



YOUR GUIDE TO RECOVER LIKE A PRO

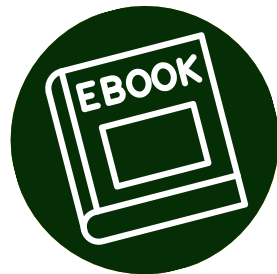
FITNESS CONCEPTS
HEALTH CLUB
GARDNER • MA

YOUR HOW TO GUIDE TO RECOVER LIKE A PRO

WELCOME TO PEAK ATHLETE RECOVERY LAB!

THIS GUIDE WILL HELP YOU MAXIMIZE THE USE OF OUR STATE-OF-THE-ART RECOVERY TOOLS. EACH SECTION PROVIDES DETAILED INSTRUCTIONS FOR USING EACH DEVICE AND INSIGHTS INTO WHEN AND WHY TO USE THEM.

IF YOU HAVE ANY QUESTIONS FEEL FREE TO ASK OUR STAFF OR SET UP AN ORIENTATION APPOINTMENT ON USING THE ROOM.



**WANT THIS
BOOK ON YOUR
PHONE OR
TABLET, SCAN
THE QR CODE**



RULES



SHOES OFF

PLEASE LEAVE YOUR SHOES IN THE BOOT TRAY **OUTSIDE THE ROOM**

WIPE DOWN AFTER USE

USE THE SPRAY AND RAG TO WIPE DOWN ALL USED SURFACES. DO NOT DIRECTLY SPRAY THE DEVICE.

PLUG DEVICES BACK IN

ENSURE EVERYTHING IS BACK ON THE CHARGER WITH THE CORRECT CABLE AFTER USE.

BE TIMELY WITH YOUR APPOINTMENT

DO NOT STAY PAST YOUR BOOKED APPOINTMENT TIME UNLESS THE ROOM IS NOT BOOKED.

LEAVE THE SPACE TIDY

SHUT OFF ALL LIGHTS WHEN DONE. AND LEAVE THE ROOM ORGANIZED AND AS YOU FOUND IT.

DRESS CODE

YOU MUST BE FULLY CLOTHED AT ALL TIMES IN CLEAN AND DRY CLOTHING.

SHARING THE SPACE

IF 2 PEAK MEMBERS **WANT** TO USE THE ROOM AT THE SAME TIME THAT IS ALLOWED. NO NON PEAK MEMBERS ALLOWED.



HOW TO USE

NORMATEC COMPRESSION THERAPY



ATTACH ATTACHMENTS:

PUT ON THE LEG, OR GLUTE/ HIP ATTACHMENTS, AND ZIP THEM ALL THE WAY UP

CONNECT HOSES:

CONNECT THE HOSE CONNECTOR TO THE DEVICE'S AIR OUTLET, THEN CONNECT THE ATTACHMENT CONNECTORS TO LEGS OR HIP

TURN ON:

PRESS THE POWER BUTTON TO TURN ON THE DEVICE (LOCATED ON TOP OF THE WALL MOUNTED NORMATEC CONTROL UNIT)

SET SETTINGS:

CHOOSE YOUR DESIRED SETTINGS, SUCH AS THE INTENSITY LEVEL AND SESSION TIME. INTENSITY OF COMPRESSION RANGES 1-7 (7 BEING THE MOST)

START:

PRESS THE START/STOP BUTTON TO BEGIN COMPRESSION

ADJUST:

YOU CAN ADJUST THE INTENSITY OR END THE SESSION AT ANY TIME

PUT AWAY:

DISCONNECT THE HOST FROM THE ATTACHMENT AND KEEPING THE LEGS ZIPPED SQUEEZE OUT THE AIR AND HANG BACK UP

USE IN ZERO
GRAVITY
CHAIR



BY INTEGRATING NORMATEC SESSIONS INTO YOUR RECOVERY ROUTINE, YOU'LL LIKELY FEEL LESS FATIGUED, MORE MOBILE, AND BETTER PREPARED TO TACKLE YOUR FITNESS GOALS!



