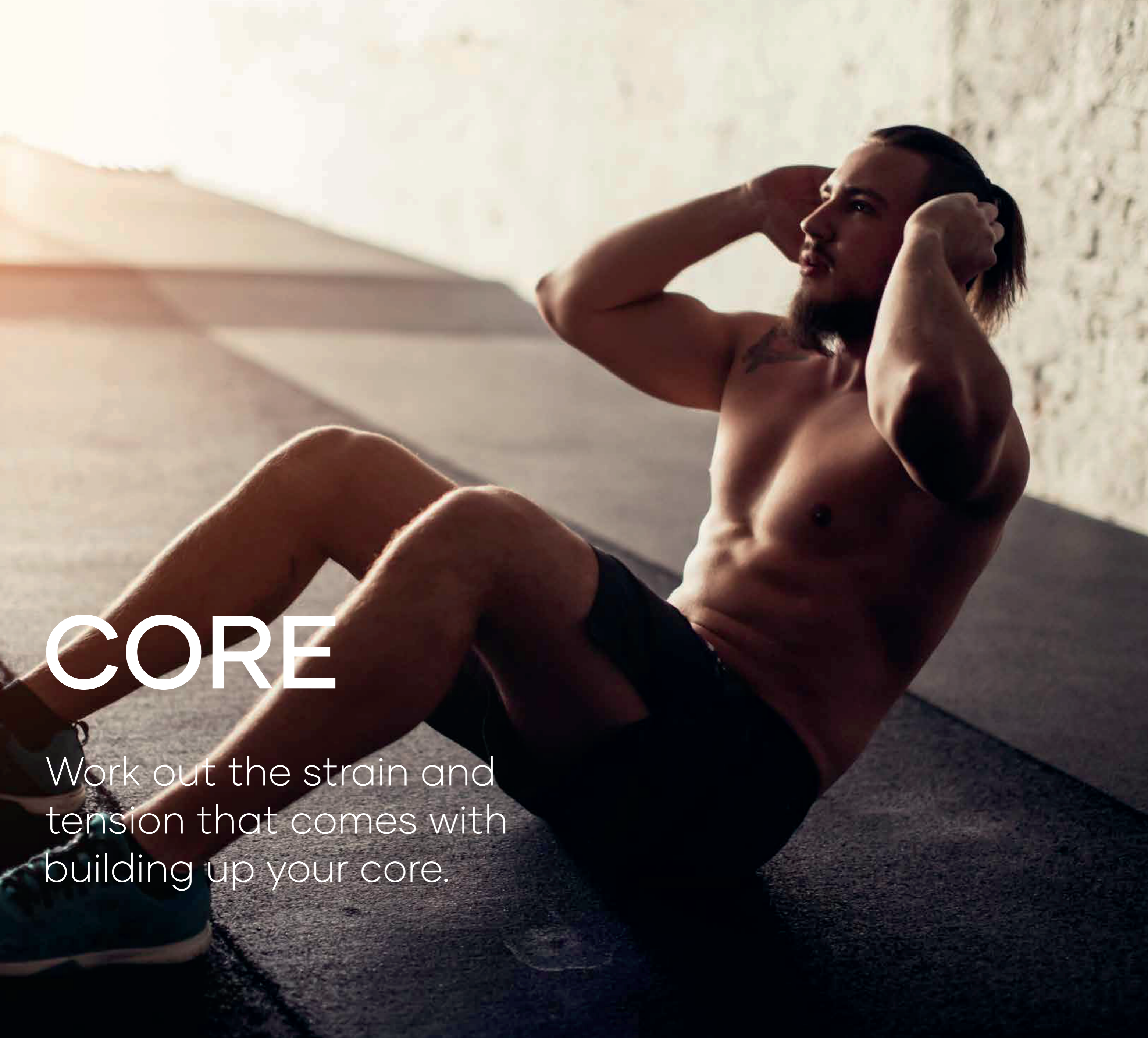


ATTACHMENT: **BALL** 

MUSCLES: **Upper back**

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

DURATION: **2min**

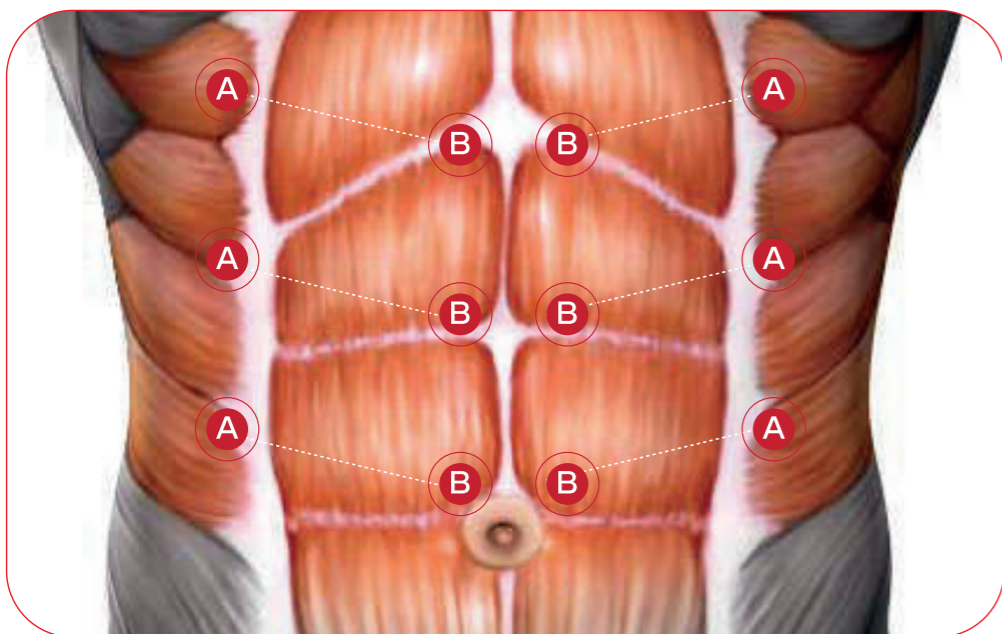


CORE

Work out the strain and tension that comes with building up your core.

CORE

4:00 MIN

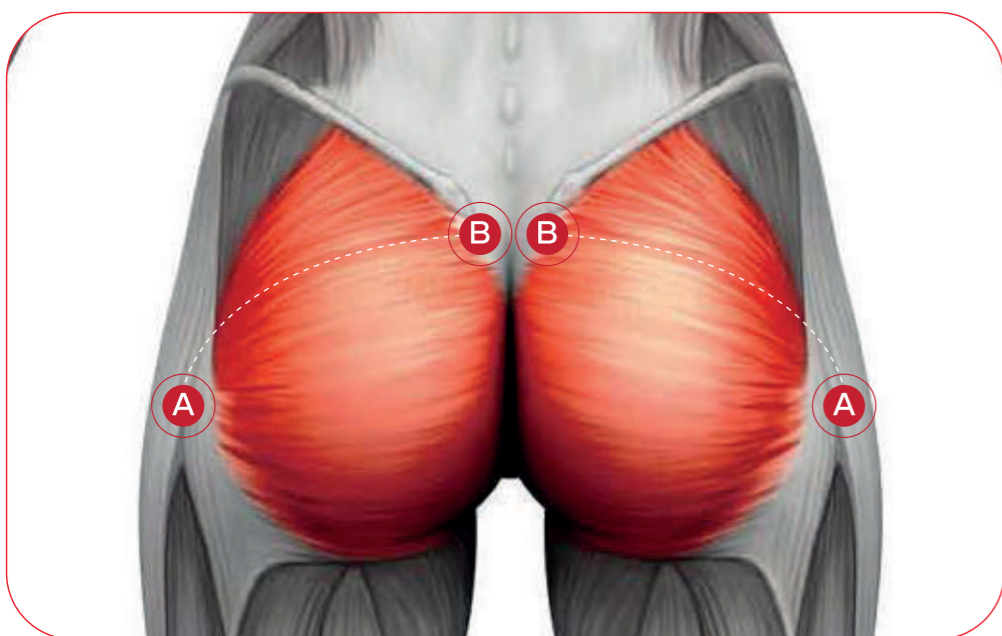


ATTACHMENT: **BALL** 

MUSCLES: **ABS**

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

DURATION: 1min

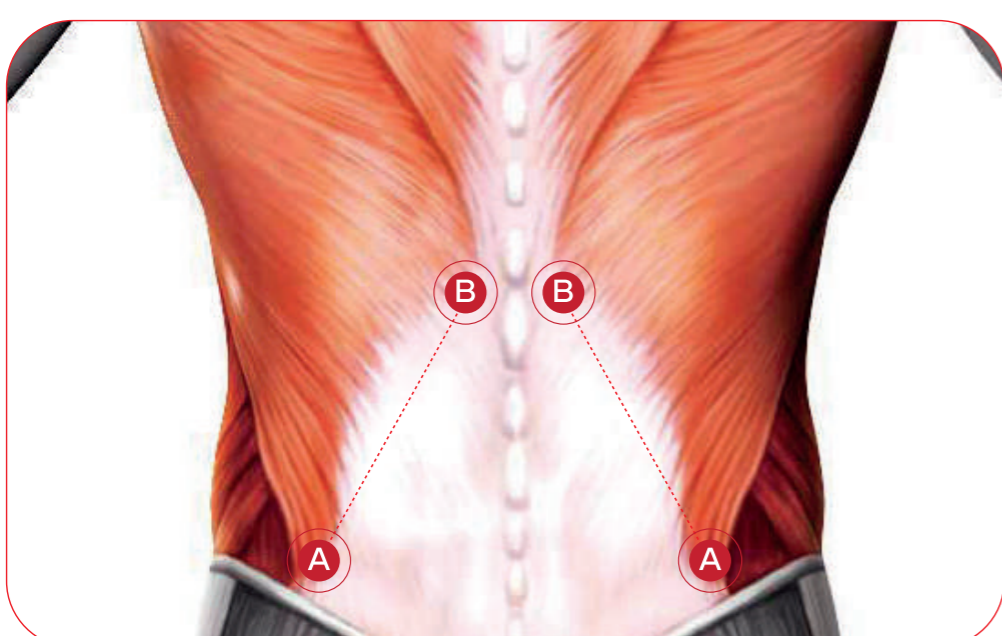


ATTACHMENT: **FLAT** 

MUSCLES: **Glutes**

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

DURATION: 1min



ATTACHMENT: **BALL** 

MUSCLES: **Lower back**

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

DURATION: 2min

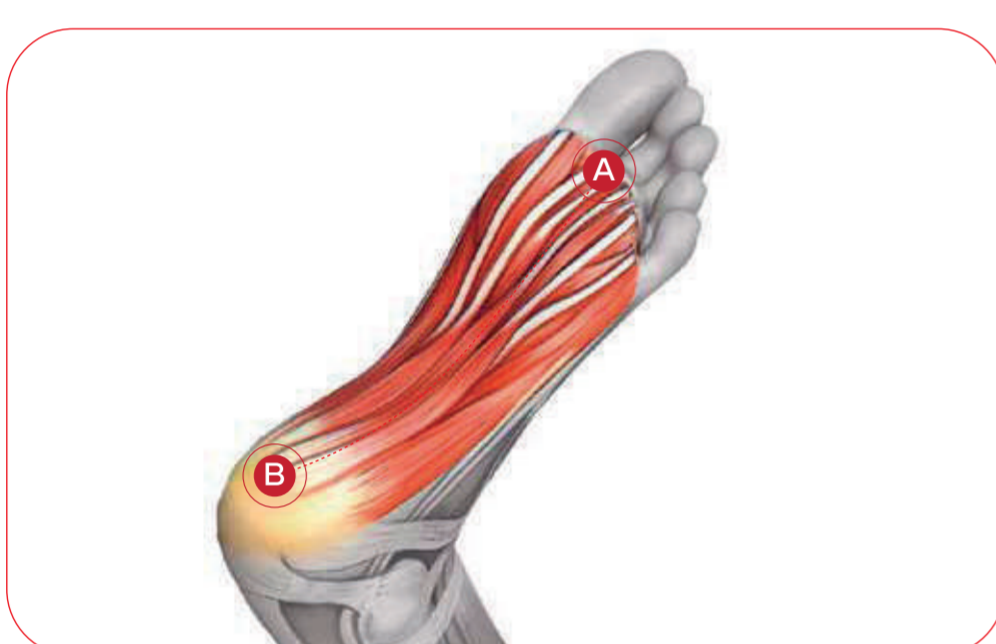


RUN

Prepare your feet, calves, quads, hamstrings and glutes for your best run yet.

