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jeff howard
 SCW STAR PRESENTER

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iRESTORE

YOUR REST DAY WORKOUT

By: Ronnie Fulton

THE IMPORTANCE OF RECOVERY

Muscles need rest to grow. When we work out intensely, we create tiny tears in the muscles. When we rest and actively recover, our body repairs the tears, allowing our muscles to adapt to the stimulus that caused the tiny tears, making it possible for us to lift heavier weights the next time around. You might be tempted to skip your rest days to work out and push yourself, but taking much-needed time off to let your body rest and regrow properly is important.

TYPES OF RECOVERY

- Passive Recovery
- Active Recovery

If you are serious about helping your clients to change their body, feel better, and level up their gains in the weight room then “active” rest days are a must!

WHAT IS IRESTORE?

iRestore is the active “rest day workout” that can help your muscles recover faster, making it possible to improve physical performance, minimize injury and reduce soreness by focusing on:

- Myofascial Health
- Mobility
- Flexibility

MYOFASCIAL HEALTH

- Myofascial Stretching
- Self Myofascial Release (SMR)

WHAT IS SMR?

Using foam rollers, therapy balls, hand-held rollers, and massage tools, participants perform muscle compression exercises that help to restore normal muscle function, increase range of motion, increase blood flow, and improve nutrition to the muscles and other tissues.

MOBILITY

- Mobility Drills / Exercises

FLEXIBILITY

- Facilitated Stretching

PUTTING IT ALL TOGETHER

- Group Ex Class
- Small Group Training
- Workshops
- One on One Training
- Online / OnDemand

FOR MORE INFO

Visit

www.iRestoreFitness.com