NORMATEC

COMPRESSION THERAPY

WHEN

POST-WORKOUT RECOVERY

IDEAL AFTER INTENSE WORKOUTS OR LONG RUNS TO REDUCE MUSCLE SORENESS AND SPEED RECOVERY BY FLUSHING OUT METABOLIC WASTE, LIKE LACTIC ACID, FROM YOUR MUSCLES.

PRE-WORKOUT WARM-UP

USING IT FOR 10-15 MINUTES BEFORE A WORKOUT CAN INCREASE BLOOD FLOW AND LOOSEN UP MUSCLES, PREPARING THEM FOR ACTIVITY.

REST DAYS

ENHANCE CIRCULATION AND PROMOTE RECOVERY ON DAYS WHEN YOU'RE NOT TRAINING, ENSURING YOU'RE READY FOR YOUR NEXT SESSION.

DURING TRAVEL OR SEDENTARY PERIODS

USE TO COUNTERACT STIFFNESS AND POOR CIRCULATION FROM LONG FLIGHTS, CAR RIDES, OR DESK WORK.

INJURY RECOVERY

HELPS REDUCE SWELLING AND INFLAMMATION, MAKING IT BENEFICIAL DURING REHABILITATION



BENEFITS

IMPROVED CIRCULATION

SEQUENTIAL COMPRESSION HELPS STIMULATE BLOOD FLOW, DELIVERING OXYGEN AND NUTRIENTS TO TISSUES MORE EFFICIENTLY.

REDUCED MUSCLE SORENESS

FLUSHES OUT TOXINS AND METABOLIC BY-PRODUCTS, REDUCING DELAYED ONSET MUSCLE SORENESS (DOMS).

FASTER RECOVERY

FAST RECOVERY BETWEEN WORKOUTS OR AFTER COMPETITIONS, SO YOU'RE READY TO TRAIN HARDER, SOONER.

ENHANCED FLEXIBILITY

LOOSENS UP TIGHT MUSCLES AND CONNECTIVE TISSUES, IMPROVING RANGE OF MOTION.

STRESS RELIEF

PROVIDES A RELAXING, MASSAGE-LIKE EFFECT, WHICH CAN REDUCE STRESS AND PROMOTE A SENSE OF WELL-BEING.

DECREASED SWELLING

REDUCES EDEMA IN LEGS AND FEET CAUSED BY HIGH-IMPACT ACTIVITIES OR PROLONGED PERIODS OF INACTIVITY.

HYPERVOLT MESSAGE GUN

POWER ON:

TURN ON THE HYPERVOLT PRO HOLDING THE POWER SWITCH AT THE BASE OF THE HANDLE FOR 3 SECONDS

SELECT THE DESIRED ATTACHMENT:

SELECT BASED ON THE MUSCLE GROUP YOU WANT TO TARGET:

- ROUND HEAD: LARGE MUSCLE GROUPS (E.G., THIGHS, GLUTES).
- FLAT HEAD: DENSE MUSCLE AREAS
- BULLET HEAD: PINPOINT TREATMENT FOR KNOTS
- HEATED ATTACHMENT IS GREAT FOR OVERALL RELIEF

CHOOSE INTENSITY:

CHOOSE YOUR INTENSITY LEVEL BY PRESSING THE POWER BUTTON ON THE BACK OF THE DEVICE. THERE ARE 3 INTENSITIES EACH ONE HAS MORE PERCUSSIONS PER MINUTE.

APPLY THE MESSAGE GUN TO YOUR MUSCLE

USING LIGHT PRESSURE, MOVE IT SLOWLY OVER THE TARGET AREA IN A BACK-AND-FORTH MOTION FOR 1-2 MINUTES PER MUSCLE GROUP.

AVOID BONY AREAS OR SENSITIVE SPOTS. STOP IF YOU EXPERIENCE DISCOMFORT.



DOWNLOAD THE FREE HYPERICE APP FOR GUIDED RECOVERY ROUTINES BASED ON YOUR NEEDS



CONNECT THE GUN TO BLUETOOTH BY HOLDING DOWN THE POWER BUTTON FOR 5 SECONDS UNTIL YOU SEE A BLUE LIGHT



HEAT ATTACHMENT

HOLD THE POWER BUTTON ON THE ATTACHMENT UNTIL IT LIGHTS UP, 1 LIGHT IS LOW HEAT, 3 LIGHTS IS HIGH HEAT

TURN OFF AFTER USE BY HOLDING POWER BUTTON



HYPERVOLT MASSAGE GUN

WHEN

PRE-WORKOUT:
TO WARM UP MUSCLES AND
IMPROVE MOBILITY.