RUN

10:00 MIN

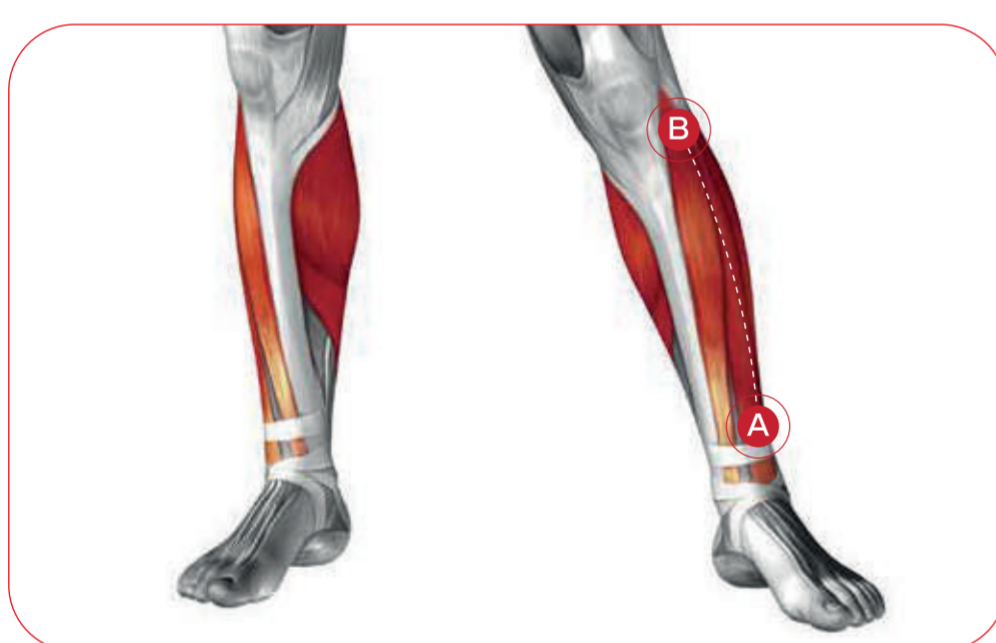


ATTACHMENT: **FORK** 

MUSCLE: **Feet**

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

DURATION: **1min**

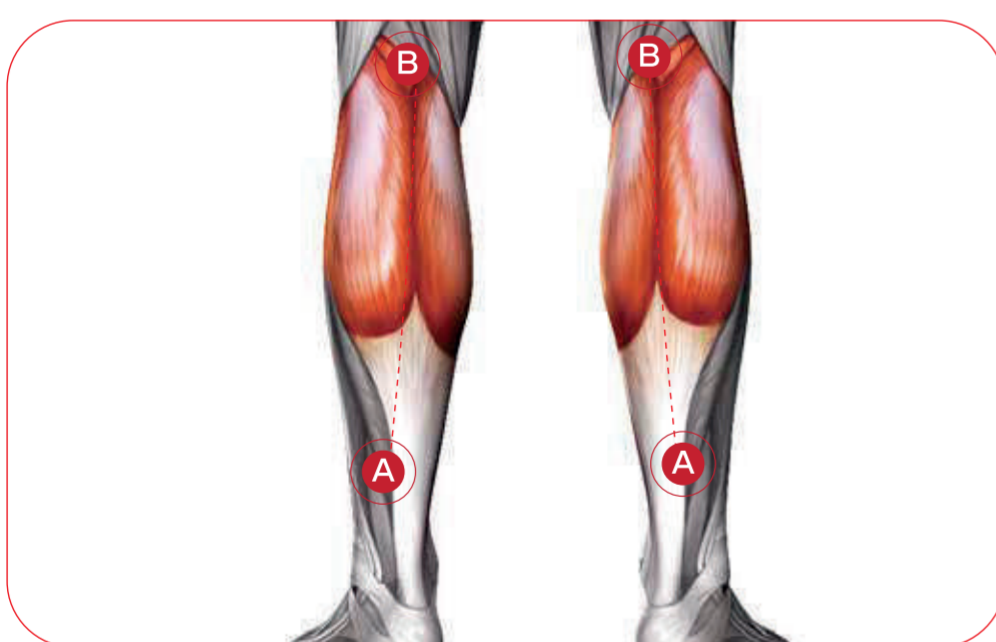


ATTACHMENT: **FLAT** 

MUSCLE: **Shins**

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

DURATION: **1min**

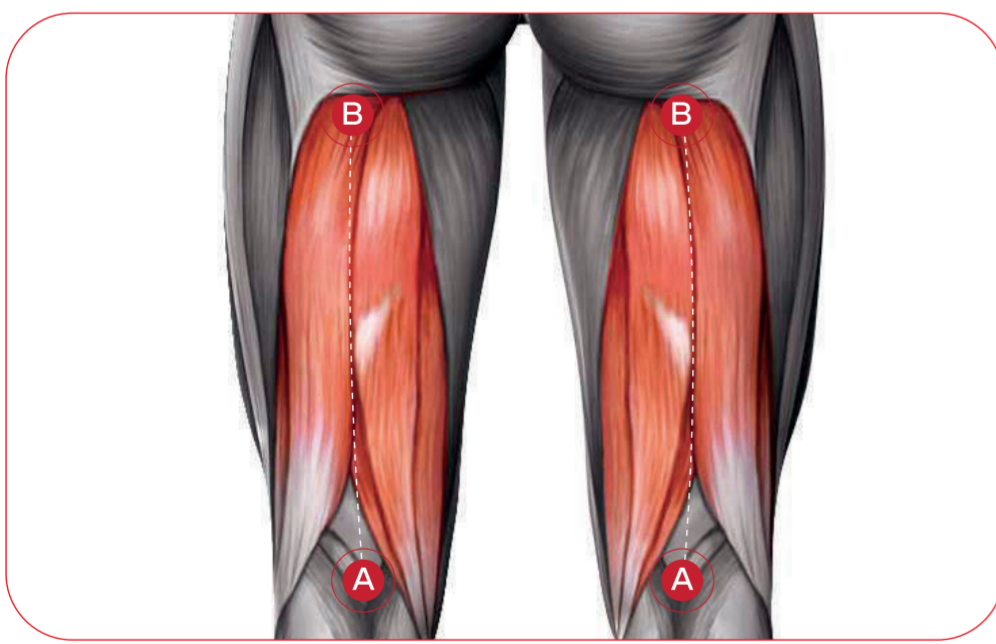


ATTACHMENT: **FLAT** 

MUSCLE: **Calves**

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

DURATION: **2min**

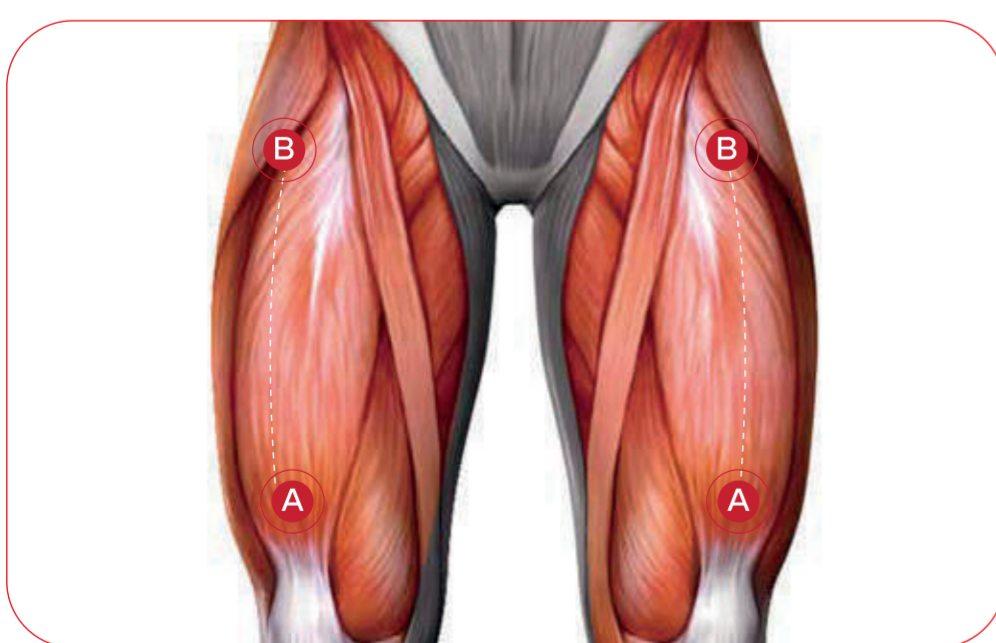


ATTACHMENT: **FLAT** 

MUSCLE: **Hamstrings**

PROTOCOL: **Sweep from A to B on each side for 60 seconds**

DURATION: **2min**

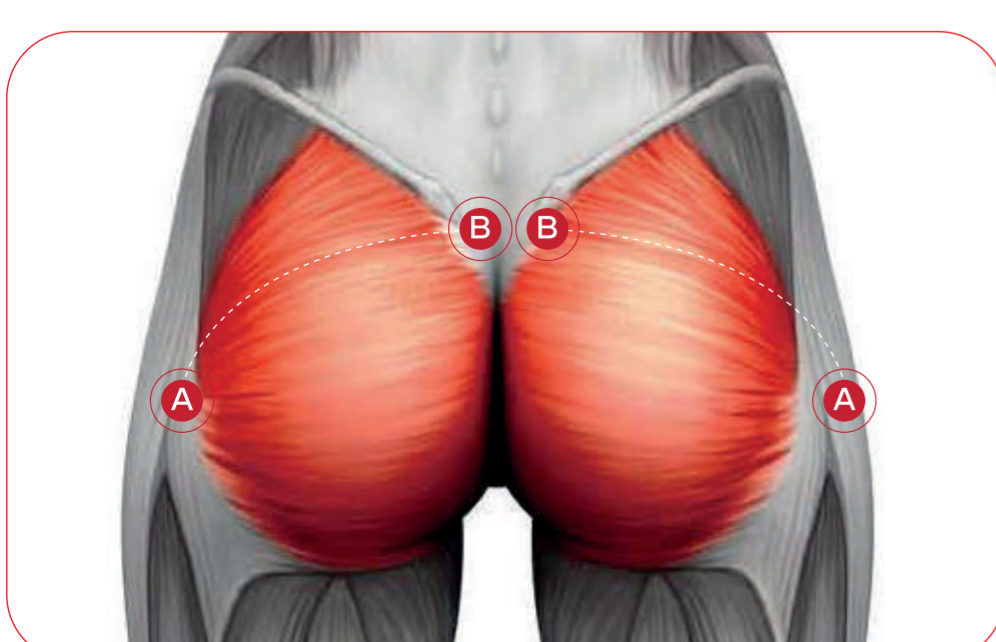


ATTACHMENT: **FLAT** 

MUSCLE: **Quads**

PROTOCOL: **Sweep from A to B on each side for 60 seconds**

DURATION: **2min**



ATTACHMENT: **FLAT** 

MUSCLE: **Glutes**

PROTOCOL: **Sweep from A to B on each side for 60 seconds**

DURATION: **2min**

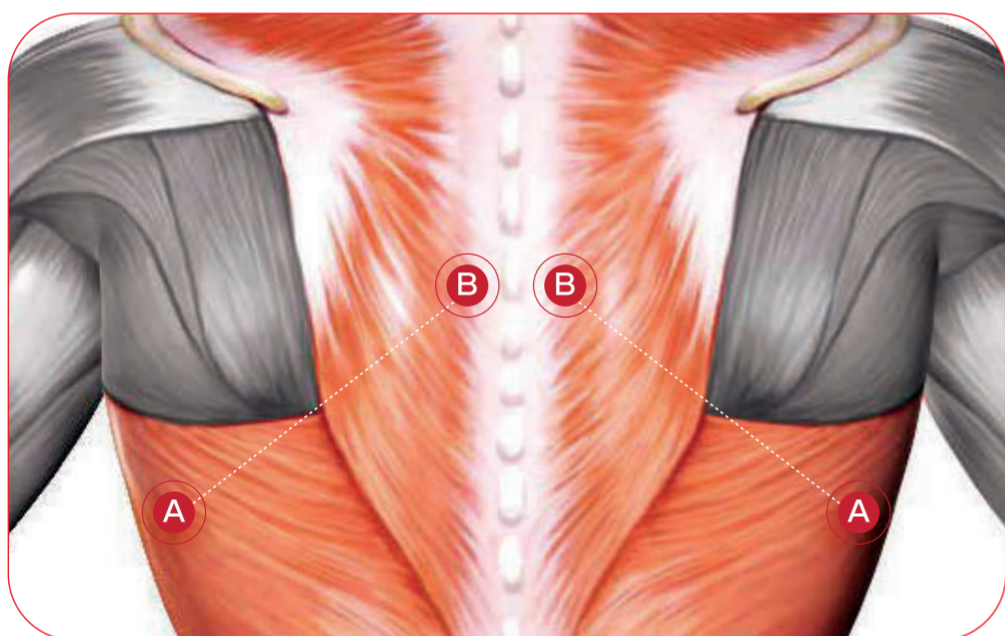
SWIM

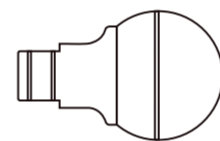
A full body workout calls for a full body recovery



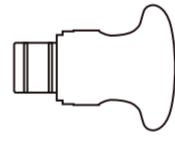
SWIM

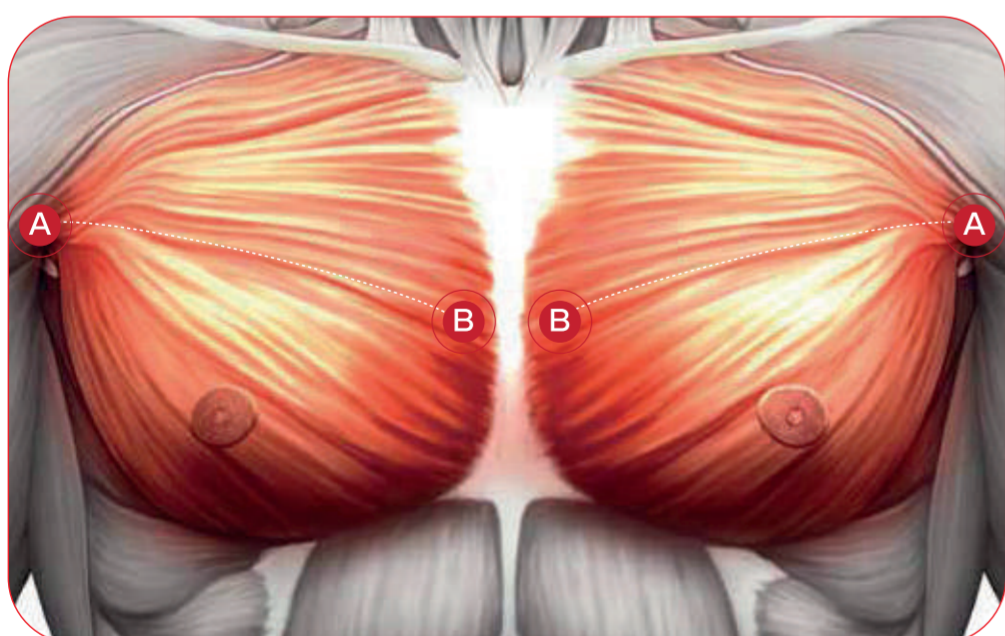
8:00 MIN

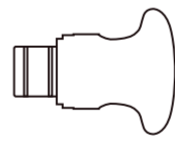


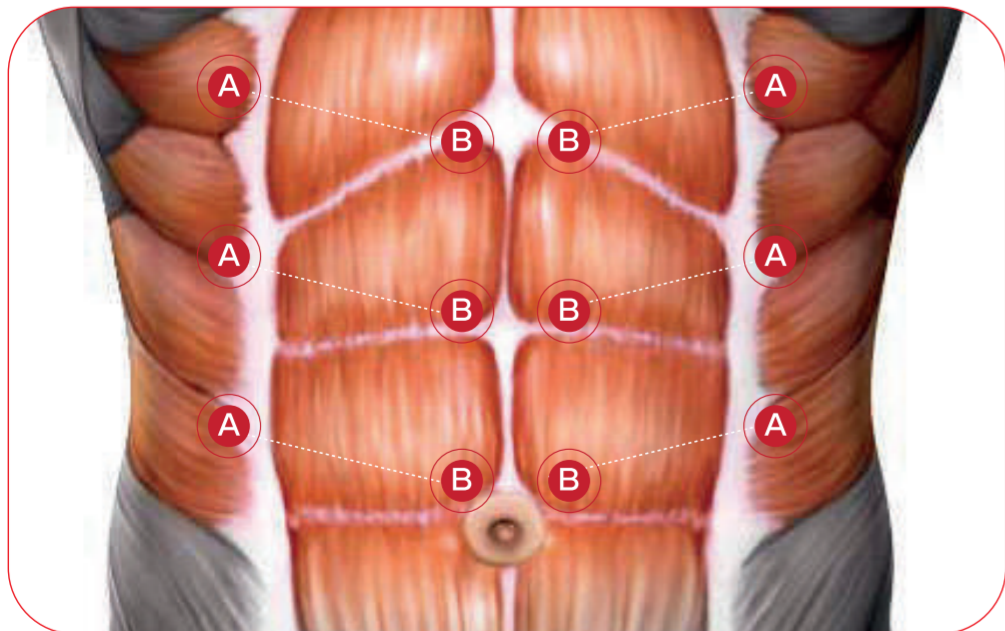
ATTACHMENT: **BALL** 
MUSCLES: **Upper back**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

