



# RECOVERY GUIDE

**RECOVER FASTER. PERFORM BETTER.**

**TB12SPORTS.COM**

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# RECOVER SMARTER. PERFORM BETTER.

We fiercely believe — whether you're a professional athlete, an age-group competitor or those wanting to feel good and energetic at any and every age — that you achieve potential performance through recovery.

We believe that to be a high-performer over the long-term demands a focus on health and longevity; a focus that can only be achieved by giving as much to the recovery process as you do the training process. For some “recovery” means a few laps of jogging around the track or some light stretches. Those confined to this belief are missing out on what can make recovery a game-changer: pliability. For most, pliability is the missing pillar in their conditioning program and pursuit of exercise. Whether it's football, yoga, powerlifting, golf, running or functional fitness when you're 90 years old, pliability is the key that unlocks it all.

When your recovery program consistently makes pliability the goal, you are promoting balanced, powerful and coordinated movements and avoiding the cascade of problems that come with muscles that are stiff, dense and atrophied.

Our TB12 Recovery Guide offers a fundamental approach toward restoring natural pliability with pre- and post-workout disciplines. It shows you the basics in maintaining pliability with active recovery, nutrition, hydration and more.

Our approach to recovery isn't easy. It takes consistent effort and a dedication to maintaining healthy habits both before and after exercise. To gain the benefits of performance through recovery, the first step is mindset: Recovery cannot be an afterthought. It must be integral to your overall training and exercise program.



## PLIABILITY

Recovery begins before your workout does, so kick your recovery off the right way by establishing a daily pre-workout emphasis on pliability. Being pliable in a workout will allow you to execute your movements through an improved range of motion and decrease the risk of injury.



## ACTIVE RECOVERY

Your training and recovery must work in tandem to keep you healthy and enable continued growth. Train hard but avoid overexertion to allow your body to fully recover. Active recovery workouts using resistance bands keeps you active while accelerating the recovery process.



## SUPPLEMENTATION

Refueling your body is the most crucial component of post-workout recovery. We must replace what we lose during exercise and provide our body with the nourishment it needs to fully maximize recovery after a workout.

# RECOVERY STARTS BEFORE EXERCISE

Contrary to what you might expect, recovery is not something that only begins when your workout ends. Muscle recovery is a 24/7 process. The effort you put into preparing your body before a workout can dramatically improve the way you feel after. By creating and maintaining healthy pre-exercise preparation habits, we can not only set ourselves up for success in the game or in the gym, but also in the hours and days that follow.

Nobody wants to be stuck with the soreness, stiffness, and fatigue that often arise after a workout. Although it's possible to relieve some of these symptoms and help our

body recover after exercise, the process of recovery truly starts with pre-workout preparation. When we activate our muscles and maintain adequate hydration before a workout, our bodies are better prepared for the physical exertion that ensues.

Prepare your body the right way by making time for at least 5-10 minutes of pre-workout pliability before you exercise. The next page features seven of our favorite pre-workout pliability techniques, each of which helps to activate key muscle groups and can reduce the soreness you feel after exercise.

## PLIABILITY



Pre-workout pliability is to begin the process of re-educating the brain-body connection and prime the muscles to stay long and soft when executing athletic movements. Performing your workout in a state of natural pliability means that you will be firing muscles in a balanced way, through a full-range of motion and with the benefits of full muscle-pump function.

## HYDRATION



Your hydration is the easiest part of recovery to control. At a minimum, you should aim to drink one-half of your body weight in ounces of water every day. That means if you are 150 pounds, you need to drink at least 75 ounces of water throughout the day for optimal hydration. Without adequate hydration, our bodies cannot efficiently transport energy and we become more susceptible to fatigue, cramping, and injury.

**EQUIPMENT REQUIRED** TB12 Vibrating Sphere or TB12™ Vibrating Pliability Roller

**FREQUENCY:** Every day, including recovery days, before and after working out

**DURATION:** Roughly 1 minute per muscle segment

## 1. HAMSTRINGS



Begin by sitting on the ground with the device behind your knee. Roll from the back of your knee up to the base of your bottom, then down to the back of your knee. Be sure to hit the middle, outside, and inside of the muscles. Repeat this motion until you feel a change in the tissue, then switch legs.

