

# CRYOTHERAPY

Follow the movements below before & after therapy to boost your benefits.

Duration: 30 sec | 5 Second Rest | Frequency: 30 Hz | Amplitude: Low



## CLOTHED

Benefits: Enhances Recovery Speed, Boosts Endorphin Release

(Passive)

### Double Leg Hamstring Stretch

**Description:** Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

**Should Feel it in:** Legs



### Dynamic Calf Raise

**Description:** Place both feet on the edge of the platform. Raise up on the balls of your feet. Lower and repeat.

**Should Feel it in:** Legs



### Left Leg Step Up to Balance with Support

**Description:** Step with left foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

**Should Feel it in:** Legs, Glutes, Core



### Right Leg Step Up to Balance with Support

**Description:** Step with right foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

**Should Feel it in:** Legs, Glutes, Core



### Right Leg Standing Glute and Hip Active Stretch

**Description:** Place ankle on top of opposite knee. Bend leg until a stretch is felt in the glutes. Maintain neutral spine.

**Should Feel it in:** Legs, Glutes



### Left Leg Standing Glute and Hip Active Stretch

**Description:** Place ankle on top of opposite knee. Bend leg until a stretch is felt in the glutes. Maintain neutral spine.

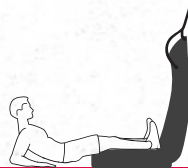
**Should Feel it in:** Legs, Glutes



### Calf Massage

**Description:** Using a mat, rest calves in a passive position. Elevate feet to facilitate lymphatic flow.

**Should Feel it in:** Legs



### Quadriceps Massage

**Description:** Using a mat, rest elbows on the floor and legs in a passive position. Slowly flex knee for more emphasis on lower quad. Upper body should be off the platform.

**Should Feel it in:** Legs



## IN A ROBE

Benefits: Enhances Recovery Speed, Boosts Endorphin Release

(Passive)

### Double Leg Hamstring Stretch

**Description:** Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

**Should Feel it in:** Legs



### Dynamic Calf Raise

**Description:** Place both feet on the edge of the platform. Raise up on the balls of your feet. Lower and repeat.

**Should Feel it in:** Legs



### Left Leg Step Up to Balance with Support

**Description:** Step with left foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

**Should Feel it in:** Legs, Glutes, Core



### Right Leg Step Up to Balance with Support

**Description:** Step with right foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

**Should Feel it in:** Legs, Glutes, Core



### Right Leg Standing Glute and Hip Active Stretch

**Description:** Place ankle on top of opposite knee. Bend leg until a stretch is felt in the glutes. Maintain neutral spine.

**Should Feel it in:** Legs, Glutes



### Left Leg Standing Glute and Hip Active Stretch

**Description:** Place ankle on top of opposite knee. Bend leg until a stretch is felt in the glutes. Maintain neutral spine.

**Should Feel it in:** Legs, Glutes



### Squat to Left Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot.

**Should Feel it in:** Legs



### Squat to Right Leg Balance

**Description:** With feet wide apart, sit back into squat position. Balance on one foot.

**Should Feel it in:** Legs