POST-WORKOUT:
TO ALLEVIATE SORENESS AND
ENHANCE RECOVERY.

REST DAYS:
TO ADDRESS TIGHTNESS OR
DISCOMFORT AND KEEP
BLOOD FLOWING

BENEFITS

INCREASES BLOOD FLOW:
MAXIMIZE BLOOD FLOW THROUGH
MASSAGE TO MUSCLES

REDUCES MUSCLE STIFFNESS:
RELEASE TENSION AND WORK
OUT ANY KNOTS

SPEEDS UP RECOVERY:
INCREASE YOUR TIME ON THE SIDELINES
BY BREAKING DOWN LACTIC ACID

**IMPROVES RANGE OF MOTION AND
FLEXIBILITY**



THERABODY SMART GOGGLES

TURN ON:

POWER ON THE GOGGLES BY PRESSING THE BUTTON ON THE SIDE.

ADJUST:

ADJUST THE STRAP FOR A SNUG BUT COMFORTABLE FIT OVER YOUR EYES.

SELECT YOUR MODE:



Mode 1 - SmartRelax: SmartRelax promotes relaxation by gently massaging the eye area with heat. SmartRelax's vibration pattern reflects your heart rate, designed to optimize relaxation quickly.



Mode 2 - Focus: Focus aids in relaxation by releasing tension between the eyebrows. The single vibration pattery is intended to relax the mind and aid focus while heat is delivered to the eye area.



Mode 3 - Sleep: Sleep gently massages the temples and delivers slow-wave vibration to promote sleepiness.

RELAX:

ALLOW THE GOGGLES TO RUN THEIR CYCLE (USUALLY 10-15 MINUTES)

TURN OFF & CLEAN:

POWER OFF THE GOGGLES AND WIPE THE SURFACE WITH SPRAYED DISINFECTANT CLOTH

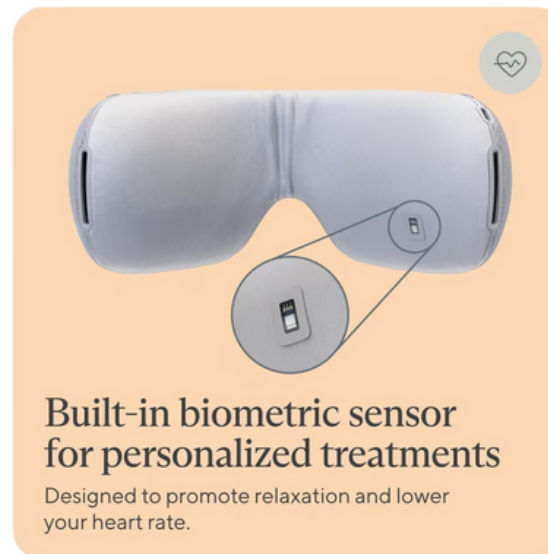


USE THESE WHILE YOU RELAX IN THE NORMATEC COMPRESSION BOOTS



VIBRATION:
TO PROMOTE RELAXATION

HEAT:
FOR SOOTHING TIRED EYES



Built-in biometric sensor for personalized treatments

Designed to promote relaxation and lower your heart rate.

THERABODY SMART GOGGLES



WHEN

POST SCREEN TIME:
TO RELIEVE EYE STRAIN

BEFORE BEDTIME:
PROVEN TO HELP YOU UNWIND AND IMPROVE SLEEP QUALITY

DURING REST DAYS:
TO ENHANCE RELAXATION

DURING HIGH STRESS DAYS:
TO LOWER YOUR HEART RATE AND GIVE YOUR MIND A RESET



BENEFITS

- REDUCES DIGITAL EYE STRAIN
- REDUCE MENTAL FATIGUE
- PROMOTES RELAXATION
- ENHANCE STRESS RELIEF
- ENHANCES SLEEP QUALITY
- HELPS WITH HEADACHES AND MIGRAINES