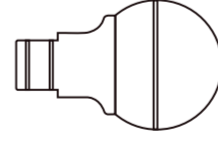


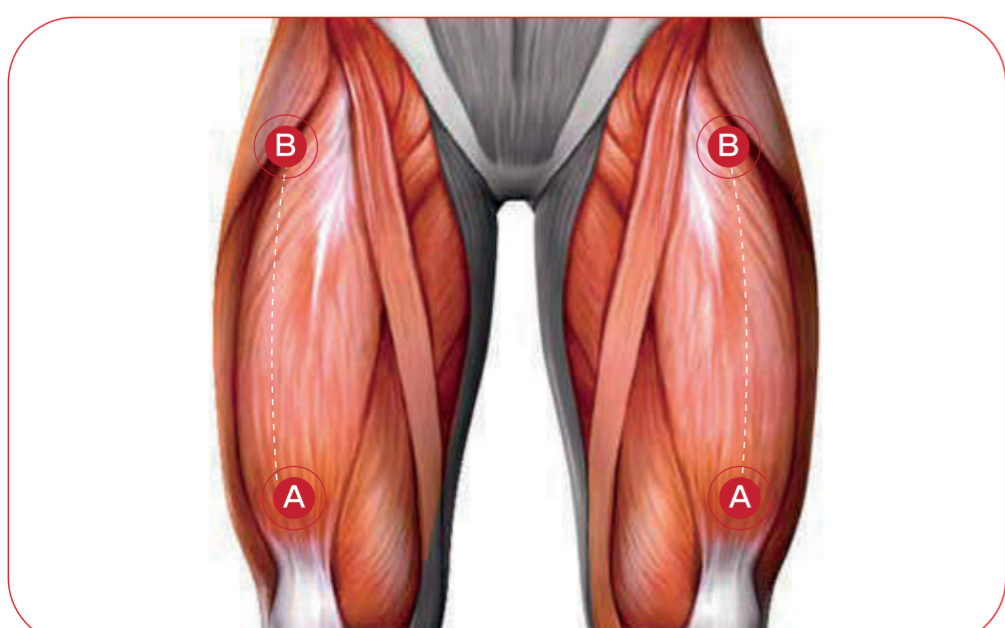
ATTACHMENT: **FLAT** 
MUSCLE: **Triceps**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **1min**

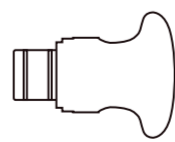


ATTACHMENT: **FLAT** 
MUSCLES: **Chest**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **BALL** 
MUSCLES: **ABS**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **1min**



ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

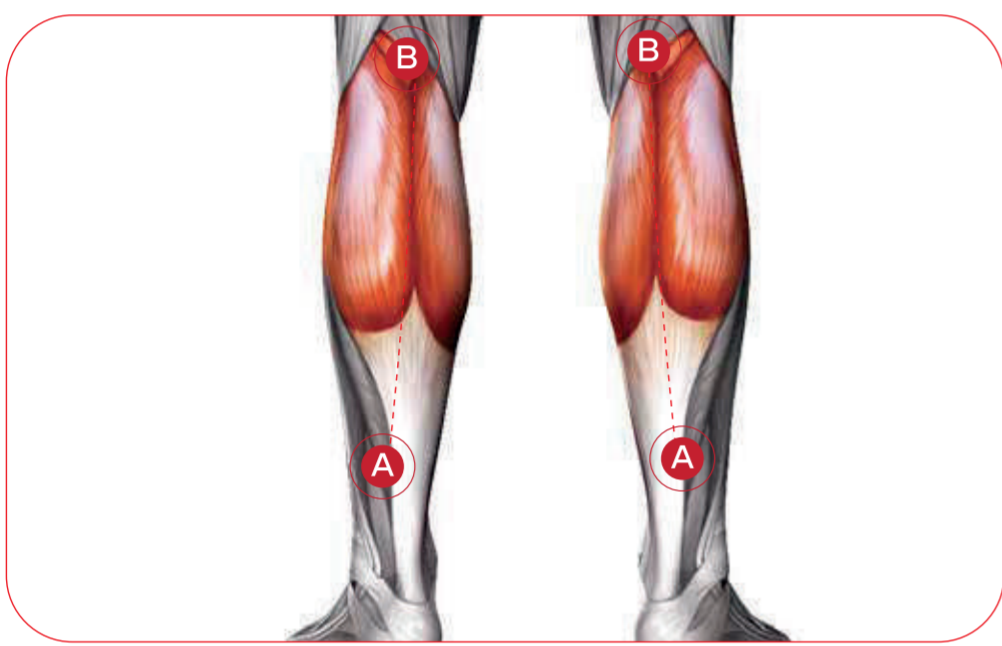
GOLF

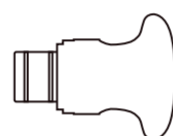
Reduce stress and tension in your lower back and generate more power in each swing.

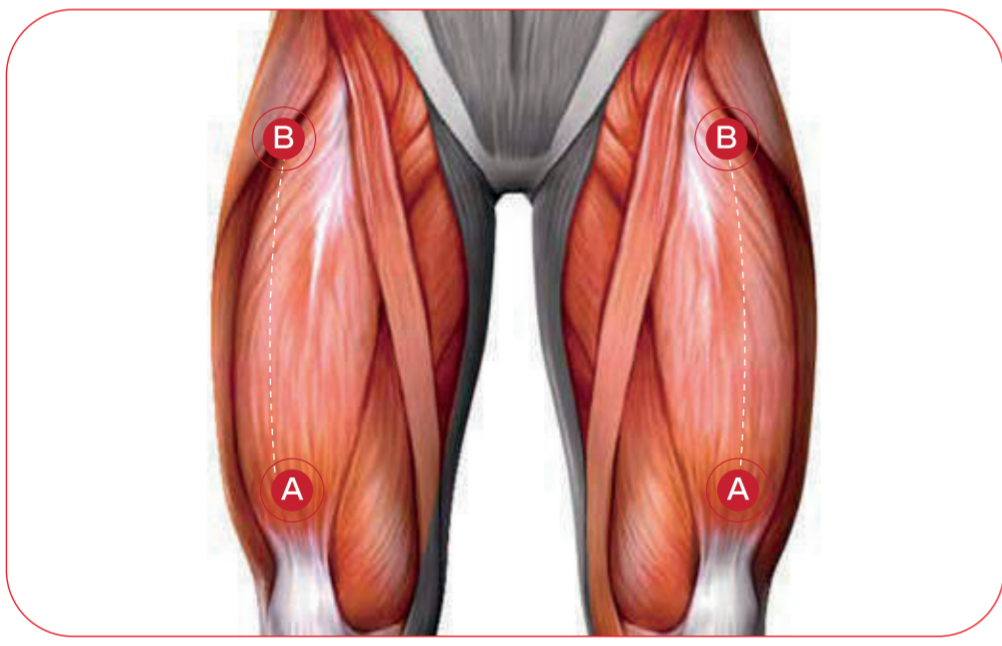


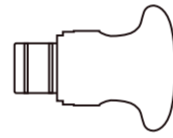
GOLF

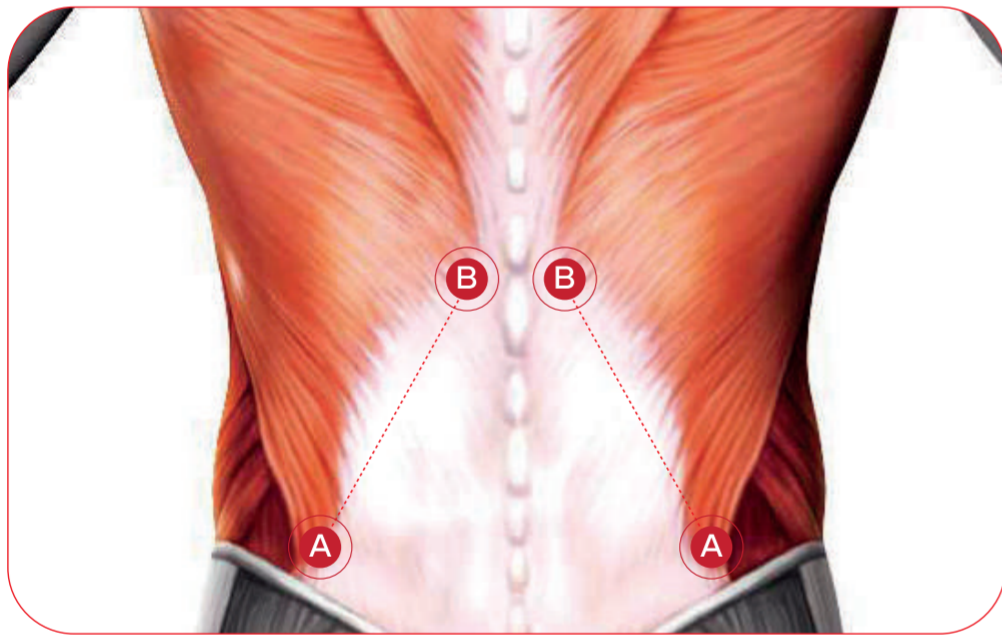
12:00 MIN

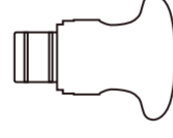


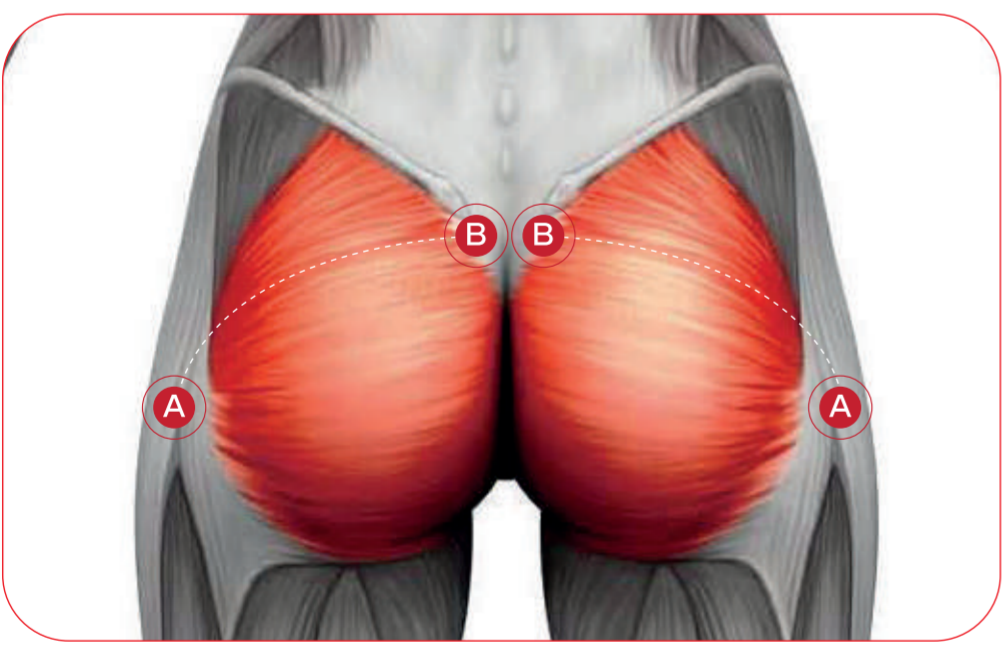
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

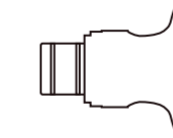


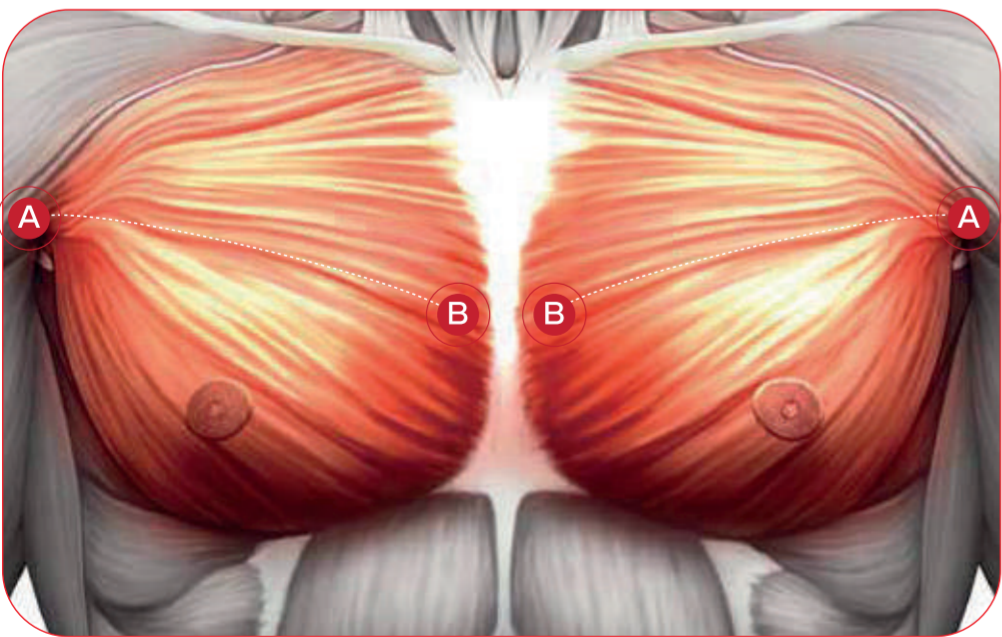
ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

