

MOBILITY & RECOVERY



Playbook



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| GOAL: | Restore movement. Reduce pain. Support everything else you do. |
| IDEAL FOR: | <ul style="list-style-type: none">• Members feeling stiff, sore, or “tight all the time”• “High performers” who train hard on their own• Anyone coming off injury, illness, or burnout |

PHYSIOLOGICAL FOCUS (THE WHY)

This journey prioritizes mobility work and nervous system regulation.

KEY ADAPTIONS:

- Increased joint capsule mobility
- Improved fascial hydration and elasticity
- Reduced muscle tension

WHEN MOBILITY IMPROVES:

- Strength output increases
- Cardio efficiency can improve
- Injury risk drops and aches and pains lessen
- Recovery time shortens

EXPECTED OUTCOMES (4-8 WKS)

- Increased range of motion
- Decreased aches and chronic tightness
- Better posture and movement awareness
- Improved sleep quality
- Feeling ready to train instead of beat up

WEEKLY STRUCTURE (6 SESSIONS/WK)

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| YOGA Sculpt | 2 x per week Light resistance + mobility = strength through range |
| PILATES | 2 x per week Core control, spinal alignment, hip stability |
| YOGA Recover or Active Recovery in OPEN GYM | 2 x per week Breath work, down-regulation, foam rolling, long stretches |
| OPTIONAL | Daily walking (20–40 min) Light cycling/jogging/elliptical/rowing Personal Training Orientation session focused on mobility & recovery (ie: reformer pilates session) |

FUEL & NUTRITION GUIDELINES

Recovery is metabolically active — under fueling delays progress.

- Adequate Calories
- Protein at every meal (supports tissue repair)
- Hydration + electrolytes (critical for fascia health)
- Emphasize micronutrients: leafy greens, berries, health fats

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| NEXT STEPS: | Book your classes in the App & schedule your Personal Training Orientation. Fill out the form linked here , and a member of the EBF Personal Training team will contact you shortly! |
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