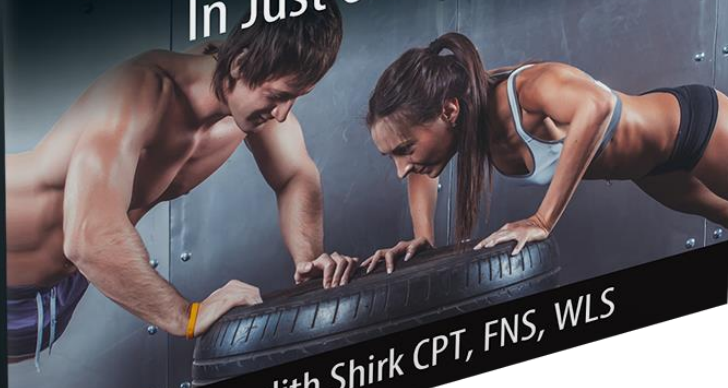


One&Done

ONE MINUTE RECOVERY MANUAL

Increase Mobility & Strength
In Just One Minute



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ONE MINUTE RECOVERY MANUAL

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Welcome to Your One & Done Recovery Workout & Exercise Guide!

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Hey!

I am super happy you are here because that means you are ready to get lean, with your exclusive follow along **One Minute Recovery**.

Here, you'll find everything you need to get started right away! Remember, this is only a guide and your follow-along workouts can be found below to download at your convenience.

What You Need for Your Workouts

The greatest part is that you don't need ANY equipment.

The only things you need are:

- Yourself
- A mat or towel
- A watch (digital or with second hand) or timer
- Water

Tips and Tricks

There are 14 One Minute Recovery Workouts

Some Basics

Each of the 14 One Minute Recovery Workouts are 1 minute long with:

- 3 x 20 second exercises for a total of 1 minute without rest
- This workout is designed for maximum burn in minimum time

Putting It All Together

Use your One Minute Recovery workouts whenever you need to relax, recharge, and re-center your body.

For best results, add 2-3 One Minute Recovery sets to your One & Done workout routine.

Take your time.

I want you to succeed. If you need to slow down, then slow down, BUT DO NOT stop. Consistency is key, and I want you to do 110% of what your ability can handle. We can build you up!

Workout Calendars

One & Done (OD) + One Minute Recovery (REC)

For the One & Done workout calendars, you have different workout days, based on your fitness level. You can add your One Minute Recovery workouts to the end of your regular One & Done workouts.

If you are doing the One Minute Recovery workouts by themselves, simply omit the One & Done workouts entirely.

- At the Beginner Level, you should work out 3 times per week.
- At the Intermediate Level, you should work out 4 times per week.
- At the Advanced Level, you should work out 5-7 times per week.

We have provided one sample workout for each fitness level, but you adjust the frequency and the days based on your own needs.



Check off each workout, as you complete it!

Beginner

Day 1 <input type="checkbox"/> Speed (OD) Recharge (REC)	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility (OD) Relax (REC)	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum (OD) Revive (REC)	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> FUN DAY
Day 8 <input type="checkbox"/> Accelerate (OD) Stretch (REC)	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Burst (OD) Lengthen (REC)	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Blast (OD) Lean Out (REC)	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> FUN DAY
Day 15 <input type="checkbox"/> Slimmer (OD) Energy (REC)	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Lean Out (OD) De-Stress (REC)	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Dynamic (OD) Detox (REC)	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> FUN DAY
Day 22 <input type="checkbox"/> Torch (OD) Adjust (REC)	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Tone (OD) Unwind (REC)	Day 25 <input type="checkbox"/> 20-Minute Walk	Day 26 <input type="checkbox"/> Tighten (OD) Cleanse (REC)	Day 27 <input type="checkbox"/> 20-Minute Walk	Day 28 <input type="checkbox"/> FUN DAY
Day 29 <input type="checkbox"/> Strengthen (OD) Peaceful (REC)	Day 30 <input type="checkbox"/> 20-Minute Walk	Day 31 <input type="checkbox"/> Invigorate (OD) Connect (REC)				

