Vmax "Easy Does It" Program

This basic recovery program focusses on recovery, relaxation, and rehabilitation. It is intended to be used on your off days and days you want to take it easy and not tire yourself out. It is designed to energize your body and to flush out the toxins and get you ready for the activities in your life.

The program starts up slow, reachs a relaxing plateau, then dips back down.

Total workout time: 9 minutes - 3 minutes warmup, 4 minutes power, 2 minutes stretch

Extended workout time: 11 minutes - 3 minutes warmup, 4 minutes power, 2 minutes stretch, 2 minutes additional stretch

How to Use this Routine:

U1: Warmup (3 minutes)

U2: Recovery Basic (4 minutes)

U3: Recovery Intermediate (Faster, 4 minutes)

U4: Recovery Advanced (Even Faster, 4 minutes)

U5: Stretch (2 minutes)

U6: Additional Stretch (2 minutes)

Recommended Poses / Positions:

U1: Stretch your body out as you prepare for exercise

U2-U4: Deep squad, Lunge, Power Bands--standing off the platform, criss cross

U5-U6: Each stretch should be 20-30 seconds in length. Quad Stretch, Standing Hamstring, Inner Thigh, Lat Stretch. Its best to do stretches with one foot planted off the platform and the leg you are stretching to be on the platform.

It is NOT recommended that you do any of power phases U2-U4 consecutively without at least a 20 minute break!