CHIRP WHEELS

CHOOSE THE APPROPRIATE WHEEL SIZE:

- LARGE (12"): GENTLE STRETCH AND MASSAGE.
- MEDIUM (10"): MODERATE PRESSURE
- SMALL (6"): DEEP TISSUE PRESSURE OR NECK



POSITION:

PLACE THE WHEEL ON THE FLOOR AND POSITION IT UNDER YOUR BACK ALONG THE SPINE

ROLL:

SLOWLY ROLL THE WHEEL ALONG YOUR SPINE, KEEPING YOUR HANDS AND FEET ON THE FLOOR FOR SUPPORT

SPEND 1-2 MINUTES ON TIGHT OR SORE AREAS

AVOID APPLYING PRESSURE DIRECTLY TO YOUR NECK OR LOWER BACK WITHOUT GUIDANCE.



CHIRP WHEELS

WHEN

POST-WORKOUT:
FOR SPINAL DECOMPRESSION

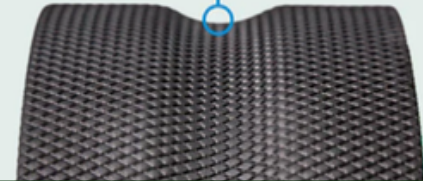
REST DAYS:
TO IMPROVE FLEXIBILITY AND POSTURE

WARM UP ROUTINE:
DURING WARM-UPS TO
LOOSEN BACK MUSCLES

BUILT FOR COMFORT

Fits between your shoulder blades

Digs deep while
protecting your spine



BENEFITS

- ALLEVIATES BACK PAIN AND TENSION
- IMPROVES SPINAL ALIGNMENT
- INCREASES FLEXIBILITY
- ENHANCES POSTURE
- RELIEVES TIGHTNESS



RED LIGHT THERAPY

POSITION:

LAY THE HOOGA RED LIGHT THERAPY MAT ON A FLAT SURFACE OR WRAP AROUND TARGETED AREA



POWER ON:

TURN IT ON USING THE CONTROL PANEL ON THE RIGHT

CUSTOMIZE:

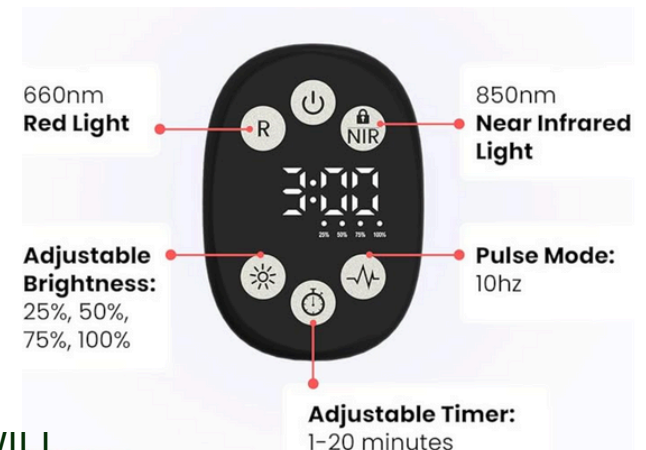
CHOOSE YOUR DESIRED LIGHT INTENSITY AND TIME SETTING (TYPICALLY 10-20 MINUTES).

RELAX:

ALLOW THE SESSION TO COMPLETE. THE MAT WILL AUTOMATICALLY TURN OFF IF A TIMER IS SET.

CLEAN:

CLEAN THE MAT GENTLY WITH A SOFT, LIGHTLY SPRAYED CLOTH AFTER USE.



TREATMENT TIME:

UP TO 30 MINUTES PER TREATMENT AREA. SKIN/TOPICAL TREATMENTS REQUIRE LESS TIME AND LOWER BRIGHTNESS, WHILE DEEP TISSUE TREATMENTS WILL REQUIRE MORE TIME AND HIGHER BRIGHTNESS.

RED LIGHT THERAPY



WHEN

POST WORKOUT:
AFTER INTENSE WORKOUTS FOR RECOVERY.