Intermediate

Day 1 <input type="checkbox"/> Speed (OD) Recharge (REC)	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility (OD) Relax (REC)	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum (OD) Revive (REC)	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> Accelerate (OD) Stretch (REC)
Day 8 <input type="checkbox"/> Burst (OD) Lengthen (REC)	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Blast (OD) Lean Out (REC)	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Slimmer (OD) Energy (REC)	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> Lean Out (OD) De-Stress (REC)
Day 15 <input type="checkbox"/> Dynamic (OD) Detox (REC)	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Torch (OD) Adjust (REC)	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Tone (OD) Unwind (REC)	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> Tighten (OD) Cleanse (REC)
Day 22 <input type="checkbox"/> Strengthen (OD) Peaceful (REC)	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Invigorate (OD) Connect (REC)				

Advanced

Day 1 <input type="checkbox"/> Speed (OD) Recharge (REC)	Day 2 <input type="checkbox"/> Agility (OD) Relax (REC)	Day 3 <input type="checkbox"/> Momentum (OD) Revive (REC)	Day 4 <input type="checkbox"/> Accelerate (OD) Stretch (REC)	Day 5 <input type="checkbox"/> Burst (OD) Lengthen (REC)	Day 6 <input type="checkbox"/> Blast (OD) Lean Out (REC)	Day 7 <input type="checkbox"/> 20-Minute Walk
Day 8 <input type="checkbox"/> Slimmer (OD) Energy (REC)	Day 9 <input type="checkbox"/> Lean Out (OD) De-Stress (REC)	Day 10 <input type="checkbox"/> Dynamic (OD) Detox (REC)	Day 11 <input type="checkbox"/> Torch (OD) Adjust (REC)	Day 12 <input type="checkbox"/> Tone (OD) Unwind (REC)	Day 13 <input type="checkbox"/> Tighten (OD) Cleanse (REC)	Day 14 <input type="checkbox"/> 20-Minute Walk
Day 15 <input type="checkbox"/> Strengthen (OD) Peaceful (REC)	Day 16 <input type="checkbox"/> Invigorate (OD) Connect (REC)					

One Minute Recovery

One Minute Recovery Recharge

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Lunge Twist Hold (R)	20 seconds
Lunge Twist Hold (L)	20 seconds
Down Dog	20 seconds

One Minute Recovery Relax

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Step Forward Hold (R)	20 seconds
Step Forward Hold (L)	20 seconds
Streamline	20 seconds

One Minute Recovery Revive

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Up Dog	20 seconds
Child's Pose	20 seconds
Up Dog	20 seconds

One Minute Recovery Stretch

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Deep Squat Sit	20 seconds
Sit Lunge (R)	20 seconds
Sit Lunge (L)	20 seconds

One Minute Recovery Lengthen

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Across to Wide Hold (R)	20 seconds
Across to Wide Hold (L)	20 seconds
Reverse Pushups Hold	20 seconds

One Minute Recovery Lean Out

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Lying Figure 4 (R)	20 seconds
Lying Figure 4 (L)	20 seconds
Double Hamstring Hold	20 seconds

One Minute Recovery Energy

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Lunge Side Reach (R)	20 seconds
Lunge Side Reach (L)	20 seconds
Good Mornings	20 seconds

One Minute Recovery De-Stress

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Knees to Chest Hold	20 seconds
Knee to Chest Hold (R)	20 seconds
Knee to Chest Hold (L)	20 seconds

One Minute Recovery Detox

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Sitting Twist (R)	20 seconds
Sitting Twist (L)	20 seconds
Flow	20 seconds

One Minute Recovery Adjust

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Cat-Cow	20 seconds
Pigeon (R)	20 seconds
Pigeon (L)	20 seconds

One Minute Recovery Unwind

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Kneeling Side Stretch (R)	20 seconds
Kneeling Side Stretch (L)	20 seconds
Camel	20 seconds

One Minute Recovery Cleanse

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Walkouts	20 seconds
Child's Pose Tricep Stretch (R)	20 seconds
Child's Pose Tricep Stretch (L)	20 seconds

One Minute Recovery Peaceful

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Outstretch on Back	20 seconds
Hamstring Stretch (R)	20 seconds
Hamstring Stretch (L)	20 seconds

One Minute Recovery Connect

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Butterfly	20 seconds
Deep Squat Sit	20 seconds
Bent Over Hug	20 seconds