



# Recovery



# GAMEDAY

SUPER PULSED LASER

PREPARATION

PERFORMANCE

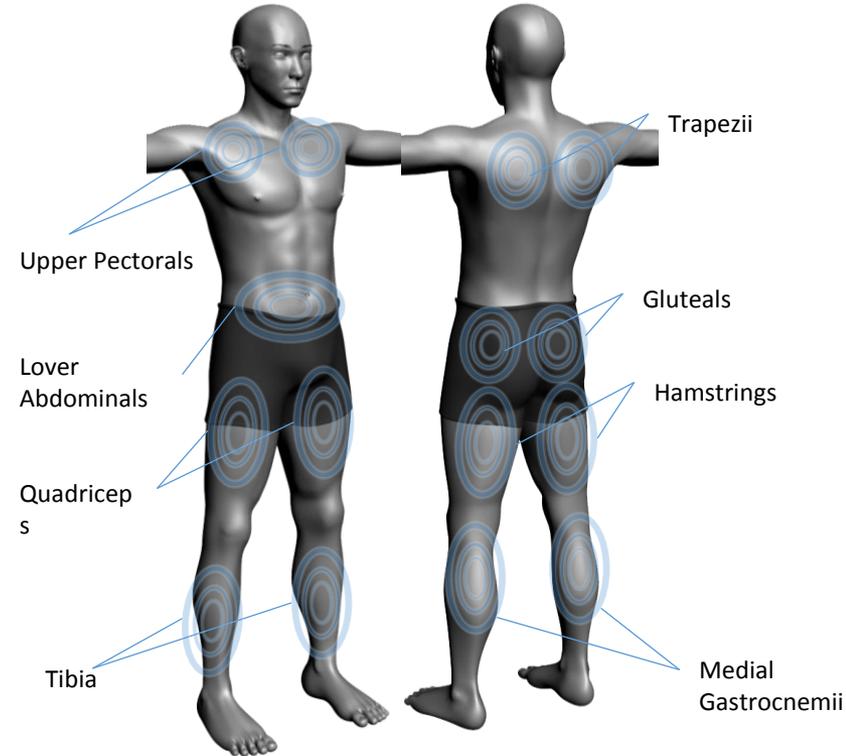
RECOVERY



Done in “conjunction” with Preparation #1 and Performance #2

No less than 1 hour following activity

Application should focus on “problem” areas or major muscles groups trained during the preceding activity



	Priority	Principle	Setting	Time	Notes
	7	Recovery	3	1-2 min — 2-3 min	per small muscle group — per large groups

- Treatments are based upon training and game schedule
- Treatments should only be done for “active” days

