

TEMPLATE 9: RECOVERY & MOBILITY PLAN *by*



- CLIENT CATEGORY: RECOVERY AND INJURY PREVENTION
- KEY WORKOUT TYPES: MOBILITY, FLEXIBILITY, LOW-IMPACT CARDIO
- TEMPLATE STRUCTURE:
 - DAY 1: MOBILITY & STRETCHING (30–40 MINUTES)
 - EXERCISES: FOAM ROLLING (10 MIN), HIP FLEXOR STRETCH (3x1 MIN), SHOULDER MOBILITY (3x1 MIN)
 - DAY 2: LOW-IMPACT CARDIO (20–30 MINUTES)
 - EXERCISE: WALKING OR CYCLING AT AN EASY PACE
 - DAY 3: RECOVERY DAY (30 MINUTES)
 - EXERCISE: FULL-BODY YOGA FLOW AND BREATHING EXERCISES
- WARM-UP/COOL-DOWN: GENTLE STRETCHING AND LOW-INTENSITY WARM-UP.