## 2. QUADRICEPS



Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.

## 3. GLUTEUS MAXIMUS/MEDIUS



Begin by sitting on the device with one side of your buttocks. Roll from the back part of your leg up to the top of your hip (just below the low back). Be sure to rotate your leg and trunk as you roll to cover all parts of the muscles. Repeat this motion until you feel a change in the tissue, then switch sides. You can enable deeper pressure by crossing one leg over the other.

## 4. LOWER BACK



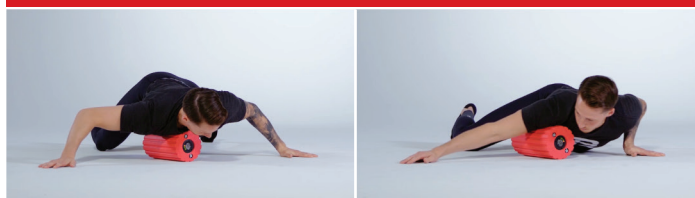
Begin with the device on the ground, positioned on your low back — avoiding going directly over the spine. Roll from the top of your buttocks to the mid-back, then down to the top of the buttocks. Repeat this motion until you feel a change in the tissue, then switch sides.

## 5. OUTER FOREARM



Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.

## 6. CHEST



Begin by lying face down with the device positioned on your chest and your arm extended to the side. Roll from the middle of your chest to the front of your shoulder, then back to the starting position. Repeat this motion until you feel a change in the tissue, then switch sides.

## 7. BACK AND SHOULDER



Begin by lying on your side with the device contacting the back of your shoulder between your torso and upper arm. Roll from the back of your shoulder down the side of your trunk to mid-rib level, then back. Rotate your trunk to cover the middle, front, and back parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch sides.

# RECOVER WHILE YOU TRAIN

You've probably heard the terms "rest" and "recovery" used interchangeably. While it's true that they are both essential parts of a healthy training regimen, it's important to recognize that they are two very different things.

Most people dedicate one or more days a week to "rest," often amidst a busy schedule that involves multiple days of exercise

a week. In this traditional sense, a rest day is a day during which you allow your body to relax by not engaging in any form of exercise. Days off like this help keep us healthy and prevent overexertion, but these rest days aren't always the most effective way to help our bodies recover.

At TB12, instead of telling athletes to simply rest on the days between high-intensity workouts, we emphasize the importance of active recovery. Active recovery can sometimes be used as a catch-all term describing any kind of activity done in place of a high-intensity workout to help accelerate the recovery process. At TB12, our active recovery method has two components:

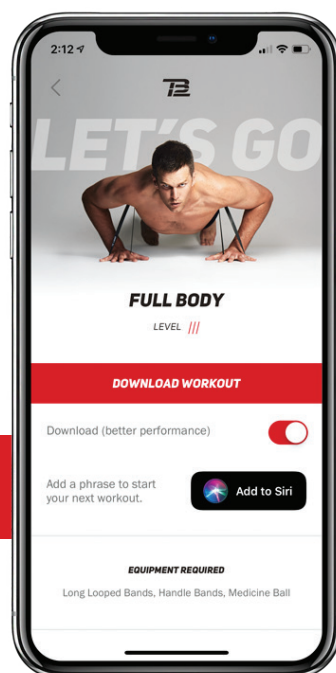
» **Pliability:** You should spend 10-15 minutes per day using a TB12 Vibrating Pliability Device work toward restoring pliability. With your brain, nervous system and muscles in a state of pliability — with the muscles long and soft — you will reduce the chance that you will overload a muscle. This results in reduced risk of strains, tears and soreness.

» **Active Recovery Workouts:** By engaging in lower-intensity resistance band and bodyweight exercises, you can accelerate the recovery process by promoting enhanced blood-flow throughout your body.

