



PRIMED TO PERFORM & READY TO RECOVER

At TB12, we believe a healthy cycle of performance and recovery is the key to reaching your potential now and extending your prime much, much later. Because when you're primed to perform and ready to recover, your personal best can last as long as you live it.

**INTRODUCING THE 12-STEP PERFORMANCE
& RECOVERY GAME PLAN:**



TB 12-STEP PERFORMANCE & RECOVERY GAME PLAN:

- 01** START & END WORKOUTS WITH PLIABILITY
- 02** HYDRATE WITH ELECTROLYTES
- 03** FUEL YOUR BODY TO PERFORM & RECOVER
- 04** ADAPT WORKOUTS TO YOUR GOALS
- 05** PRIORITIZE FORM FIRST
- 06** TRAIN TO AVOID INJURY
- 07** INTEGRATE ACTIVE RECOVERY WORKOUTS
- 08** CONSUME PROTEIN TO SUPPORT RECOVERY
- 09** SUPPLEMENT FOR PERFORMANCE & RECOVERY GOALS
- 10** MAKE COGNITIVE FITNESS A PRIORITY
- 11** GET YOUR 8 HOURS OF SLEEP
- 12** HAVE A PURPOSE & STAY DETERMINED

TB KEEP GOING



1 START & END WORKOUTS WITH PLIABILITY

WHY IT'S IMPORTANT

Pre-workout pliability benefits us by making our muscles resilient and better preparing them for the workout ahead. It also helps prevent injury, reduce inflammation, and counter lactic acid buildup. This allows blood to circulate more freely and expedites the recovery process, helping your muscles return to their natural, long, and softened state. Ultimately, you'll be able to work your muscles more frequently as you do more post-workout pliability.

HOW TO DO IT

*Spend anywhere from 5 to 15 minutes on pliability before every workout, practice, or game. Use your **Vibrating Pliability Roller** or **Sphere** to target key muscle groups that you'll be using during your workout – each for at least 30 to 60 seconds. Kick off your post-workout recovery with anywhere from 5 to 15 minutes of pliability after your workout ends.*

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



2 HYDRATE WITH ELECTROLYTES

WHY IT'S IMPORTANT

Staying hydrated is one of the simplest things you can do to keep yourself healthy and accelerate muscle recovery. However, most people are still chronically dehydrated! If you want to maximize your ability to perform and recover, you need to make hydration a habit and fully commit to it. Hydrate consistently throughout the day, and enhance your hydration by adding **electrolytes** to your water.

HOW TO DO IT

Start by drinking half of your bodyweight in fluid ounces of water every day. We refer to this as establishing a "hydration baseline." Every day, your goal should be to reach your hydration baseline at minimum. So, if you weigh 180 pounds you would drink 90 fluid ounces of water, and so on. Try tracking your hydration with our Hydration Tracker, live on the TB12 app.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



3 FUEL YOUR BODY TO PERFORM & RECOVER

WHY IT'S IMPORTANT

You can't train or recover well if you deprive your body of the right nutrients. No matter your activity level, if you're not fueling your body with healthy foods, it won't be able to function at its best. A crucial part of fueling your body for the best possible performance and recovery is limiting inflammation. If you gear your diet towards real, anti-inflammatory, and mostly plant-based foods, you can enhance your health, recovery, and performance.

HOW TO DO IT

We recommend filling up on plenty of fresh, organic, fruits and vegetables and hormone-free, antibiotic-free lean meats. Limit your consumption of pro-inflammatory foods – especially fried foods, processed meats, and foods with added sugar, or refined carbohydrates.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN

4 ADAPT YOUR WORKOUT TO YOUR GOALS

WHY IT'S IMPORTANT

It's crucial to train with movements that mimic the demands that your sport or activity puts on your body — both in what you're doing and how fast (or slow) you're doing it. We call this training at the speed of sport. We often see people training in ways that don't support the movement or functional strength associated with their goals. A few alterations to your routine will ultimately enable you to train smarter and with greater efficiency.

HOW TO DO IT

Start by identifying the goal of your training — whether it's a sport you play, an event you're preparing for, or if you just want to get in shape and feel better, you need to ground yourself in a purpose. Your workouts and training should prepare you for your sport or activity and allow you to train functionally in order to mimic the demands placed on your body.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN





5 PRIORITIZE FORM FIRST

WHY IT'S IMPORTANT

When you're moving with improper form, you're training your body to move the wrong way. Proper form enables you to engage the specific muscles you need for the movement you're doing. The connection between your brain and your body is forged through repetition. This repetition is critical for not only avoiding injury, but getting the most out of each and every exercise.

HOW TO DO IT

Have a friend or training partner observe your form, so you can gather feedback on how you're performing the exercise. Try training in front of a mirror so you can keep track of your own form! If you don't have a mirror handy, record your exercise routine on your phone and go back to watch for areas you can improve on.



6 TRAIN TO AVOID INJURY

WHY IT'S IMPORTANT

We love resistance bands because they allow you to train with a large, fluid range of motion that improves your functional strength, stability, and mobility without overloading your muscles and joints. Bands allow you to do any exercises you'd normally do in the gym without the same risk of overload and injury that come along with traditional strength training. Different resistance bands offer varying levels of tensile (tension-based) strength, meaning you can build up to a higher resistance level while lowering the risk of injury.

