

NORMATEC

Pneumatic Compression



SLEEP & NUTRITION

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



WHAT DOES IT DO:

Improves recovery and muscle glycogen resynthesis, and reduces inflammation and soreness ¹⁻⁸



NATIONAL CHAMPION Caliber Protocol:

20 to 60-minute sessions, 1 to 7 times per week



BEST TIMES:

Any time before or after training to help reduce soreness



OTHER SIMILAR OPTIONS:

Compression tights



REFERENCES

THE
PIT PERFORMANCE
INNOVATION
TEAM