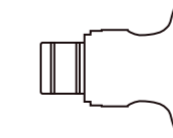


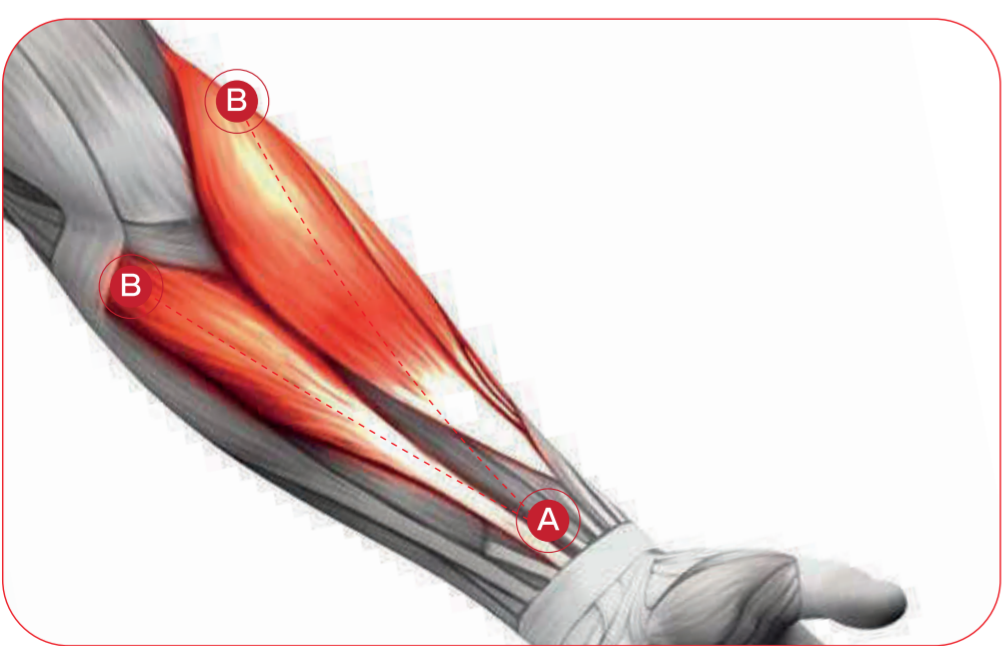
ATTACHMENT: **FLAT** 
MUSCLES: **Glutes**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

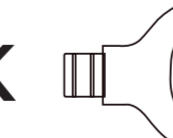


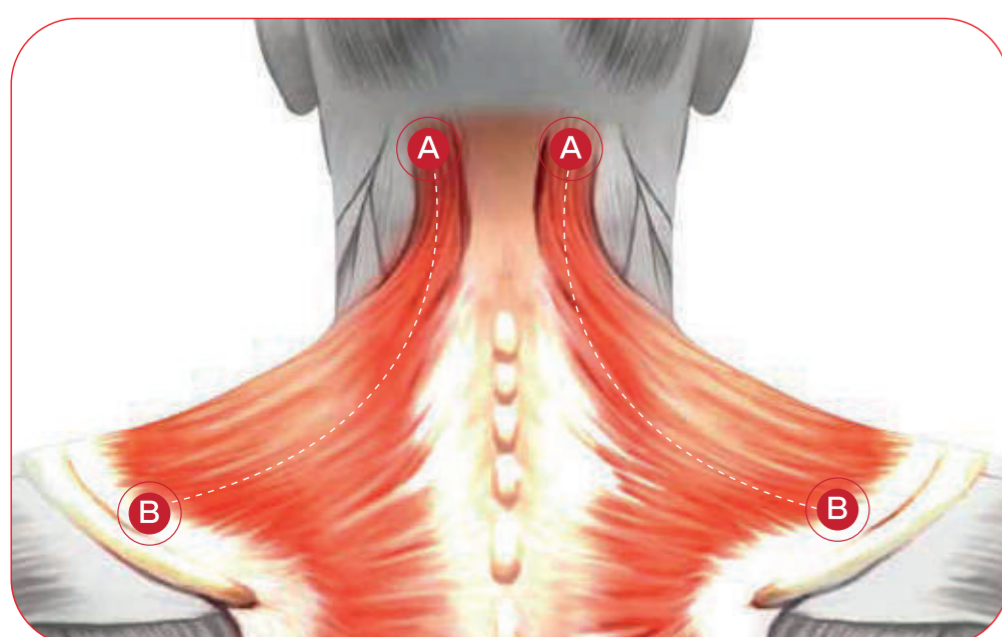
ATTACHMENT: **FLAT** 
MUSCLE: **Lower back**
PROTOCOL: Sweep from A to B on each side for 30 seconds
DURATION: 1min

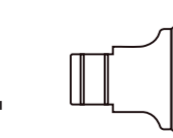


ATTACHMENT: **FLAT** 
MUSCLES: **Chest**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



ATTACHMENT: **FORK** 
MUSCLE: **Forearms**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



ATTACHMENT: **BALL** 
MUSCLE: **Neck & traps**
PROTOCOL: Sweep from A to B on each side for 30 seconds
DURATION: 1min

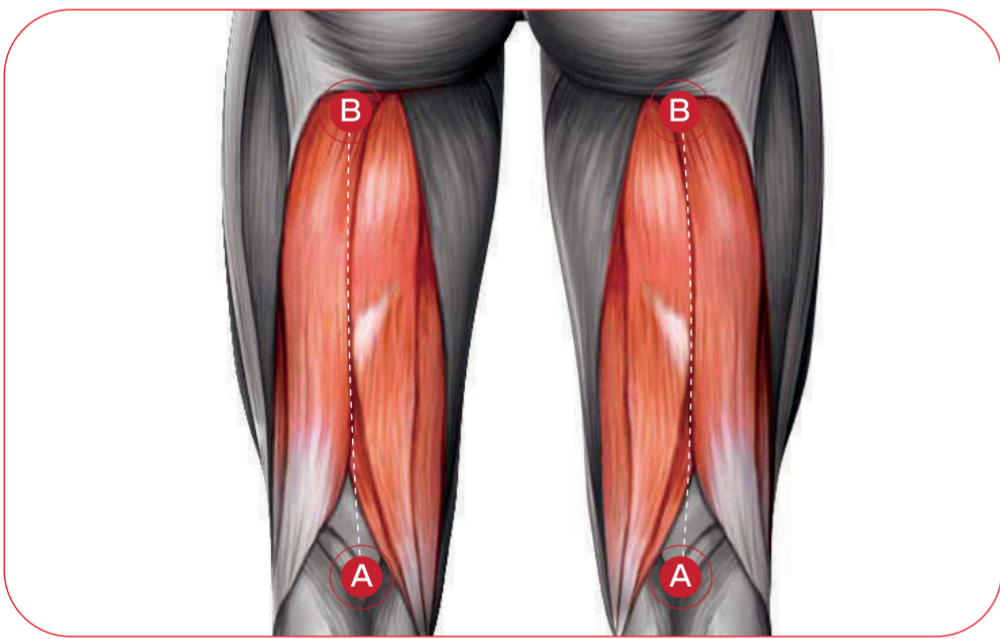


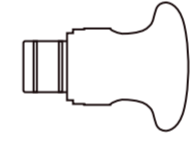
YOGA

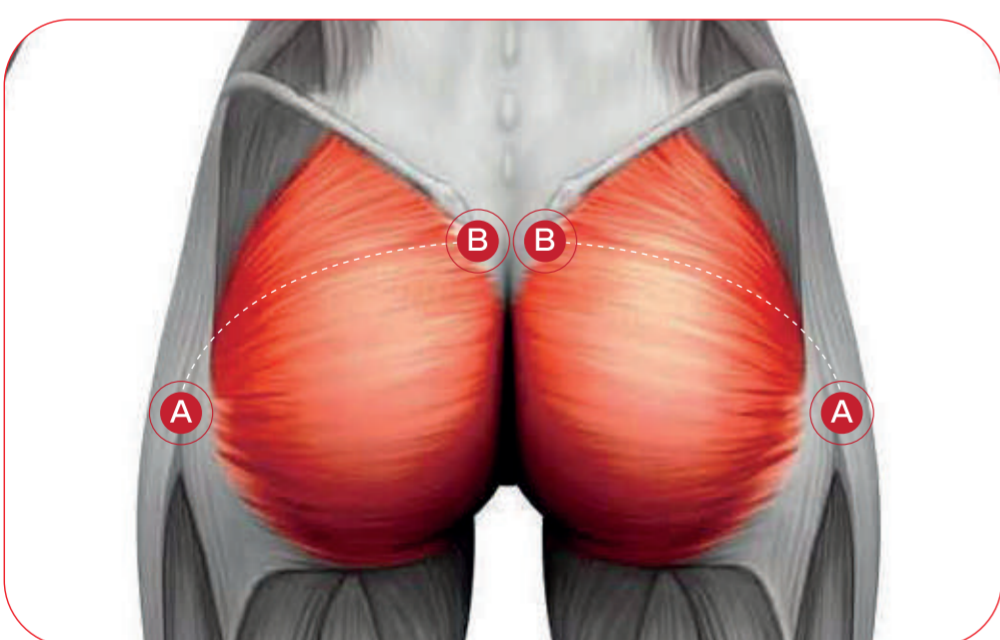
Reinvigorate the muscles that stretch your perspective

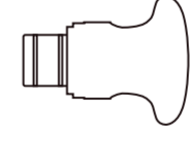
YOGA

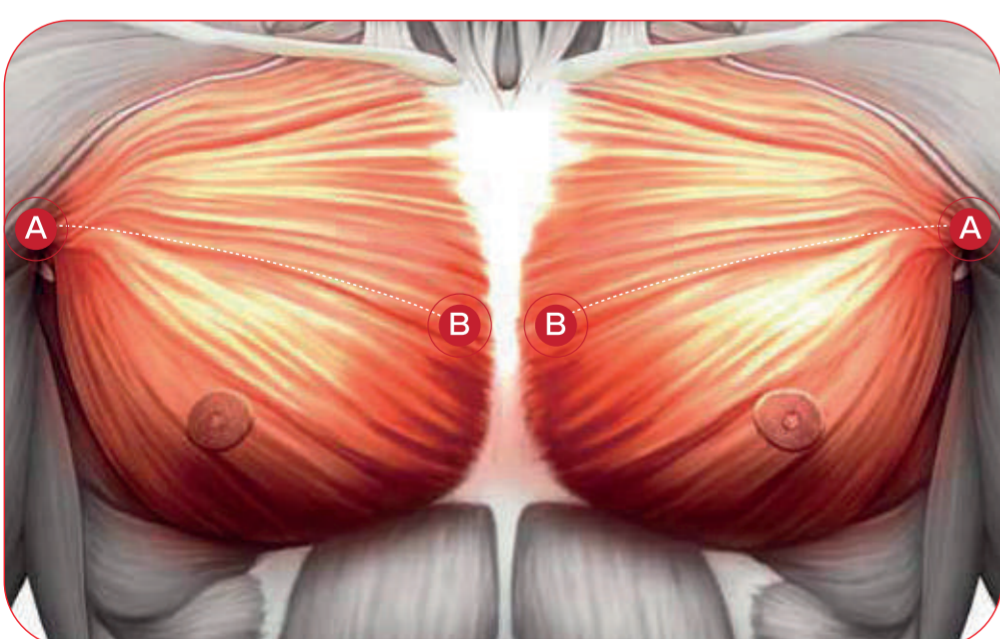
8:00 MIN

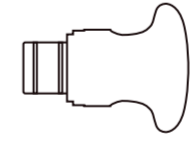


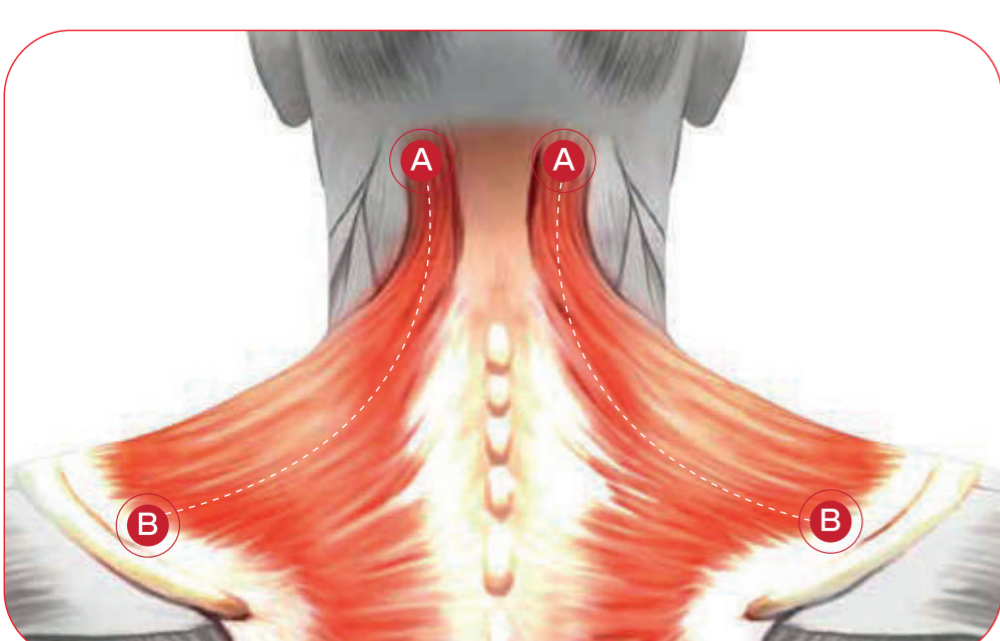
ATTACHMENT: **FLAT** 
MUSCLE: **Hamstrings**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

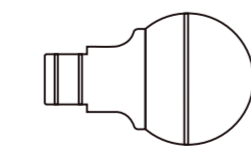


ATTACHMENT: **FLAT** 
MUSCLE: **Glutes**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FLAT** 
MUSCLES: **Chest**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **BALL** 
MUSCLE: **Neck**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

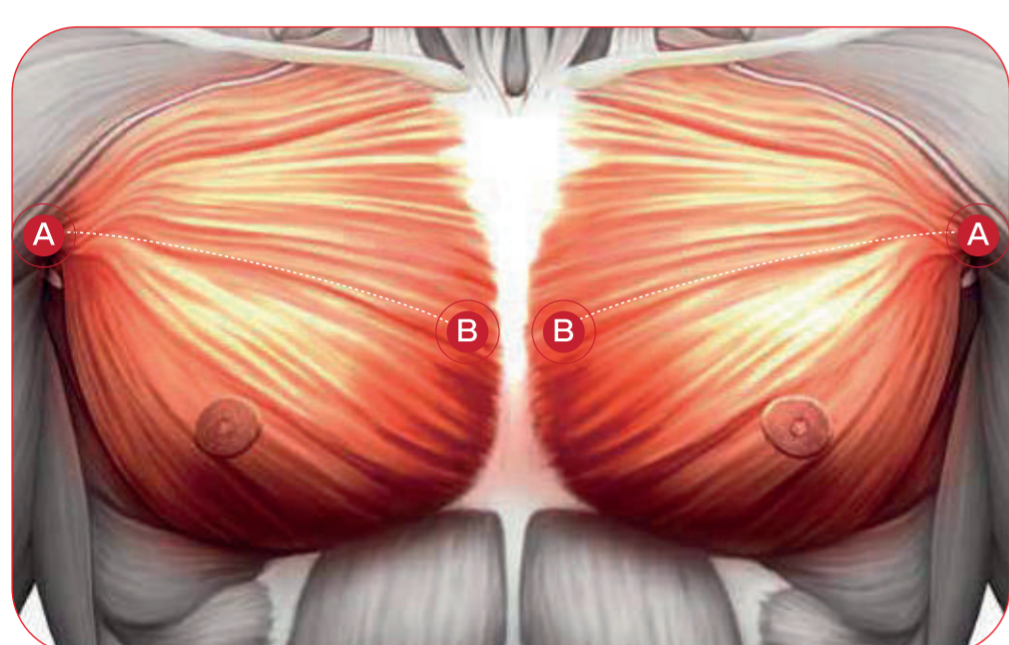
TENNIS

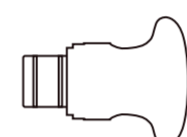
Strong glutes are important for posture, core strength and movement.