**“INSTEAD OF TELLING OUR ATHLETES TO SIMPLY REST ON THE DAYS BETWEEN HIGH-INTENSITY WORKOUTS, WE EMPHASIZE THE IMPORTANCE OF ACTIVE RECOVERY.”**

When used together on active recovery days, pliability work using a TB12 Vibrating Pliability Devices and our functional strength & conditioning exercises are the perfect way to restore pliability.

We've included two of our favorite active recovery workouts for you to try. Both were developed by our team of TB12 Body Coaches and are commonly used by clients of all ages at TB12. Try them out and take your recovery to the next level!



TRY MORE  
ACTIVE  
RECOVERY  
WORKOUTS

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**TB12APP.COM**

**EQUIPMENT REQUIRED:** TB12 Handle Resistance Bands

**DURATION:** This is a circuit of 10 exercises, broken up into two sets of five exercises. Perform each exercise in the set for 20 seconds before moving on to the next, and repeat each set three times.

## SET #1: REPEAT 3 TIMES BEFORE MOVING TO SET 2

### 1. BIRD DOG



Kick your leg straight back while punching your opposite arm straight out in front of your body. Hold the contraction for 1-2 seconds then return to the starting position. Repeat this motion continuously. Switch to kicking with your other leg and punching with the opposite arm. Keep your head facing down and make sure your back is flat during the entire motion.

### 2. ANTERIOR REACH



Hinge at your hips, leaning forward with your upper body. Extend your arms over your head and lean until your upper body is parallel to the ground, while elevating and extending your non-plant leg. Return to the starting position, then repeat this motion continuously.

### 3. GLUTE BRIDGE



Contract your glutes and core to lift your hips off the ground until they're straight, being sure to not flex your hamstrings. Then lower your hips to the ground. Repeat this motion continuously.

### 4. SPLIT SQUAT



Lower your body straight down until your back knee taps the ground. Then squeeze your glutes and explode back up to the starting point. Be sure that you do not lean to one side or the other, and that your front knee does not collapse inward. Repeat continuously on the other leg.

### 5. LEG ASSISTED SIDE PLANK



Lie on your side, supported by your elbow, with your bottom knee bent. Hold your top leg straight and parallel with the ground and your top arm straight up. Hold the side plank for 10 seconds, then begin raising and lowering your top leg continuously. Keep your body stable. Switch to lie on your other side. Repeat this motion continuously.

## SET #2: REPEAT 3 TIMES, THEN BEGIN PLIABILITY

### 6. BODYWEIGHT SQUAT



Bend your knees and hips while lowering your bottom toward the ground until your knees reach a 90-degree angle. Then extend your knees and hips to return to the starting position. Repeat this motion continuously.

### 7. RESISTED OVERHEAD WALK-OUT



Walk away from the attachment, holding your body upright until the band reaches its full length. Then walk backwards toward the attachment. Repeat this motion continuously, increasing your pace as you progress.

### 8. FRONT PLANK



Keep your head facing the floor and contract your core and glutes while breathing regularly. Don't arch your back or let your hips lean to either side.

### 9. FOOT FIRE TO JUMPS



Rapidly tap your feet up and down for two seconds, then jump straight up. Repeat this motion continuously.

### 10. CLAMSHELLS



Keep your ankles together and lift your top knee up and away from your bottom knee by contracting your glutes. Touch your top knee to your bottom knee. Repeat this motion continuously. Switch sides. Repeat this motion continuously with your opposite knee. Flex your glutes on the top side of each repetition.

**EQUIPMENT REQUIRED:** TB12 Handle Resistance Bands, Long Looped Band, Short Looped Band

**DURATION:** This is a circuit of 10 exercises, broken up into two sets of five exercises. Perform each exercise in the set for 20 seconds before moving on to the next, and repeat each set three times.

## SET #1: REPEAT 3 TIMES BEFORE MOVING TO SET 2

### 1. FRONT PLANK W/LEG LIFTS



Keeping your body stationary, maximally engage your glutes and core and keep your back and hips level. Lift one leg straight off the ground. Lower that leg back down, then lift your other leg. Repeat continuously, alternating legs.

