

Active Recovery Workouts

PrimeForMen | Practical worksheet | September 18, 2026

Choose: easy movement / full rest / appropriate professional guidance.

Do not use a workout to test new, severe or concerning symptoms.

WALK, 10 MIN: 2 easy + 6 comfortable + 2 easy.

MOBILITY, 10 MIN: 2 min easy steps + four 1-min gentle movements
+ 4 min relaxed movement/rest. Never force the range.

BIKE, 15 MIN: 3 easy + 9 comfortable + 3 easy.

Choose ONE option. You do not need to complete all three.

Keep conversation easy; no required heart-rate zone or calorie target.

Shorten or stop if movement worsens symptoms or changes your gait.

Feeling looser does not prove tissue repair or readiness for hard work.

Record your response later and the next day.

Persistent fatigue calls for reviewing total workload, sleep and rest.

Date / recent training / present symptoms / chosen option and reason

Duration / effort / symptoms during and shortly after

Later and next-day response / next training decision

Instructions and adaptations: primeformen.com/active-recovery-workouts/

Educational example, not individualized care. Stop for pain or unusual symptoms.