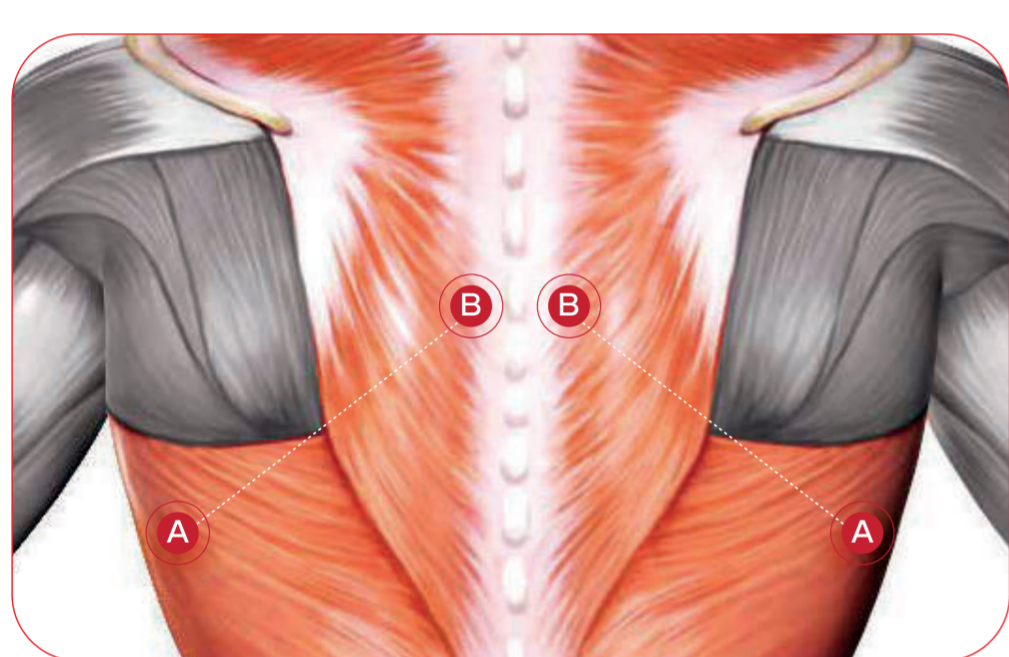



TENNIS

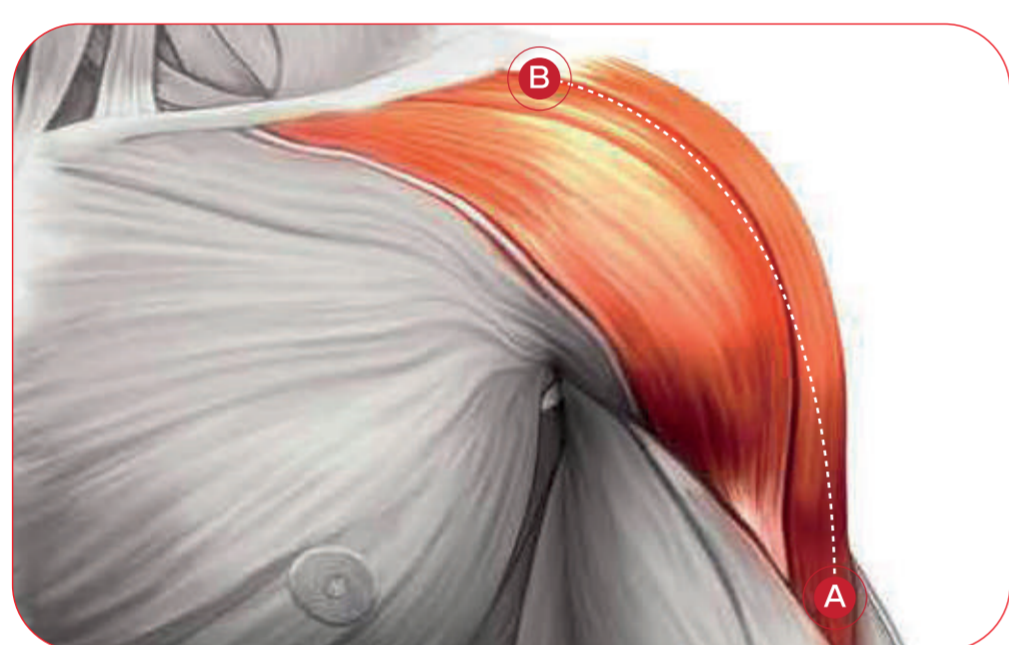
15:00 MIN

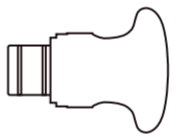


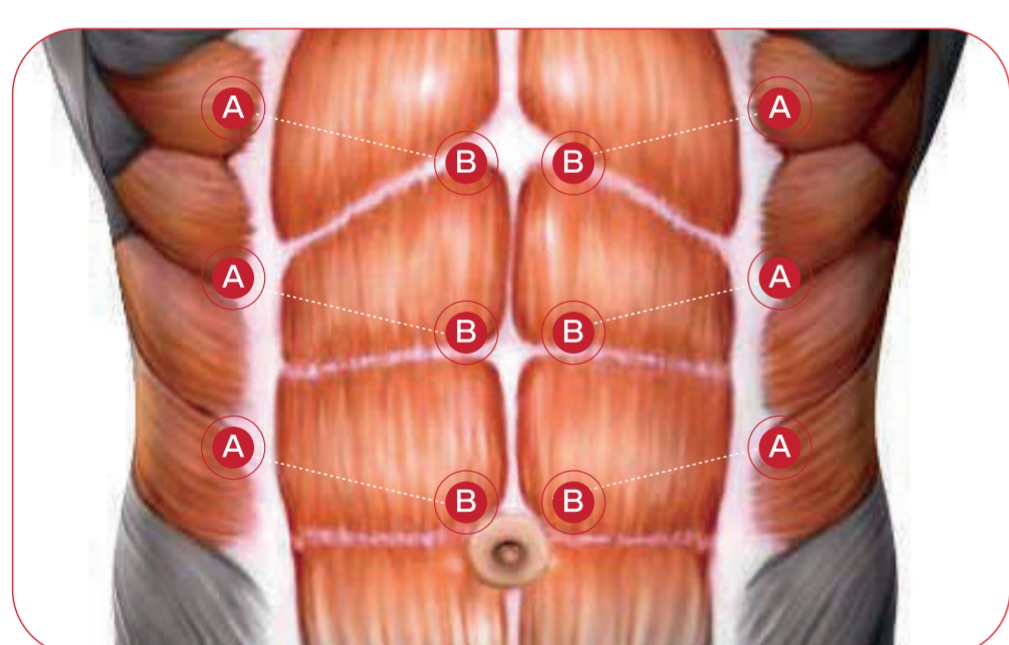
ATTACHMENT: **FLAT** 
MUSCLES: **Chest**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

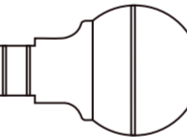


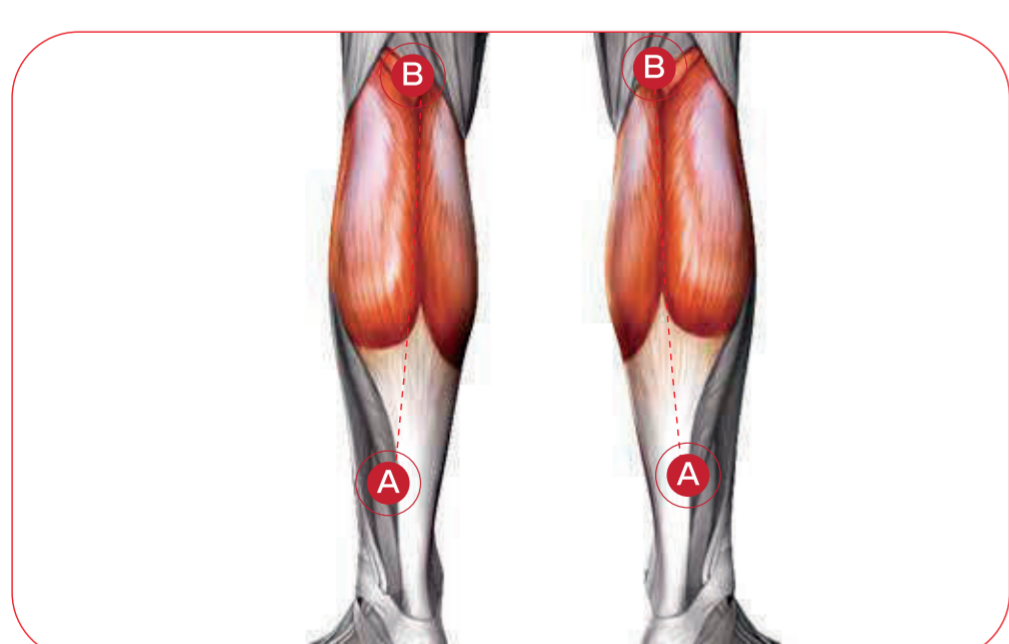
ATTACHMENT: **FLAT** 
MUSCLES: **Upper back**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

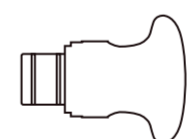


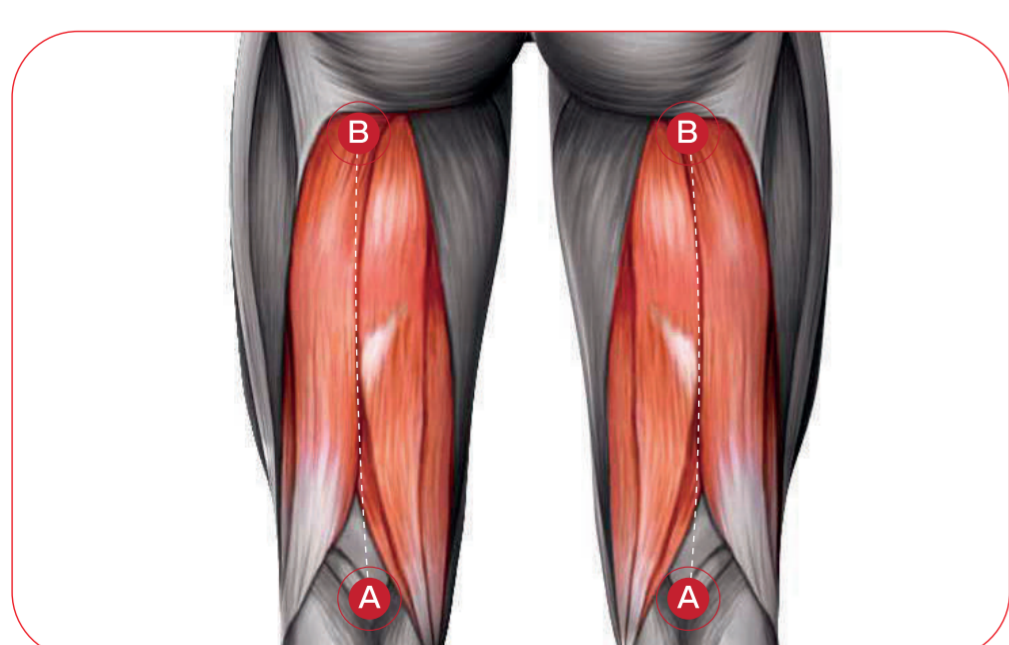
ATTACHMENT: **FLAT** 
MUSCLES: **Shoulders**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



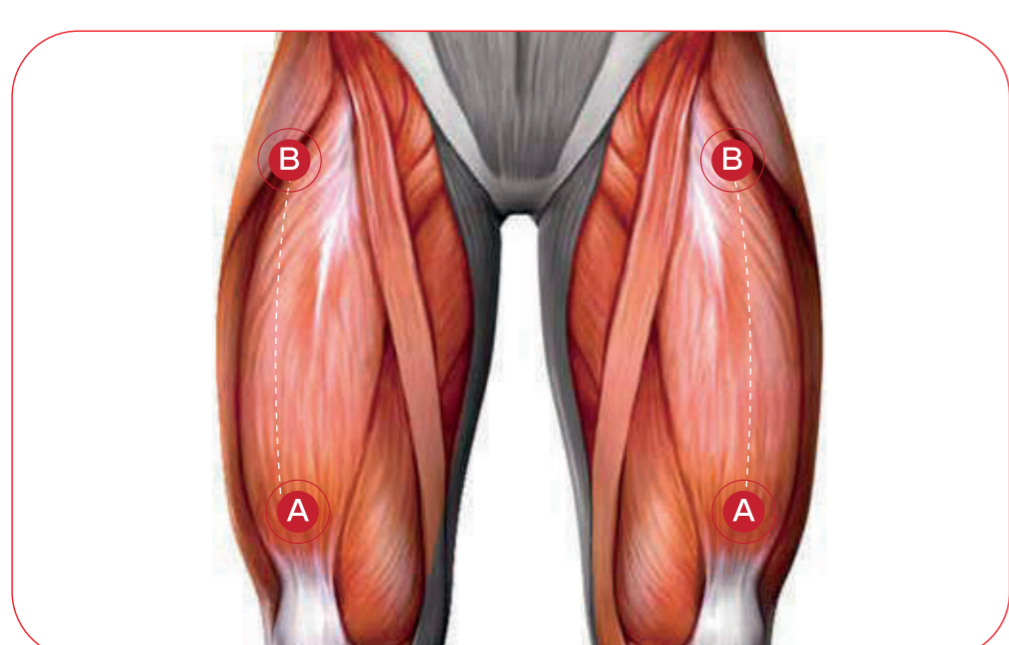
ATTACHMENT: **BALL** 
MUSCLES: **ABS**
PROTOCOL: Sweep from A to B on each side for 30 seconds
DURATION: 1min