### 2. LATERAL BAND WALKS



Step to your right by pushing off of your left leg for 3 steps, then return to your left by pushing off of your right leg for 3 steps. Keep your feet apart throughout the movement and do not move your upper body from center. Repeat this motion continuously.

### 3. PALLOF PRESS



Press both arms straight out from your chest, then bring your arms back in. Repeat this motion continuously, being sure to not move your lower body. Turn 180 degrees and repeat this motion on your other side. Move your arms quickly and fluidly throughout.

### 4. REVERSE FLY



Pull your arms back toward your body into a T position — keeping them straight. Return your arms to the starting point. Do not move your torso. Repeat this motion continuously.

### 5. BAND BIG V



Raise your arms straight over your head and hold your arms in a "V" position. Then lower your arms back down to your hips. Repeat this motion continuously.

## SET #2: REPEAT 3 TIMES, THEN BEGIN PLIABILITY

### 6. HIP THRUSTERS



Sit back into a half squat, then press your hips forward and stand up straight. Lower your hips back and down again, then repeat this motion continuously.

### 7. RESISTED WALKING PLANK



Separate your arms and feet at the same time and then move them back together to move sideways on the ground away from the attachment. Then move back to the starting point and repeat this motion continuously. Turn 180 degrees and repeat this motion on your other side. Be sure to keep your hips level and your head down throughout the motion.

### 8. SHOULDER ROW TO EXTERNAL ROTATION



Pull both hands toward your chest while rotating your shoulders until your palms are facing up. Then rotate your shoulders back down until your palms are facing the ground and return your arms to the starting position. Repeat this motion continuously.

### 9. SQUAT TO CHEST PRESS



Sit back into a half squat, then push up with your legs and press both arms straight out from your body. Then sit back into a squat while bringing both arms back in toward your chest. Repeat this motion continuously.

### 10. CORE CIRCLES



Continuously move your arms in a circle in front of your body, at a quick pace. Do not move your lower body. Switch so you're now moving your arms in the opposite direction and repeat this motion continuously. Aim to make large circles with your arms.



# REPLENISH. REFUEL. RECOVER.

In the last phase of a workout, start thinking about recovery work. It's our tendency as busy people to finish a workout and hit the shower, but this inclination overlooks a vital period of muscle recovery: the first 30 minutes post-workout. If you make a recovery routine a consistent ritual, it will have a major impact on the way your body adapts and feels in the hours and days following the training.

By establishing a post-workout routine that includes pliability training, replenishing your hydration using electrolytes, consuming protein in some form, and ultimately consuming nutrient-rich foods that will aid in recovery, you can give your body everything it needs to repair itself and prepare for the next challenge

## PLIABILITY



To support pliability, you need to keep your body hydrated, well-nourished, and well-rested. Hydration, nutrition, and rest give your muscles the resources they need to rebuild themselves after exercise. Consistent pliability training can reduce feelings of fatigue and stiffness after exercise.

## SUPPLEMENTATION



Eating or drinking protein within 30 minutes of 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.

## HYDRATION



Water improves the recovery process by helping you digest necessary nutrients, allowing your body to function more efficiently. Without adequate water and electrolyte intake, you can become dehydrated, which makes your heart work harder to supply blood throughout your body.

## NUTRITION



In order to recover properly, you must refuel properly, too. Eating a balanced diet filled with plenty of fruits, vegetables, and lean meats will provide the nutrients your body needs to promote proper muscle growth and repair. You can also focus on foods with anti-inflammatory properties.

**FREQUENCY:** Every day, including recovery days, before and after working out.

**DURATION:** 1 minute per muscle segment

## 1. BACK AND SHOULDER



Begin by lying on your side with the device contacting the back of your shoulder between your torso and upper arm. Roll from the back of your shoulder down the side of your trunk to mid-rib level, then back. Rotate your trunk to cover the middle, front, and back parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch sides.

