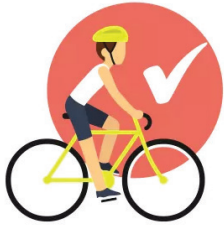


Active Rest Day Checklist



LIGHT CARDIO

Go for an easy walk or bike ride. Or, engage in non-traditional exercise like hiking, gardening, or ice skating.



MOBILITY & FLEXIBILITY

Take a yoga class, or do some stretching or a mobility routine at home.



FORM PRACTICE

Struggling to nail your form on a specific exercise? Practice it without weight to improve your muscle memory.



MASSAGE

Foam roll or (gently!) massage your major muscle groups with a massage gun.



SAUNA

Sweat it out in the sauna – Just be sure to bring a bottle of water so you stay hydrated!



EPSOM SALT BATH

Mix Epsom salt (which contains magnesium for muscle recovery) into a hot bath and relax!



MEDITATION

Spend 20 minutes or so on a mindfulness activity or meditation to help your mind recover, too!



REFUEL

Be sure to eat 25 – 30 grams of protein at each meal, drink plenty of water, and get good sleep to help your body refuel!