

## **February**

### **Week 1- Active Recovery**

An “active recovery” is a vital component of a workout, and is the first step in recovery after a workout. An example of an active recovery would be a cool down of up to 10-20 minutes, followed by static stretching, followed by proper nutrition. Active recoveries allow for gradual/safe decline of heart rate, continued circulation of blood in the muscles to help reduce cramping/soreness, and replenishment of nutrients.