## 5. MID TO UPPER BACK



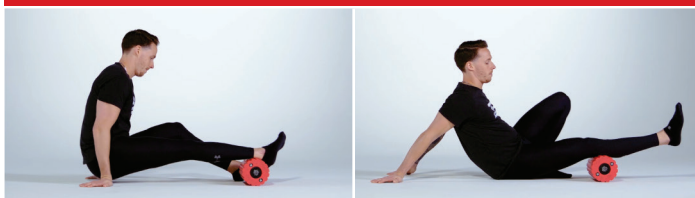
Begin by sitting in front of the device, then lean back until your mid back is in contact with it. Roll from your mid back up to the base of your neck, then back down to your mid back. Rotate from side-to-side, making sure to hit both sides of the musculature on the side of your spine.

## 2. ILIOTIBAL BAND (IT BAND)



Begin propped up on both arms with one leg crossed in front of your body and the device between your other thigh and the ground, right above the knee. Roll up to the top outside of your hip, then return to the outside of your thigh just above the knee. Repeat this motion until you feel a change in the tissue, then switch legs.

## 6. GASTROCNEMIUS/SOLEUS



Place the device above the ankle joint. Roll towards the knee, then back down to just above ankle. Be sure to cover the middle, outside, and inside of the muscles. You can enable deeper pressure by crossing one leg over the other. Repeat this motion until you feel a change in the tissue, then switch legs.

## 3. QUADRICEPS



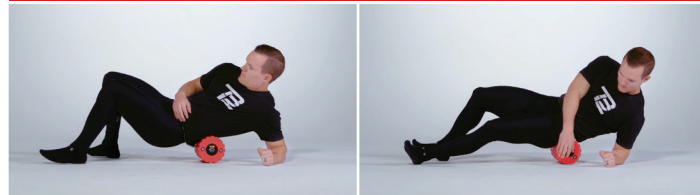
Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.

## 7. INSIDE OF FOREARM



Begin by kneeling with the device under the inside of your forearm just below the elbow. Roll from the top of your forearm down to your wrist, being sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch arms.

## 4. LOWER BACK



Begin with the device on the ground, positioned on your low back – avoiding going directly over the spine. Roll from the top of your buttocks to the mid-back, then down to the top of the buttocks. Repeat this motion until you feel a change in the tissue, then switch sides.

# POST-WORKOUT SUPPLEMENTATION

Though protein is an essential part of any balanced diet, that doesn't mean it has to be boring! While we love mixing both our **TB12™ Plant-Based Protein** and **TB12™ Whey Isolate Protein** in water or our favorite non-dairy milk alternative, there's nothing quite like a flavorful and protein-packed smoothie after a workout.

We've included a few of our favorite protein smoothies (including Tom's favorite) for you to make and enjoy as you recover after your next workout. If you want more delicious smoothie recipes, head over to our Instagram, **@TB12sports**, or to **TB12.tv** to see our full library of smoothie recipes.



## TOM'S FAVORITE SMOOTHIE

### INGREDIENTS

- » ½ tbsp hemp seeds
- » ½ tbsp chia seeds
- » ½ tbsp ground flaxseed
- » 1 handful of walnuts
- » 1 tbsp almond butter
- » 1 scoop TB12™ Whey Protein Isolate
- » 1 cup frozen organic blueberries
- » 1 banana, medium-sized
- » ¼ cup rice milk
- » ¼ cup almond milk
- » ¼ cup hemp milk



## CHOCOLATE COVERED STRAWBERRY SMOOTHIE

### INGREDIENTS

- » 1 cup almond milk
- » 1 cup frozen strawberries
- » 1 scoop of TB12™ Plant-Based Protein: Chocolate
- » 1 tbsp ground flaxseed
- » ¼ cup almonds
- » 1 medium banana, sliced



## GREEN DREAM SMOOTHIE

### INGREDIENTS

- » ½ cup coconut water
- » 1½ cup spinach
- » 1 scoop of TB12™ Plant-Based Protein: Vanilla
- » 1 cup frozen mango
- » 1 banana
- » Juice of a lemon

# POST-WORKOUT NUTRITION

The perfect food choices are different for everyone, but there are many common elements that make up healthy dietary habits. No matter what you do day-to-day, no matter what sport you play or how you get your exercise — you need to fuel your body for the task at hand. Your body needs nutrients, water, and energy that will allow you to perform your absolute best and recover as fast as possible so you can do it all over again the next day.