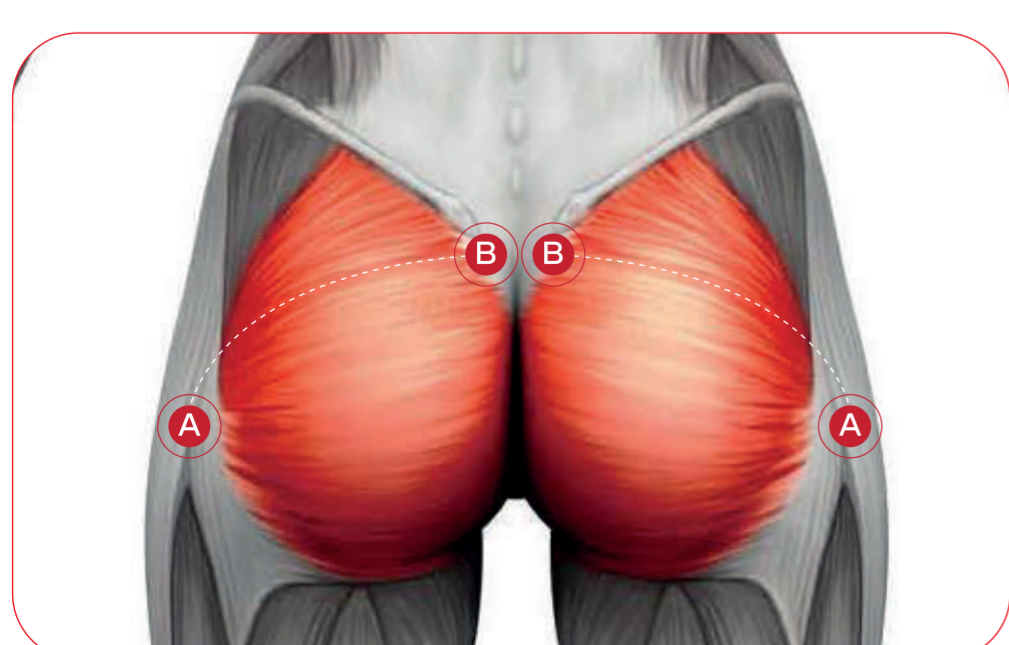
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

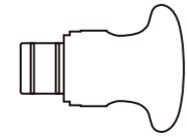


ATTACHMENT: **FLAT** 
MUSCLE: **Hamstrings**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



ATTACHMENT: **FLAT** 
MUSCLE: **Glutes**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

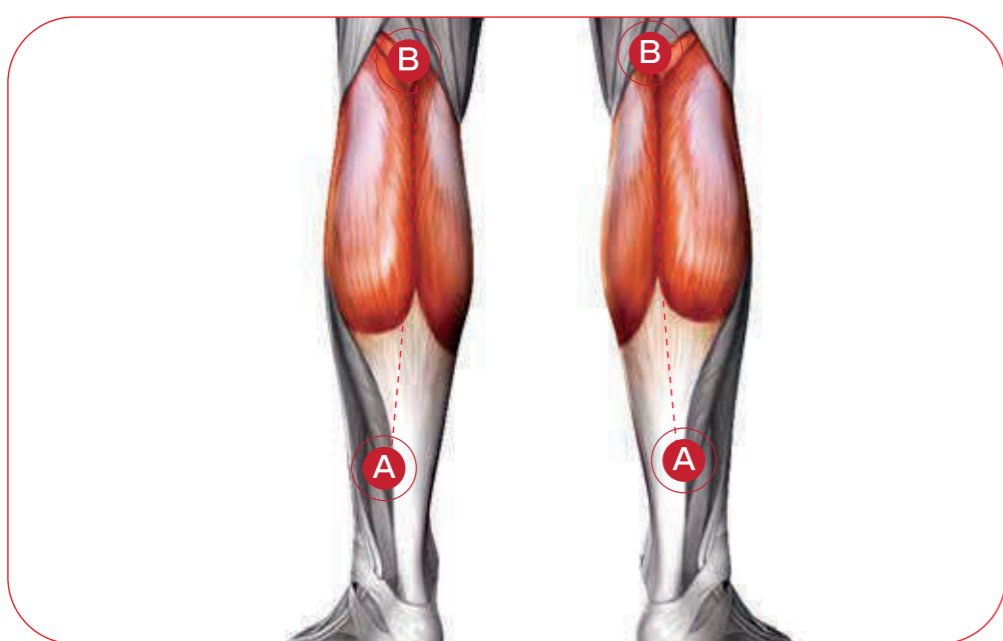
CYCLE

Help your muscles catch up with your determination.



CYCLE

6:00 MIN

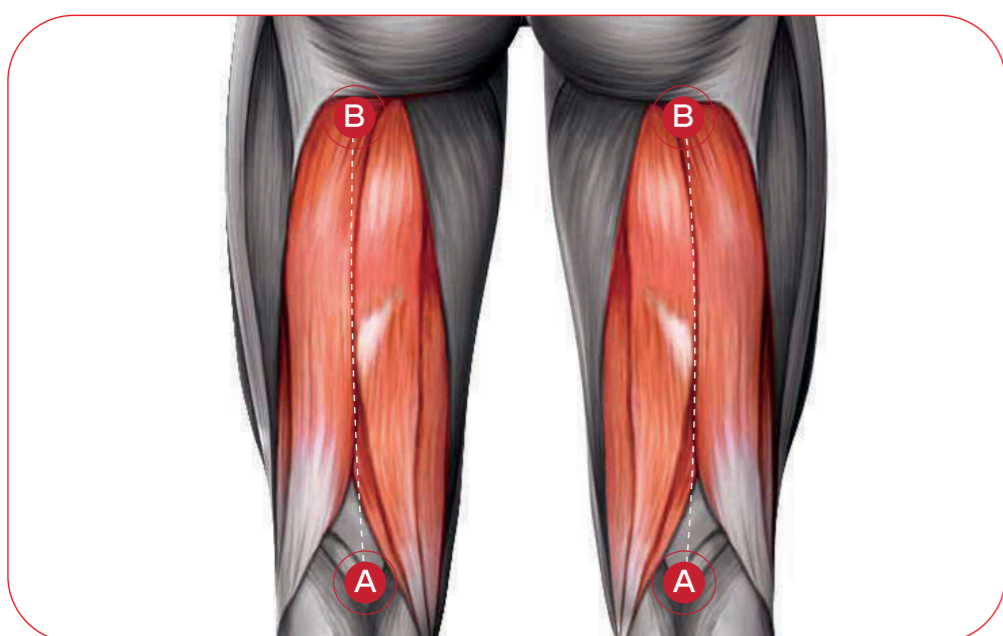


ATTACHMENT: **FLAT** 

MUSCLE: **Calves**

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

DURATION: 2min

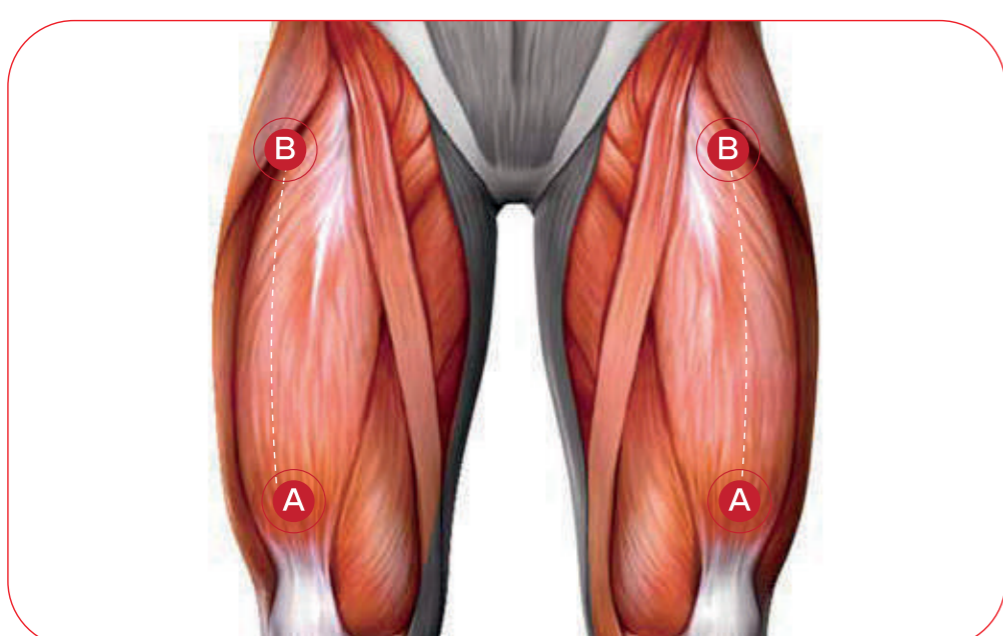


ATTACHMENT: **FLAT** 

MUSCLE: **Hamstrings**

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

DURATION: 2min



ATTACHMENT: **FLAT** 

MUSCLE: **Quads**

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

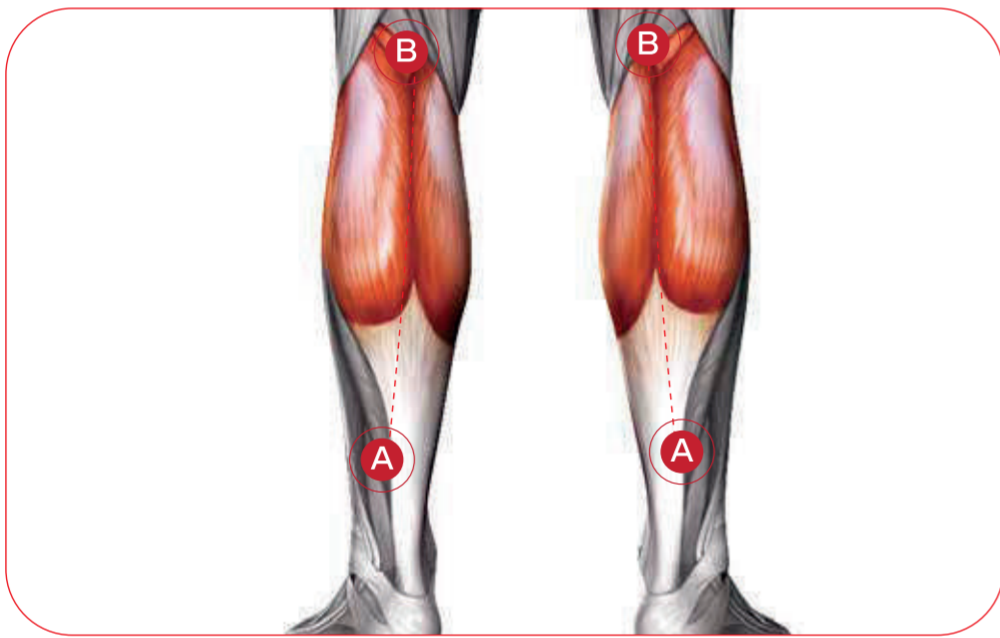
DURATION: 2min

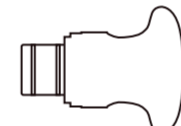
BASKETBALL

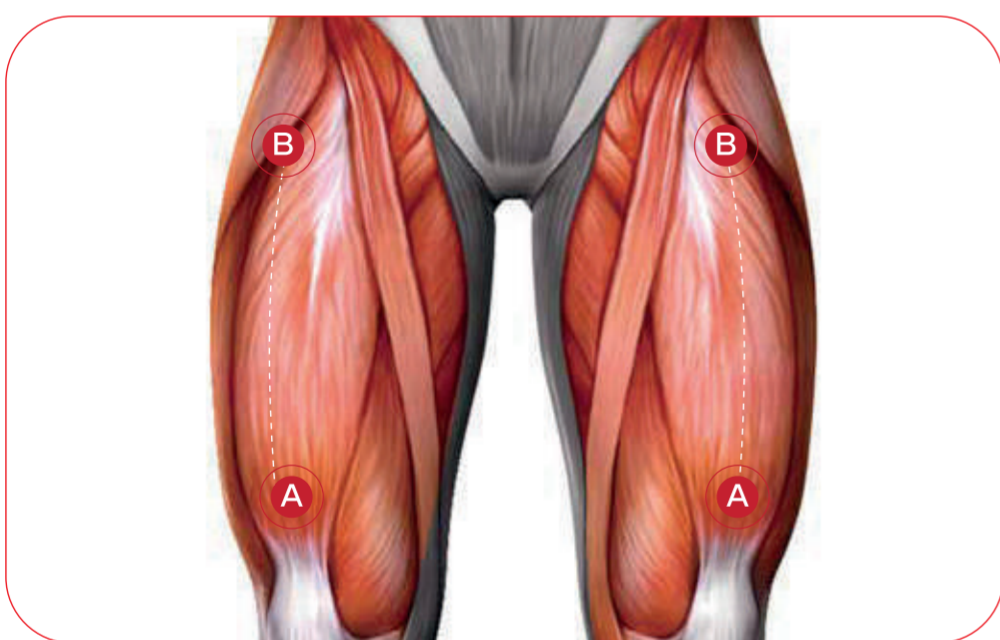
Put works into taking care of your muscles that help you reach new heights.

