## Best Home Fitness Recovery Routine for 2025



Dynamic Stretching
(3 min) leg swings, arm cirles



Active Recovery
(5 min) low-impact yoga or walking



Foam Rolling (3 min) target quads, hamstrings



Nutrition Boost (Post-Workout) 20 g protein



Mindfulness (2 min) guided meditation



https://choovia.com/?p-975