REST DAYS:
ENHANCES MUSCLE HEALTH AND PROMOTES RECOVERY.
USEREGULARLY FOR IMPROVED OVERALL WELLNESS.

BEFORE BED OR DURING STRESS:
PROVEN TO PROMOTE RELAXATION AND IMPROVE SLEEP QUALITY.



BENEFITS



Pain Relief
Alleviates various types of pain (muscle soreness, joint pain).



Skin Health
Improves skin by promoting collagen production.



Wound Healing
Heals of wounds and cuts by stimulating cellular repair.



Inflammation Reduction
Helps reduce inflammation in the body.



Muscle Recovery
Aids in faster muscle recovery after exercise or injuries.



Joint Comfort
Provides relief from joint discomfort and stiffness.



Hair Growth
Stimulates hair follicles, potentially leading to improved hair growth.



Mood Enhancement
May have a positive impact on mood, mental well-being by boosting energy levels.

ADDITIONAL TOOLS

VIBRATING STICK ROLLER:

ATHE TRIGGERPOINT STK VIBE IS A VIBRATING STICK ROLLER THAT ALLOWS USER TO TARGET SPECIFIC PAIN POINTS WITH CONTROLLED PRESSURE. VIBRATION HELPS REDUCE DISCOMFORT DURING FOAM ROLLING, WHILE HELPING TO UNLOCK TIGHT MUSCLES FOR A MORE EFFECTIVE RELEASE. HOLD DOWN THE POWER BUTTON AND SELECT FROM 3 LEVELS OF VIBRATION



SINGLE MASSAGE BALL:

IDEAL FOR PINPOINTING SMALL MUSCLES IN THE FEET, CALVES, AND SHOULDERS; DEEP TISSUE COMPRESSION MASSAGE RELIEVES MINOR ACHES AND PAINS



FOAM ROLLER:

IT PROVIDES A FORM OF SELF-MYOFASCIAL RELEASE (SMR), WHICH HELPS TARGET TIGHT MUSCLES, ADHESIONS, OR "KNOTS" IN THE FASCIA (THE CONNECTIVE TISSUE AROUND MUSCLES). GREAT FOR MUSCLE RECOVERY, SORENESS, AND FLEXIBILITY.



ADDITIONAL TOOLS

DOUBLE MASSAGE BALL:

- IDEAL FOR TARGETING LARGE MUSCLES SUCH AS THE GLUTES, HAMSTRINGS, AND QUADS
- TEXTURED SURFACE PATTERN INCREASES MOBILITY AND AIDS IN RECOVERY POST-WORKOUT; ERGONOMIC DESIGN HELPS TARGET HARD-TO-REACH MUSCLES
- SHAPE IS IDEAL FOR MASSAGING ALONG THE SPINAL COLUMN WITHOUT UNCOMFORTABLE PRESSURE; PERFECT FOR RELIEVING TENSION, RELEASING TIGHTNESS, AND SOOTHING PAIN IN THE BACK AND NECK



ACCUPRESSURE MAT:

- START SLOWLY: BEGIN WITH SHORT SESSIONS (5-10 MINUTES) AND GRADUALLY INCREASE AS YOUR BODY ADJUSTS.
- USE A THIN BARRIER: IF THE SPIKES FEEL TOO INTENSE, PLACE A THIN FABRIC, SUCH AS A SHIRT OR TOWEL, BETWEEN YOUR SKIN AND THE MAT.
- FOCUS ON SPECIFIC AREAS: YOU CAN TARGET SPECIFIC BODY PARTS, LIKE YOUR BACK, NECK, OR FEET, DEPENDING ON YOUR NEEDS.



FIND YOUR ZEN



MIRROR YOUR PHONE TO THE TV
AND WATCH YOUR FAVORITE
SHOWS, OR FLICK ON A
RELAXATION YOU TUBE SCENE.

OUR SOUND MACHINE IS LOCATED
UNDER TV. IT HAS WHITE NOISE AND
CALMING SOUNDS TO HELP YOU BLOCK
OUT THE OUTSIDE WORLD AND MAKE
THIS TIME JUST FOR YOURSELF.





**PLEASE REACH OUT TO US IF YOU
HAVE ANY QUESTIONS OR CONCERNS**

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