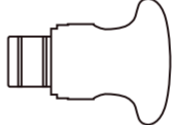
BASKETBALL

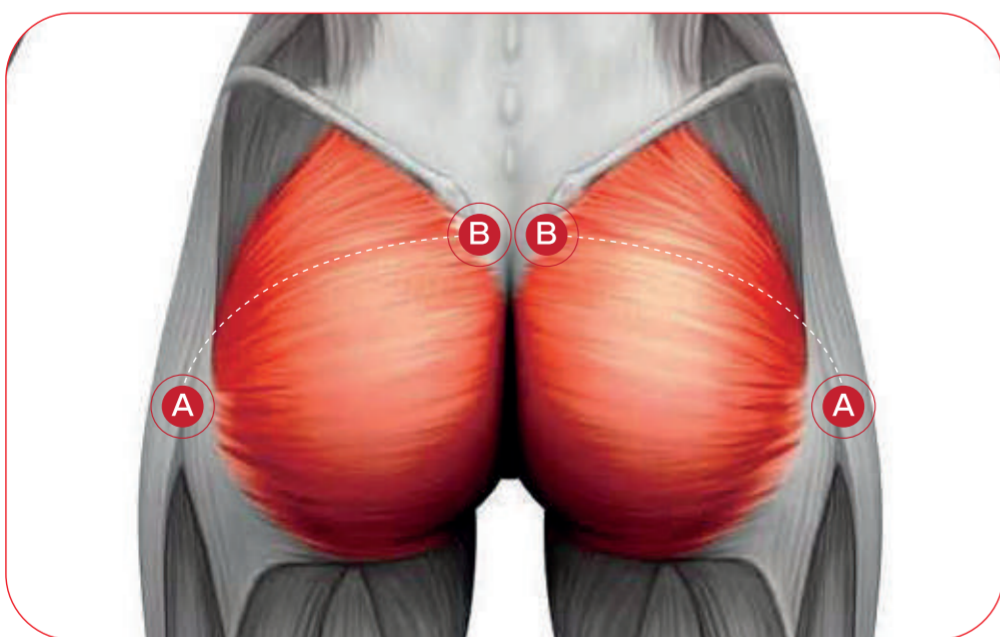
9:00 MIN

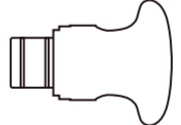


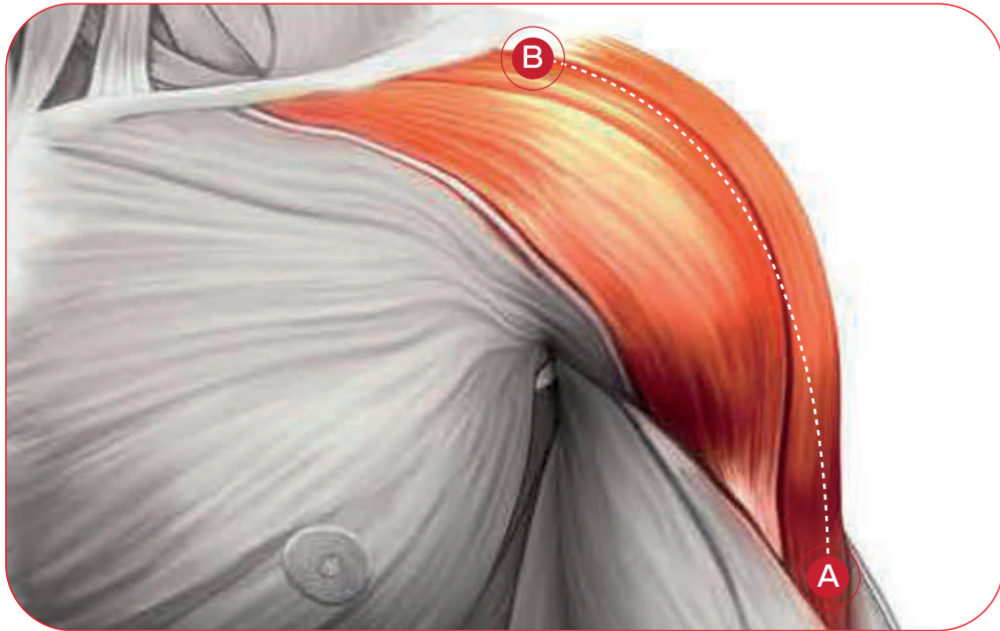
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

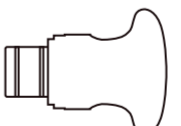


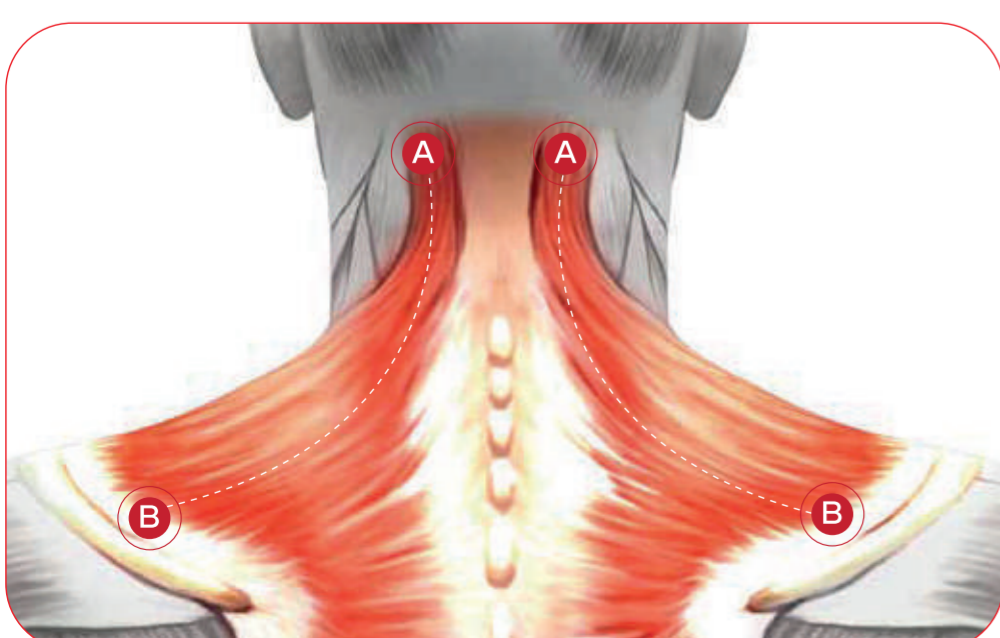
ATTACHMENT: **FLAT** 
MUSCLE: **Quads**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**

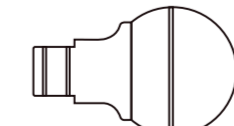


ATTACHMENT: **FLAT** 
MUSCLE: **Glutes**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **FLAT** 
MUSCLES: **Shoulders**
PROTOCOL: **Sweep from A to B on each side for 1min**
DURATION: **2min**



ATTACHMENT: **BALL** 
MUSCLE: **Neck**
PROTOCOL: **Sweep from A to B on each side for 30 seconds**
DURATION: **1min**

