

Active Recovery

Saturday • Lean Body Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation

#	EXERCISE	SETS x REPS
1	Light Walking	20-30 min
2	Stretching	-
3	Foam Rolling	-
4	Mobility Work	-
5	Deep Breathing	-
6	Hydrate Well	-

FINISHER — *Rest. Recover. Grow.*

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week