

3 Ways to Enhance Your Active Recovery Days with Compex® Devices



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Active recovery is a form of exercise that is not overly strenuous but still engages your body in movement. Examples of active recovery include walking, stretching, or mild yoga. While active recovery might look different from person to person, the overall goal of building active recovery days into your schedule is to give your body time to repair and rebuild muscle tissue while making exercise a daily, manageable habit.



As a trusted Swiss brand with over 30 years of experience in the physiotherapy equipment industry, Compex® offers equipment to help professionals and amateurs alike train effectively. Are you ready to curate an active recovery routine that helps you meet your unique fitness goals? Here are three ways Compex® equipment can help you improve your active recovery days.

Address Excessive Soreness

While soreness is usually a sign that your muscles are repairing themselves and your workouts are paying off, stiff muscles and achy joints can sometimes inhibit your training schedule. Luckily, Compex® designs innovative [massage machines](#) that can help you stay ahead of delayed onset muscle soreness (DOMS).

Here are just two of the many ways Compex® devices can help:

- To prevent lactic acid build-up—a primary cause of immediate, acute soreness—roll out your major muscle groups with the Compex® Ion™ Vibrating Deep Tissue Massage Roller after exercise.
- To address symptoms of DOMS—which is caused by small tears in muscle tissue—use the Compex® Fixx™2.0 Massager for a deep tissue massage that may speed up your muscle's repair process by promoting circulation.

Enhance Your Routine with EMS Programs

A Compex® [electric stimulation therapy machine](#) can help you train with a variety of unique programs designed to enhance each stage of your workout, from warm-up to recovery.

By sending targeted electric pulses to desired muscle groups with a Compex® EMS device, you can aid your active recovery by:

- Increasing local blood flow
- Inducing a low-frequency muscle twitch that provides therapeutic, massage-like benefits
- Managing pain with a TENS program
- Promoting muscle relaxation
- Flushing out lactic acid

Choose Enriching Activities

When done right, active recovery days can be a great way to merge fitness and self-enrichment. Try choosing activities that benefit you in ways beyond just physical, such as practicing mindfulness with a gentle yoga practice or making new friends by joining a walking club.

With a Compex® device that delivers [electrical stimulation for muscles](#) without the use of disruptive wires, you can reap more physical benefits of fun, gentle activities. After all, a good fitness plan should be realistic, attainable, and—of course—enjoyable.

Building strength and staying healthy is about more than just pushing yourself in the weight room—it's about taking care of your body overall. Enhancing your active recovery days with EMS machines and massage devices from Compex® can help you build strength and minimize injury risk.

Enhance your active recovery days with equipment from <https://www.compex.com/>

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