



Kronically Fit Muscle Recovery Program

Daily Recovery Basics

- Sleep: 7-9 hours minimum
- Hydration: $\text{Bodyweight (lbs)} \div 2 = \text{oz/day (minimum)}$
- Protein Intake: 0.8-1g per lb of bodyweight
- Mobility: 10-15 mins of targeted stretching or dynamic movement
- Mindset Recovery: 5-10 mins of breathwork, meditation, or journaling

Post-Workout Recovery (First 60-90 Minutes After Training)

1. Rehydrate:

- Add electrolytes (especially after heavy sweat sessions)

2. Refuel:

- High-protein + moderate carb post-workout meal

Example: Grilled chicken, sweet potato, and veggies OR protein shake with banana + nut butter

3. Cooldown + Mobility:

- 5-10 minutes of foam rolling or light stretching
- Target muscle groups used in training session

Weekly Recovery Structure

Monday: Training + Post-workout Nutrition + Light Stretching

Tuesday: Training + Contrast Shower + Foam Rolling

Wednesday: Active Recovery: Walk, mobility work, yoga, or swim

Thursday: Training + 10-min Breathwork or Sound Bath (optional)

Friday: Training + Protein-Rich Meal + Magnesium

Saturday: Optional Training or Movement + Deep Tissue or Massage Ball

Sunday: Full Rest or Recovery Modalities (Stretch, sauna, guided meditation)

Recovery Modalities (Use 1-2x/week)

- Foam Rolling (5-10 minutes per major muscle group)

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- Epsom Salt Bath (Magnesium sulfate soothes soreness + supports sleep)
- Sauna/Infrared Therapy
- Massage Gun / Deep Tissue Work
- Cold Exposure (Cold Showers or Ice Baths)
- Mobility Flow (15-20 min full body)

Recovery Supplements (Optional but Effective)

- Magnesium Glycinate: Helps with muscle relaxation and sleep
- Omega-3s: Reduces inflammation
- Collagen + Vitamin C: Joint and connective tissue support
- L-Glutamine: Aids muscle recovery + gut health
- BCAAs (if training fasted)

Remember

Recovery isn't passive. It's a performance strategy.

Strong athletes train hard, but elite athletes recover harder.

Disclaimer:

The information provided in this Muscle Recovery Program is for educational and informational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before starting any new fitness, recovery, or nutrition program—especially if you have any medical conditions, injuries, or are currently taking medication. Kronically Fit is not responsible for any injury or health condition resulting from the use of this program. Participation is voluntary and at your own risk.