



**LIFETIME<sup>®</sup>**

**LT RECOVERY**

JUNE 2019

# LTRECOVERY<sup>SM</sup>

RESTORE + PERFORM

LTRECOVERY<sup>SM</sup> IS A SPACE WHERE CUSTOMERS EXPERIENCE  
PERSONALIZED + INTEGRATED HEALING, RECOVERY, RELAXATION AND PHYSICAL PERFORMANCE MAXIMIZATION

**ON-BOARDING:**  
HEALTH & NUTRITION ASSESSMENT + GOAL SETTING



**CARDIO:**  
METABOLIC & ENDURANCE ANALYSIS



**IN-BODY:**  
BODY MASS ANALYSIS



**STRETCHING:**  
ASSISTED STRETCH MOVEMENT



**PHYSICAL THERAPY:**  
STRENGTHENING & RE-TRAINING



**CHIROPRACTIC:**  
SPINAL REALIGNMENT



**NORMATECH:**  
PULSE-BASED COMPRESSION RECOVERY



**POWER PLATE:**  
STRENGTH & FLEXIBILITY ENHANCEMENT

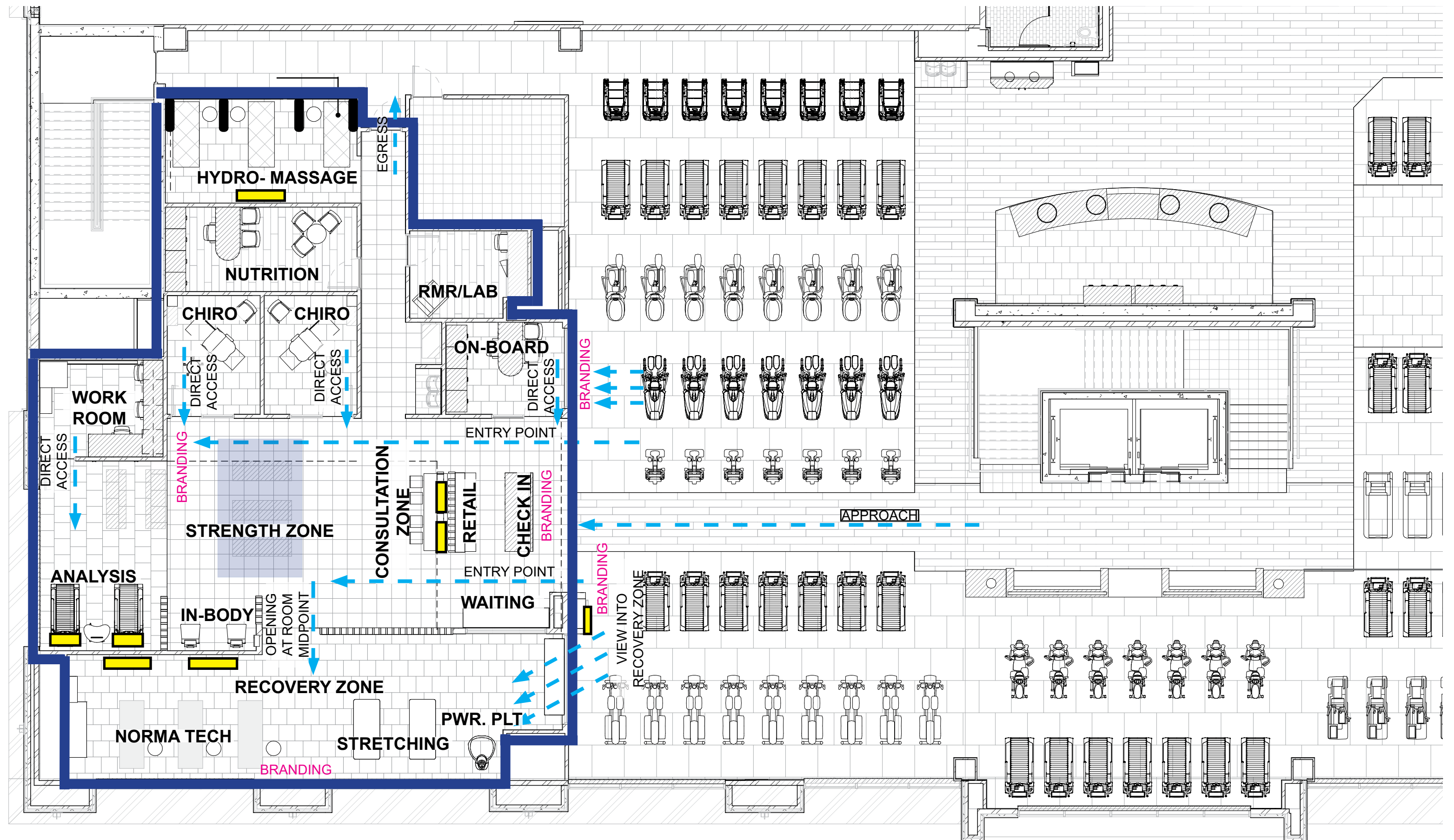


**HYPERICE:**  
VIBRATION-BASED MASSAGE



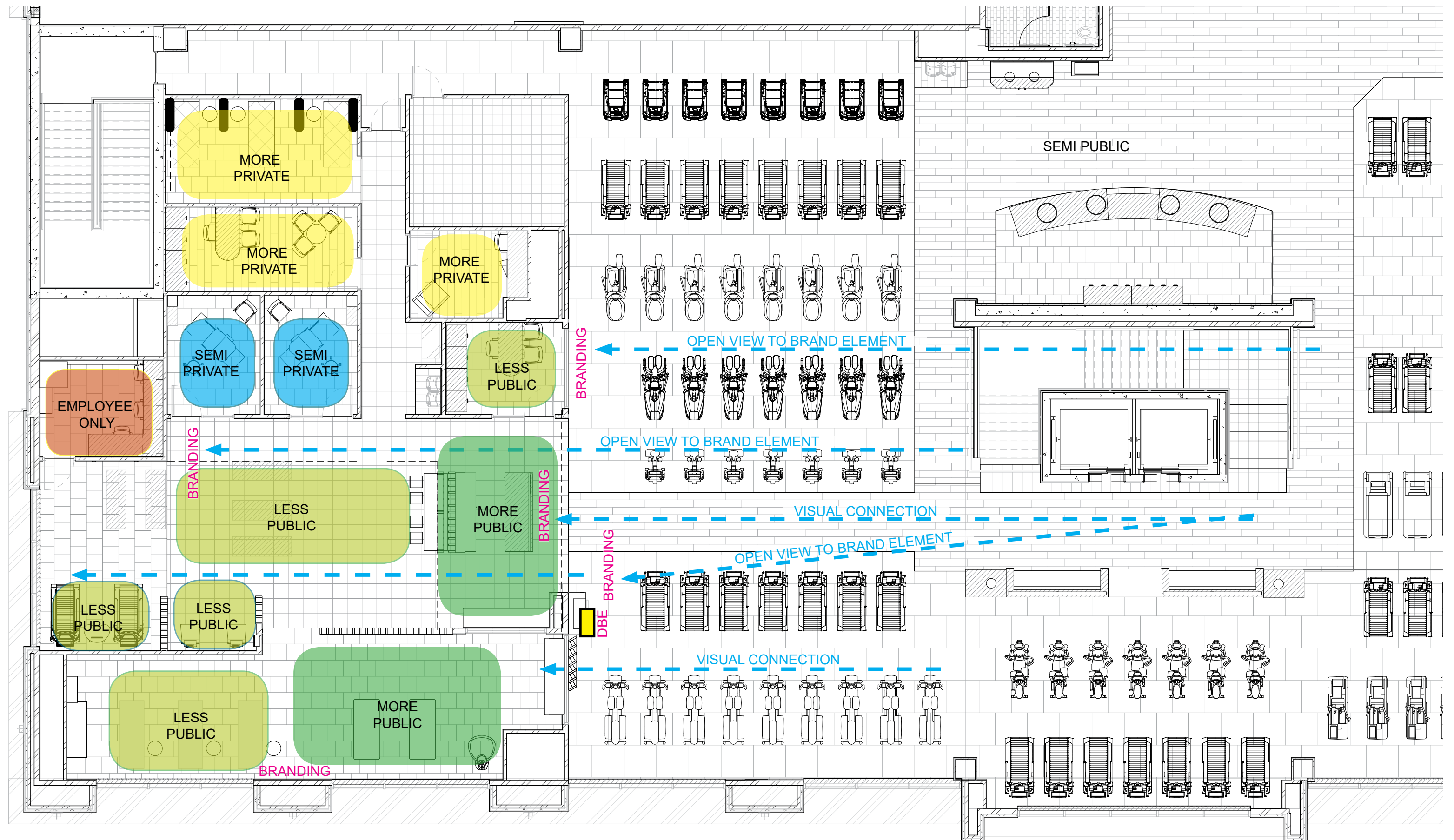
**HYDRO THERAPY:**  
PRESSURE MASSAGE BED





FLOOR PLAN





## PRIVACY ZONES & VISUAL CONNECTORS





OVERALL EXTERIOR





EXTERIOR 2





EXTERIOR 3





CHECK IN DESK, BRANDING ANCHORS





CHECK IN DESK PRIMARY APPROACH





ENTRY





CENTRAL STRENGTH SPACE





CONSULTATION, ANALYSIS AND STRETCHING





STRETCHING TOWARD NORMATECH





MATERIAL PALETTE





**THANK YOU**