



2019 NSCA

NATIONAL CONFERENCE

#NSCACon19

Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.

End of Training Restoration & Recovery

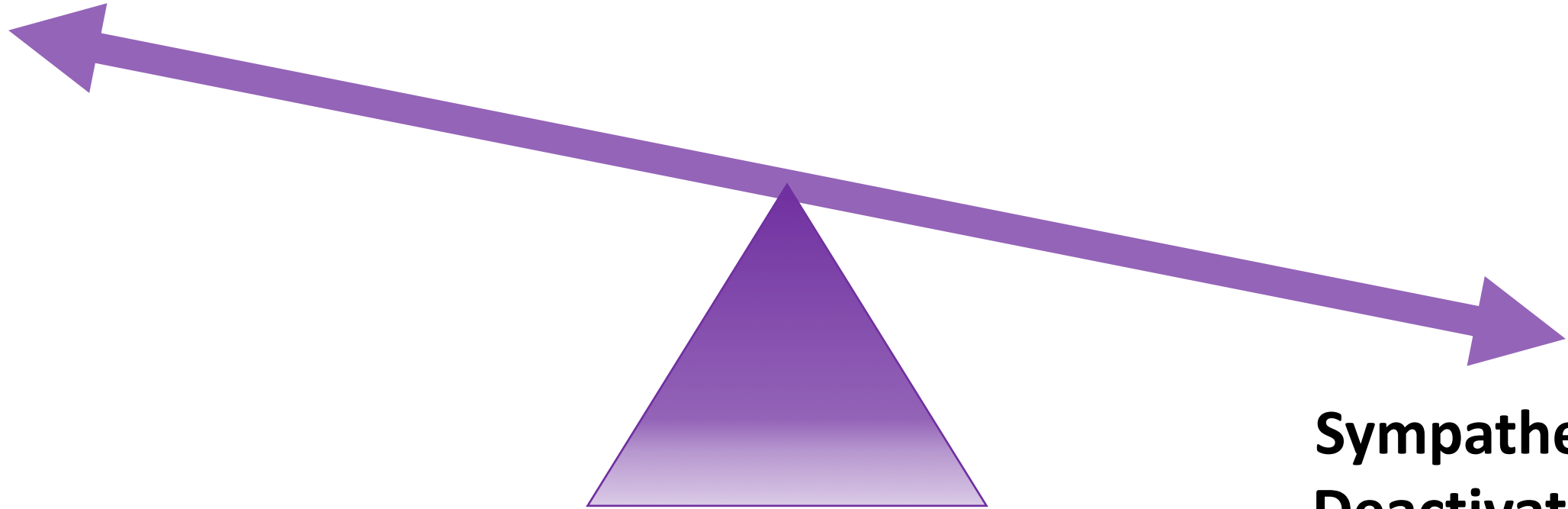
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**Parasympathetic
Activation**



**Sympathetic
Deactivation**

1

Massage

2

Flexibility

3

Mobility

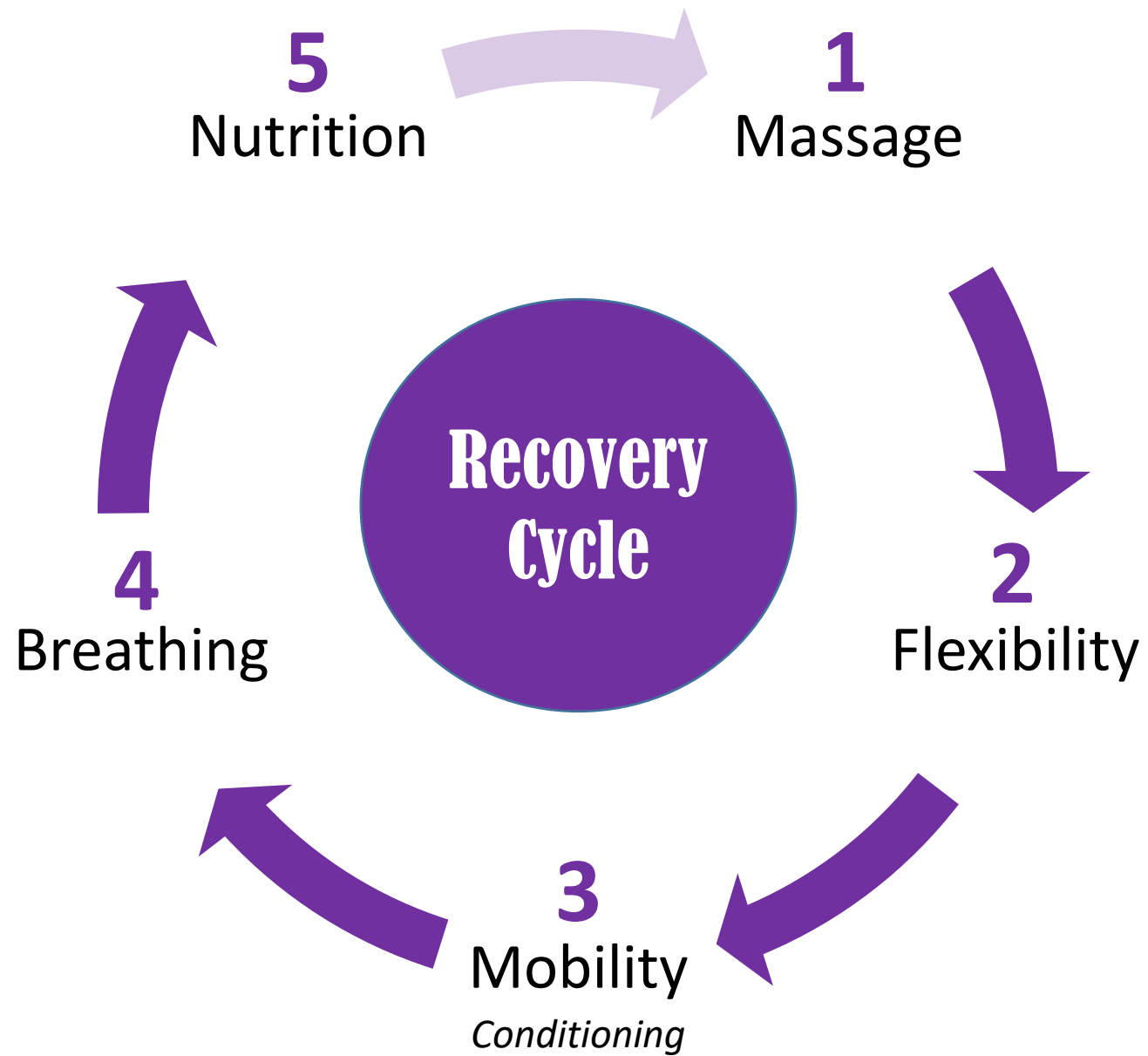
Conditioning

4

Breathing

5

Nutrition



Questions?

Thank You!



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