



## On Recovery Days:

- Yoga for Detox: video here: <https://www.youtube.com/watch?v=JrvjC-0qqyl>
- PDF: <https://www.dropbox.com/s/r52kkq5saa08z14/Yoga%20During%20Detox.docx?dl=0>
- Gentle Core video here: <https://www.youtube.com/watch?v=41U0t8aLYsM>
- Massage/Reflexology (I LOVE this one ... lol)
- Walking (yourself, the baby in the pram ... or the dog!)
- Gentle exercise (I do Zumba Gold, Pilates, Yoga, Tai Chi, Swimming etc.)
- Or something you do for fun

## Optional Bonus Exercise

Please remember what we learned about breathing through your nose and steady state cardio. Keep in mind the recovery needed for these types of workouts. I also recommend Adrenal Switch and Amino Switch to help keep your cortisol levels down during and after exercise.

(For those of us who just like to work out):

AB BLAST: <https://www.youtube.com/watch?v=wKtPi0IFsJY>

OVERALL BODY: <https://www.youtube.com/watch?v=fpOiCKuiqbk&t=4s>

BODY BOX WORKOUT: <https://www.youtube.com/watch?v=mrR7agpnhIU>