FOOTBALL

Play your best and Recover like the pros



FOOTBALL

10:00 MIN

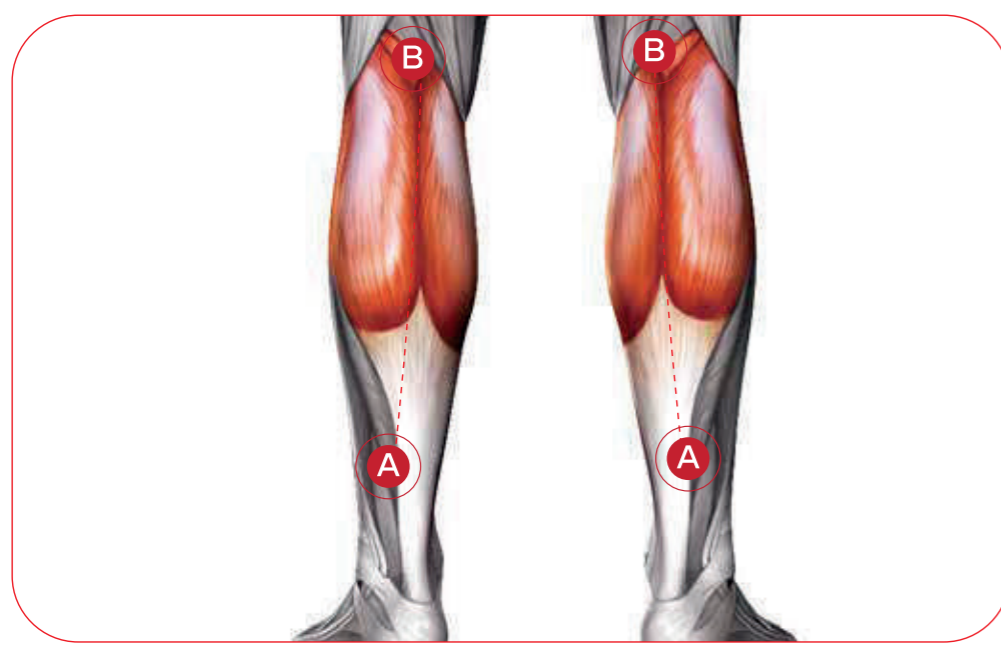


ATTACHMENT: **FORK** 

MUSCLE: **Feet**

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

DURATION: **1min**

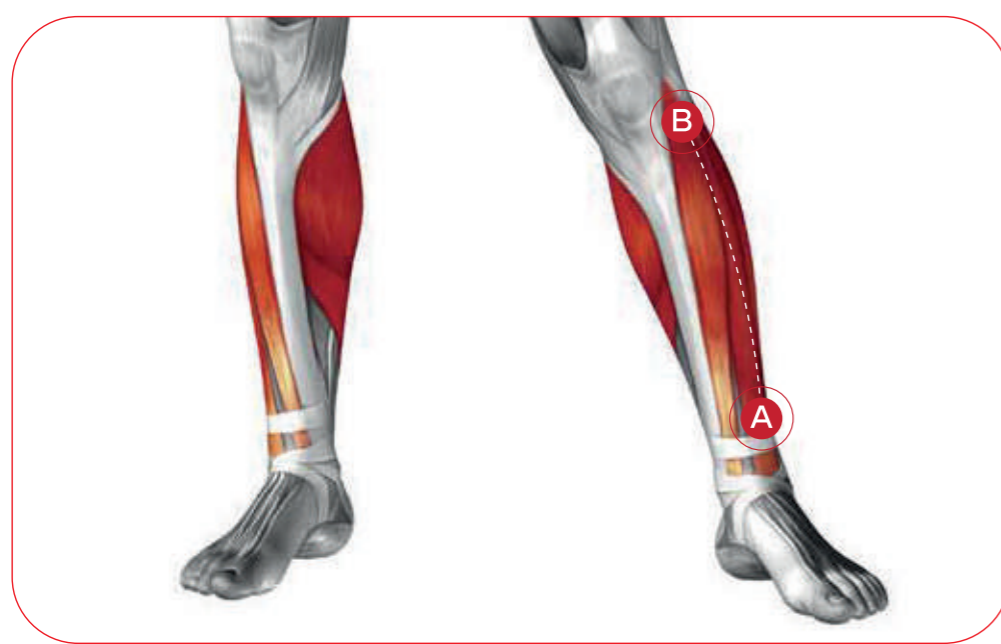


ATTACHMENT: **FLAT** 

MUSCLE: **Calves**

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

DURATION: **2min**

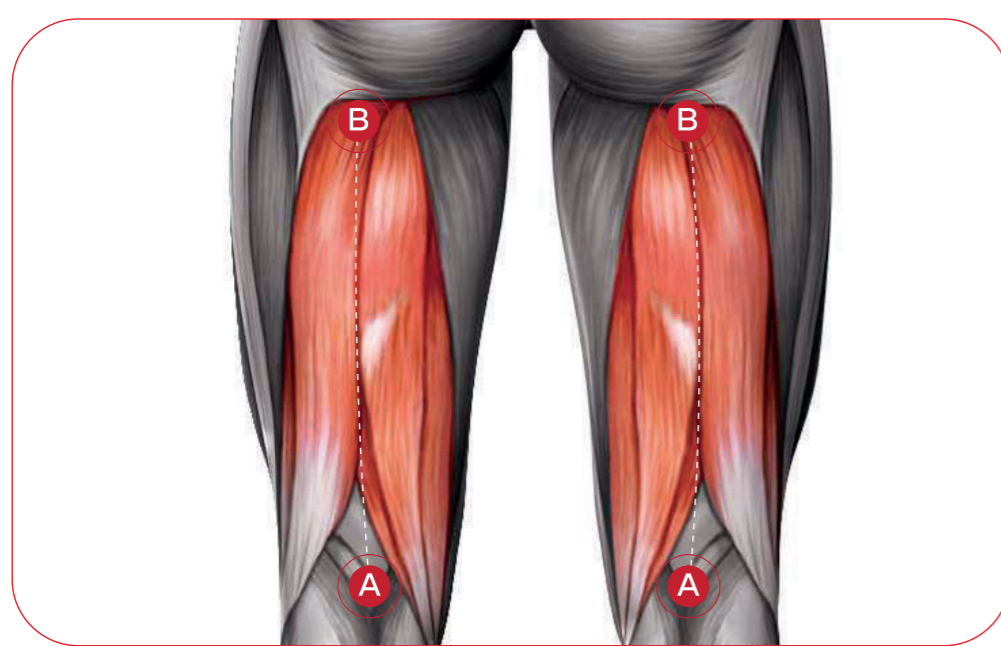


ATTACHMENT: **FLAT** 

MUSCLE: **Shins**

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

DURATION: **2min**

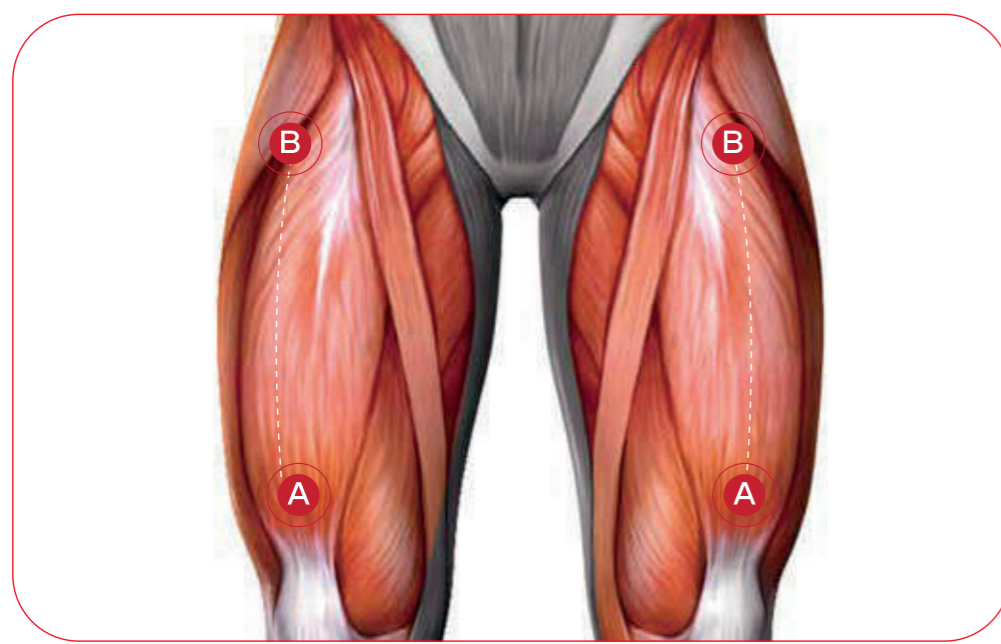


ATTACHMENT: **FLAT** 

MUSCLE: **Hamstrings**

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

DURATION: **2min**

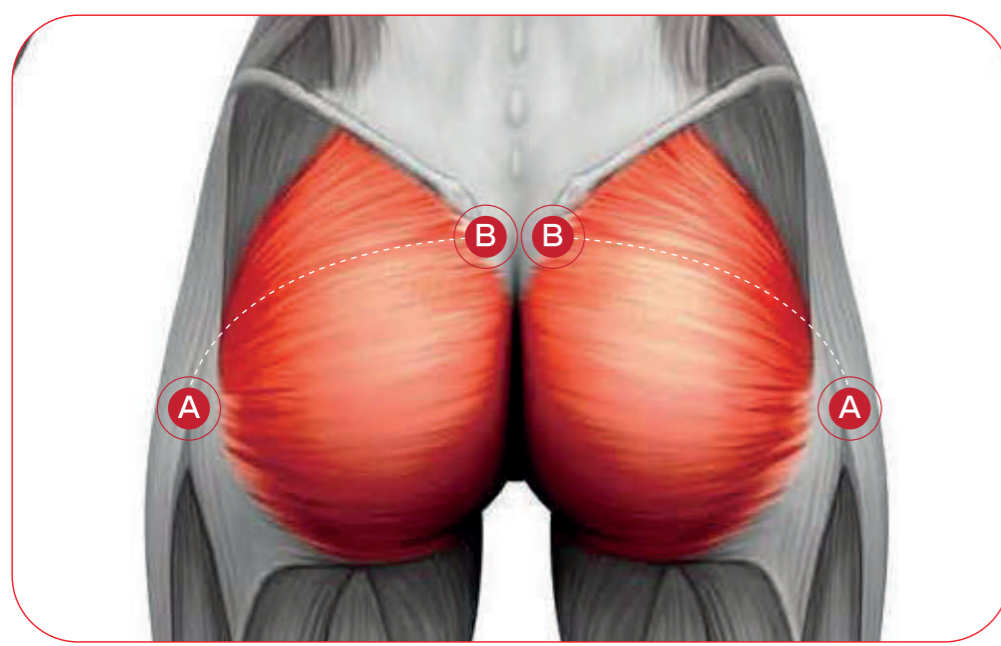


ATTACHMENT: **FLAT** 

MUSCLE: **Quads**

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

DURATION: **2min**



ATTACHMENT: **FLAT** 

MUSCLES: **Glutes**

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

DURATION **1min**

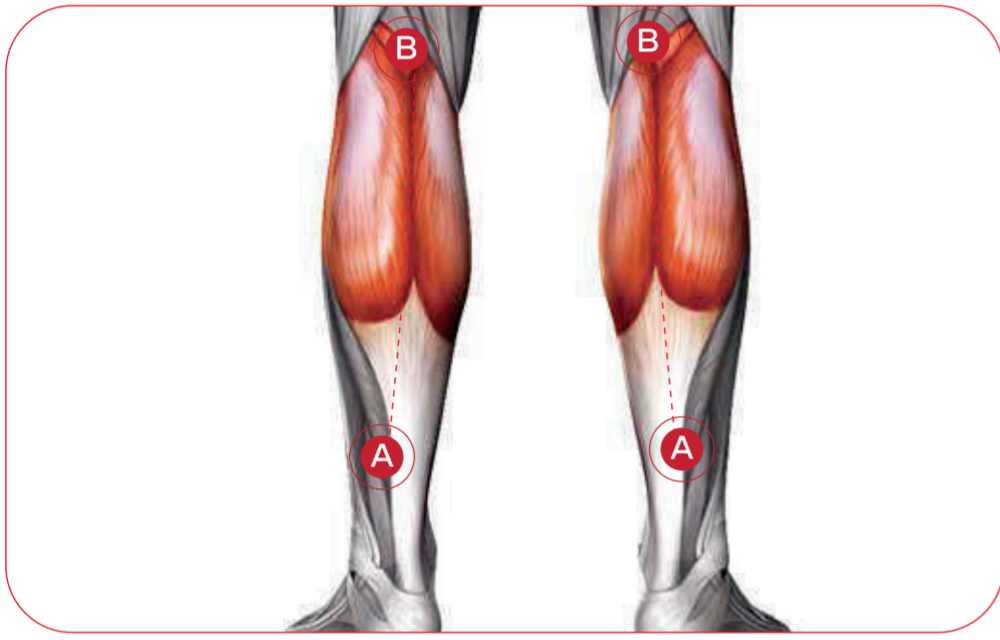


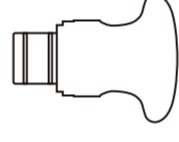
BOXING

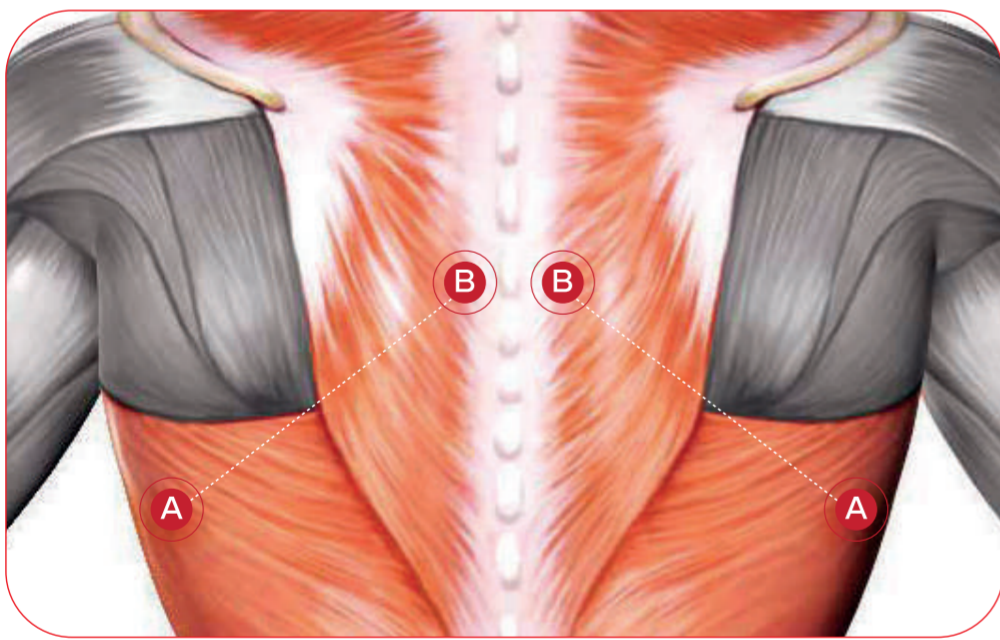
boxing is demanding on the mind and even more so on the body. Prepare your muscles for the workout of a lifetime

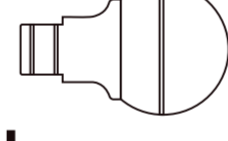
BOXING

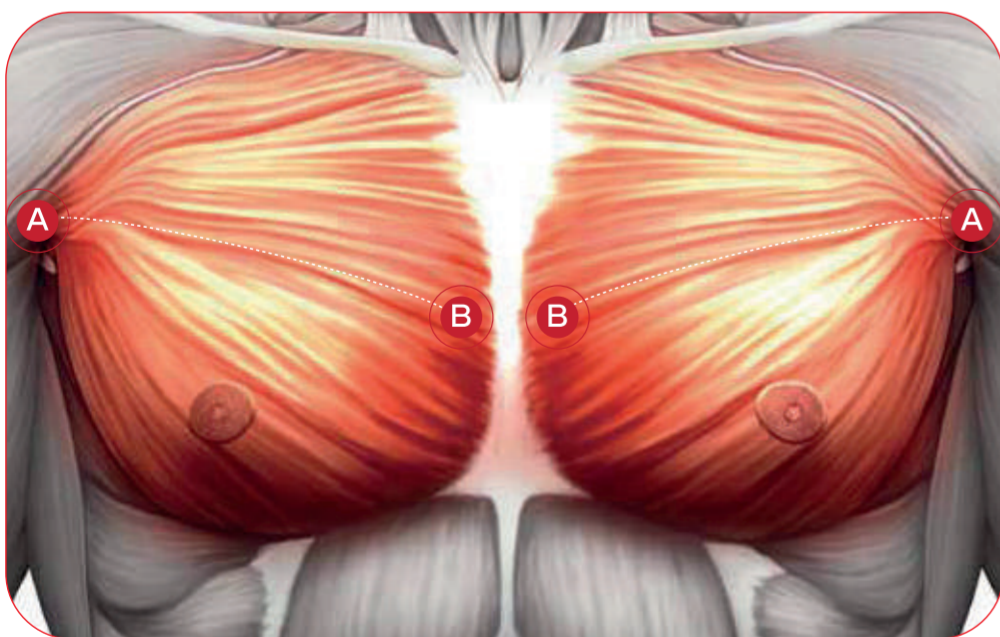
9:00 MIN

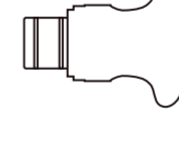


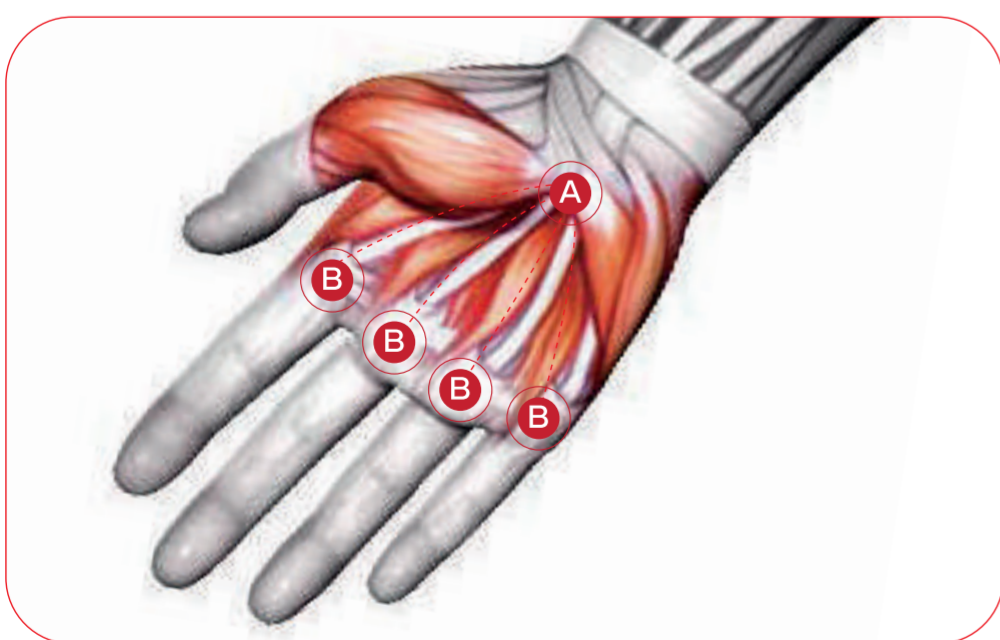
ATTACHMENT: **FLAT** 
MUSCLE: **Calves**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

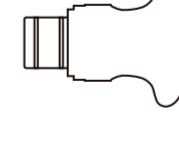


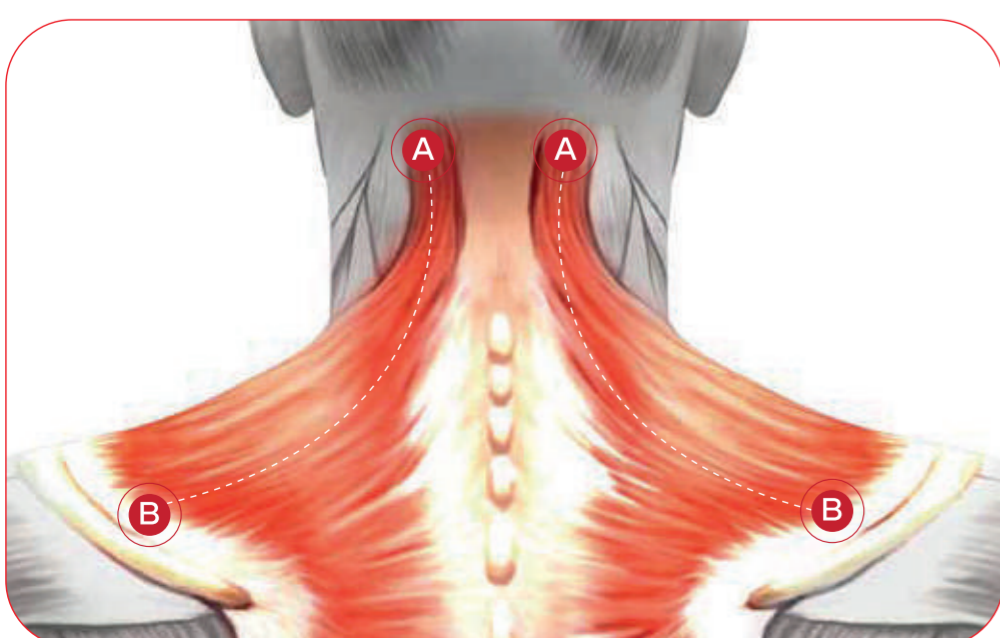
ATTACHMENT: **BALL** 
MUSCLES: **Upper back**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

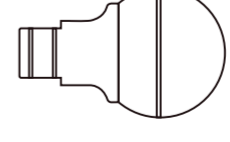


ATTACHMENT: **FLAT** 
MUSCLES: **Chest**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min



ATTACHMENT: **FLAT** 
MUSCLE: **Hands**
PROTOCOL: Sweep from A to B on each side for 30 seconds
DURATION: 1min



ATTACHMENT: **BALL** 
MUSCLE: **Neck**
PROTOCOL: Sweep from A to B on each side for 1min
DURATION: 2min

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