HOW TO DO IT

*Skip the fancy equipment, find yourself a comfortable space to train at home, and get yourself simple, **functional equipment** that will allow you to train for your sport or activity wherever you go. There's no training tool more useful than resistance bands, so start there!*

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



7 MAKE ACTIVE RECOVERY A PART OF YOUR ROUTINE

WHY IT'S IMPORTANT

Recovery is more than a rest day, it's a multifaceted, active approach. While days off (resting) help prevent overexertion, they're not always the most effective way to recover. Active recovery is sometimes used as a catch-all term describing any activity done in place of a high-intensity workout. At TB12, we view active recovery workouts as a combination of lower-intensity **resistance band** and bodyweight exercises, which promote enhanced blood flow throughout your body.

HOW TO DO IT

Instead of simply resting on your recovery days, commit to working in lower impact, active recovery exercises. Exercises like glute bridges, front planks, lateral band walks, and bodyweight squats are some of our favorite ways to get moving and promote recovery without putting too much strain on your body.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



8 CONSUME PROTEIN TO SUPPORT RECOVERY

WHY IT'S IMPORTANT

Eating or drinking **protein** after your workout gets your body into optimal recovery mode. Depending on your size, 20 to 30 grams of protein will give your body what it needs to jumpstart the essential process of muscle repair. Drink it in a shake or smoothie, or consume a protein-rich meal.

HOW TO DO IT

Aim to consume half your body weight in grams of protein each day – especially protein from sources such as lean meat or nuts, seeds, and legumes. Prioritize consuming your protein through the foods you eat whenever possible, and supplement with whey or plant-based protein powder if needed to ensure you're consuming enough protein on a consistent basis.



9 SUPPLEMENT ACCORDING TO YOUR GOALS

WHY IT'S IMPORTANT

We like to stay true to the definition of “supplement” – something that complements or enhances other things, like your diet, when added. While we’d love to eat foods that fulfill 100% of our nutritional needs every day, it’s not always realistic. The right **supplements** can help ensure that you get all the vitamins, minerals, and nutrients your body may be lacking. Think critically about your goals and evaluate your current habits in order to determine the role that supplements should play in your daily routine.

HOW TO DO IT

We believe the ideal supplement has a clear and valuable purpose, strong science behind it, and is what it’s supposed to be: a collection of high-quality nutrients that support your performance, recovery, and ultimately longevity. Supplements should be taken by people likely to be low in a certain nutrient, or who could benefit from more of a certain nutrient.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



10 MAKE COGNITIVE FITNESS A PRIORITY

WHY IT'S IMPORTANT

Cognitive conditioning is as important as physical conditioning. After all, it's the brain that controls the movement of the body. The critical movements of training are all decision-based, and typically made in split seconds. If your brain speed is slow, then your play will be slow - no matter how physically prepared you are. It's important to engage in activities that exercise your memory, attention, brain speed, intelligence, and aging. Doing so will help you perform better in the moment, and support your cognition, long term.

HOW TO DO IT

When thinking about exercising your brain, try breaking it down into six categories: attention, brain speed, memory, people skills, intelligence, and navigation. From there, think about short, but engaging games that support these categories such as word games, puzzles, or even memorizing a song. Commit to playing these games 5-10 minutes each day. For a list of games, check out the [TB12 BrainHQ App.](#)

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



11 GET YOUR 8 HOURS OF SLEEP EVERY NIGHT

WHY IT'S IMPORTANT

Inadequate sleep can negatively impact your immune system and increase your likelihood of getting sick. Even as little as one hour less sleep per night can have an impact. Matching up your sleep cycle with the recommendations of sleep experts is a crucial habit to get into. The National Sleep Foundation recommends 8-10 hours of sleep for teenagers, 7-9 hours of sleep per night for anyone ages 18-64, and 7-8 hours per night if you're over 65. If falling asleep and staying asleep are challenging for you, work on establishing a consistent bedtime routine.

HOW TO DO IT

Turning off all your electronic devices at least a half-hour before bedtime will quiet your mind, and help switch your to something more relaxing and serene - meditation, breathing exercises, and smart supplementation can all contribute to deeper and healthier sleep too!

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN



12 **HAVE A PURPOSE & STAY DETERMINED**

WHY IT'S IMPORTANT

Determination is the engine that drives the TB12 Mindset. If you aren't determined to be the best version of yourself and committed to self-improvement, then none of these other principles really matter. Determination has to come from within – you have to believe in yourself and be driven by a purpose. No shortcuts, no quitting, and no excuses – if you're truly determined to accomplish something, you won't let anything stand in your way.

HOW TO DO IT

Start by identifying what your goal or purpose is. Write it down and keep it by your bed, add it as a note in your phone, or do whatever you have to do to give yourself a regular reminder of what you're working towards. When you're motivated by a purpose like this, you'll find it's much easier to stay determined and relentlessly pursue your goals.

PERFORMANCE & RECOVERY GAME PLAN: BREAKDOWN

TB PERFORMANCE & RECOVERY GAME PLAN CHECKLIST

- START AND END YOUR WORKOUT WITH PLIABILITY
 - HYDRATE CONSISTENTLY WITH ELECTROLYTES
 - FUEL YOUR BODY TO PERFORM & RECOVER
 - ADAPT YOUR WORKOUT TO YOUR GOALS
 - PRIORITIZE FORM FIRST
 - TRAIN TO AVOID INJURY
 - MAKE ACTIVE RECOVERY PART OF YOUR ROUTINE
 - CONSUME PROTEIN TO SUPPORT RECOVERY
 - SUPPLEMENT ACCORDING TO YOUR GOALS
 - MAKE COGNITIVE FITNESS A PRIORITY
 - GET YOUR 8 HOURS OF SLEEP
 - HAVE A PURPOSE & STAY DETERMINED
-