

RECOVERY / DELOAD



Tasks and Workouts

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Resources: Hydration Hacks How to - Better Sleep	Resources: Hydration Hacks How to - Better Sleep	Resources: Hydration Hacks How to - Better Sleep Foam Rolling Guide Massage Gun Guide	Resources: Hydration Hacks How to - Better Sleep	Resources: Hydration Hacks How to - Better Sleep Foam Rolling Guide Massage Gun Guide	Resources: Hydration Hacks How to - Better Sleep	Resources: Hydration Hacks How to - Better Sleep
Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure Eat Additional 100 Calorie Protein Snack	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure Eat Additional 100 Calorie Protein Snack	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure Eat Additional 200 Calorie Protein Snack	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure Eat Additional 300 Calorie Protein Snack	Drink 0.5 - 1 Gallon of Water Sleep 8-10 Hours 20 Minutes of Sun Exposure Eat Additional 300 Calorie Protein Snack
Rest	Rest	Foam rolling OR Massage Gun + Full Body Stretching (Recovery)	Active Recovery (Resistance Bands) OR Active Recovery (Dumbbells)	Foam rolling OR Massage Gun + Full Body Stretches (Post Workout)	Active Recovery (Resistance Bands) OR Active Recovery (Dumbbells)	Full Body Stretching (Flexibility)