We prioritize eating local, nutrient-rich whole foods like organic fruits and vegetables and hormone-free, antibiotic-free lean meats, and this commitment to healthy eating is even more important after a workout. Remember that food is your body’s fuel, and you’ll only get as much out of your body as you put into it.

## HERE ARE A FEW OF OUR FAVORITE POST-WORKOUT FOODS

FATS	CARBOHYDRATES	PROTEINS
Avocados	Sweet Potatoes	Turkey
Chia Seeds	Quinoa	Free-Range Chicken
Flax Seeds	Millet	Grass-Fed Beef
Hemp Seeds	Cauliflower	Bison
Coconut Oil	Mangoes	Lentils
Pumpkin Seeds	Bananas	Kale
Walnuts	Legumes	Chickpeas
Almonds	Steel-Cut Oats	Raw Nuts
Macadamia Nuts	Apples	Sunflower Seeds
Almond Butter	Spinach	Wild Fish
Salmon	Broccoli	Organic Eggs
Extra Virgin Olive Oil (cold)	Blueberries	Supplemental TB12 Protein (Whey Isolate or Plant-Based)
Tuna	Squash	Spirulina
Anchovies	Chickpeas	Non-Dairy Yogurt



### MINDFULNESS:

#### WHAT IS MINDFULNESS?

We view mindful recovery as two things: meditation and de-stimulation.

Meditation is a habitual process of training your mind to relax and refocus. If you've never tried meditation before, you can just start by taking a few minutes to sit quietly, close your eyes, and take deep breaths. Stay focused on your breath, and if your focus wanders or your attention is drawn away, simply return your focus back to your own breathing. We recommend anywhere from 5 to 30 minutes a day of this focused meditation.

De-stimulation refers to avoiding cell phone use and other forms of electronic stimulation for extended periods of time. We recommend de-stimulating for 30 minutes before sleeping every night, as the blue light emitted by cell phone screens interferes with the production of the sleep hormone melatonin. Use the 30 minutes before you go to bed to focus on relaxing your mind and body by reading a book or meditating.

#### HOW WILL THIS HELP MY RECOVERY?

Meditation is a natural way to calm the body after the stress and physical trauma often associated with physical exertion. Both meditation and de-stimulation promote proper hormone balance in the body, especially by limiting the release of the stress hormone cortisol. Elevated cortisol levels can cause inflammation, mental confusion, and fatigue.



### EPSOM SALT BATHS:

#### WHAT IS EPSOM SALT?

Epsom salt is a naturally occurring mineral compound made up of magnesium and sulfate that has a number of tangible health benefits that are tied to recovery. You may be familiar with epsom salt through its use by athletes, many of whom rely on the salt in order to help reduce inflammation and eliminate electrolyte imbalances throughout the body.

#### HOW DO I USE IT?

Epsom salt dissolves in water, so we recommend adding it to a warm bath for best results. Epsom salt can also be used in a foot bath or in a small pail of water to target the feet and ankles. We suggest adding 2 cups of salt to a normal-sized tub and soaking in the bath for at least 12 minutes.

#### WHAT ARE THE BENEFITS?

When epsom salt dissolves into water, it releases both magnesium and sulfate ions. The electrolyte content in the salt can be absorbed through the skin and helps contracted muscles relax and begin to recover.

#### WHERE CAN I FIND EPSOM SALT?

You can purchase epsom salt from most drug stores and a variety of online retailers.



**KEEP GOING**



“EVERY DAY I BECOME MORE CONVINCED THAT PLIABILITY IS CRITICAL TO ANY ASPECT OF LONGEVITY. THERE’S NO WAY I WOULD STILL BE PLAYING WITHOUT IT.”

**— TOM BRADY**