



ESSENTIAL RECOVERY

Presented by Scott Samford
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OVERVIEW

This workshop is all about recovery. We will cover basic nutrition ideas and concepts, foam rolling techniques, and stretching techniques to help your body recover and get you ready to go again.

OBJECTIVES

Part I: Introduction to Recovery – The Science

- Importance of Sleep and Rest Periods
- Nutrition and Supplementation

Part II: Proper Foam Rolling Techniques

- SMFR for:
 - Gastrocnemius/Soleus
 - Hamstrings
 - Iliotibial (IT) Band
 - Quadriceps
 - Piriformis/ Glutes

Part III: Getting the most out of your stretches

- Stretches and Mobility Exercises for:
 - Hips
 - Legs and ankles
 - Chest and shoulder

SUMMARY

By the end of the workshop, you will have a strong working knowledge of proper recovery techniques that you will be able to easily apply to your daily workouts that will improve your health and vitality.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**