

You already know that recovery is where real progress happens but do you know **how to make it intentional and effective**? At Gym Blue, we give you the tools and strategies to maximize recovery so you can train harder, prevent injury, and see results faster.

Here's a simple **30-minute active recovery routine** you can do at the gym or at home:

### 1. Foam Rolling (5–10 min)

- Focus on tight areas: quads, hamstrings, glutes, and back.
- Roll slowly, pausing on sore spots for 20–30 seconds.

### 2. Dynamic Stretching / Mobility (5–10 min)

- Hip openers, shoulder circles, cat-cow stretches.
- Improves flexibility and prepares your body for future workouts.

### 3. Light Cardio / Movement (5–10 min)

- Easy row, bike, or treadmill walk to keep blood flowing.
- Helps flush out toxins and accelerates muscle recovery.

### 4. Gym Blue Recovery Tools (10 min)

- **Cold Plunge:** Reduces inflammation, speeds up muscle repair, and boosts recovery after intense workouts.
- **Infrared Sauna:** Promotes circulation, relieves soreness, and helps detoxify your body.

**Pro Tip:** Schedule one active recovery session per week treat it like a workout. Your body will thank you, and your performance will improve.

Recovery is **not optional**... it's a critical part of building strength, endurance, and longevity. Make it intentional, and watch your results skyrocket.

