



# THE SCIENCE BEHIND RECOVERY

## WHY IT'S JUST AS IMPORTANT AS TRAINING

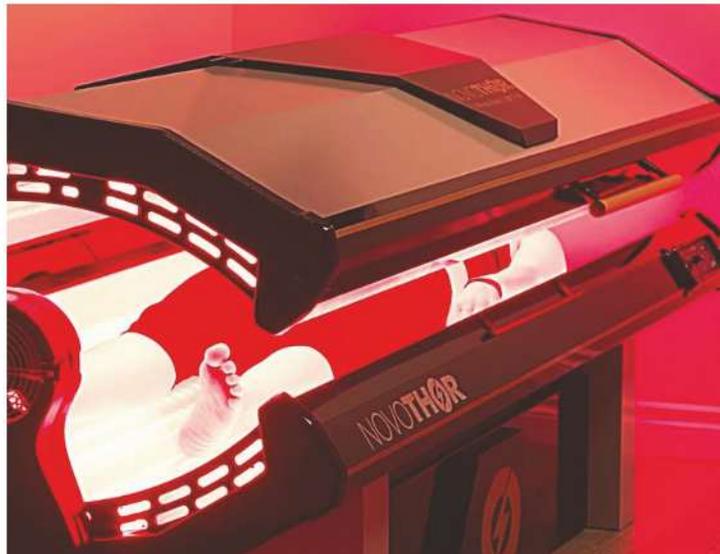
Most people think results come from the workout itself, lifting heavier, running faster, or pushing harder. The truth is, your body doesn't get stronger during exercise. It gets stronger when you recover.

When you train, you break down muscle fibers and put stress on the body. Recovery is where the magic happens. Muscles rebuild, energy restores, and strength increases. Without it, you stay sore, your energy dips, and progress slows.

That's why recovery should be just as important as your workouts. These tools are designed to speed up the recovery process so you can feel better, train smarter, and reach your goals faster:

1. Bemer Therapy boosts circulation, so oxygen and nutrients reach your muscles more efficiently, helping them repair faster.
2. Normatec Compression uses dynamic air compression to flush out toxins, reduces soreness, and decreases inflammation after tough workouts.
3. NovoThor Red Light Therapy penetrates deep into cells and tissues to reduce pain, support healing, and restore energy.
4. LiveO<sup>2</sup> Oxygen Training supercharges oxygen delivery, helping your body recover from fatigue and build endurance.
5. Power Plate stimulates circulation and loosens tight muscles, making it a great warm-up or cool-down tool.
6. Vasper combines cooling, compression, and interval training to deliver the benefits of an intense workout in 21 minutes while reducing strain and speeding recovery.

Train hard, recover smarter, and watch your progress accelerate. With the right recovery, you don't just bounce back, you level up.



Located inside Universal Athletic Club

717-569-4754

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