

WHAT'S THE BEST EXERCISE RECOVERY TECHNIQUE?

EXERCISE STUDY DATES TBC

We're comparing these exercise recovery methods to see which is most effective:

- Spring Technology (Pilates-based)
- Contrast Therapy (Sauna/Ice Bath)



WHAT YOU GET



FREE EXERCISE PHYSIOLOGY WORKOUT

Each participant will complete a free high-intensity workout session led by Exercise Physiologists.



ACCESS YOUR RECOVERY DATA

Receive your recovery data to better understand how you recover from high intensity exercise.



EXPERIENCE CUTTING- EDGE RECOVERY TECH

You'll have a chance to experience cutting edge recovery techniques including Springys and Contrast Therapy.



FREE AND DISCOUNTED SERVICES

25% off Exercise Physiology Assessment PLUS complimentary 2 week Springys All-Access Membership with unlimited classes.

WHAT'S INVOLVED?

We'll need approx 2.5 hours of your time to:

- Complete initial data collection
- Deliver a high-intensity exercise session
- Deliver a guided recovery session
- Collect post-session data

24 hours later, we'll need up to 10 minutes of your time for final data collection.

REGISTER HERE

