

FLOAT TANK

Flotation REST



SLEEP & NUTRITION

Optimizing consistent sleep and nutrition habits should be the foundation of all recovery efforts



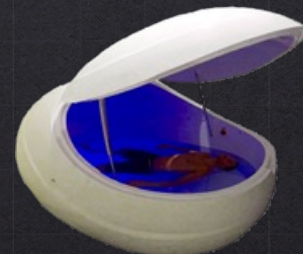
WHAT DOES IT DO: Improves sleep, energy, and mood, and decreases fatigue, soreness, and stress ¹⁻⁶

NATIONAL CHAMPION Caliber Protocol: 60-minute sessions, 1 to 3 times per week

PRO TIPS: Have a snack and avoid caffeine at least 4-6 hours ahead of your float

BEST TIMES: Anytime after a training session

TIMES TO AVOID: Before a training session



REFERENCES

THE
PIT PERFORMANCE
INNOVATION
TEAM