

ZOAR FITNESS REST DAY PROTOCOL

Movement

- Spend at least 40 minutes moving at a conversational pace outside the gym
- Go for hike, bike ride, kayak, swim, etc.
- Easy pace promotes blood flow & recovery of tissues plus promoting parasympathetic tone

Mobility

- Focus on improving your target areas in terms of shortness or tightness
- Implement Static holds, Floss, Smash, Foam Roll, Massage, etc.
- Spend at least 15 minutes

Nutrition

- Focus on Hydration: First Thing in the Morning, All Day, Last Thing Before Bed
- Hit your Macros (Carbs, Fat, & Protein) just like you would on a training day
- Limit supplement & coffee consumption: focus on real foods with micronutrient density

Sleep | Down-Regulation

- Option 1: When possible, get a little extra sleep during the night (30-45 min ideal)
- Option 2: Get a short nap in the early afternoon (20-35 min timer)
- Option 3: Take extra time to do something you find relaxing and decompress

Lifestyle

- Spend extra time with family & friends
- Allow yourself to have a little more personal time for activities you enjoy
- Set a reasonable limit for screen time (TV, Phone, Computer, etc.)