RECOVERY RUMBLE / PRINTABLE WORKOUT CARD

20-minute rest-day routine

8 distinct exercises | Sturdy chair + wall | No floor work

Read the article first. This card is a reminder, not injury rehabilitation. Use a stable chair without wheels. Keep breathing comfortable enough for an easy conversation.

Time slots include transitions and rest. Do a few comfortable repetitions, then pause. Do not hold a stretch for the entire slot or add repetitions to fill the time.

0:00-5:00	**1. Easy walking** Level surface; relaxed pace.
5:00-7:00	**2. Seated ankle pumps** Try 5 slow movements per foot, then pause.
7:00-8:00	**3. Shoulder rolls** Try 5 small backward rolls; relax.
8:00-10:00	**4. Seated upper-body turns** Up to 3 per side; comfortable holds up to 5 sec.
10:00-12:00	**5. Seated chest stretch** Up to 3 gentle holds of about 5 sec each.
12:00-14:00	**6. Seated hip marching** Up to 5 small lifts per leg; lower quietly.
14:00-16:00	**7. Standing side bends** Up to 3 shallow bends per side; about 2 sec each.
16:00-18:00	**8. Supported calf stretch** 1-2 holds per side; 10-15 sec each.
18:00-20:00	**Easy walking again** Repeat exercise 1 gently to finish.

Shorten or skip: Rest after the suggested repetitions, omit any uncomfortable movement, or finish early. Complete rest is also an option. This is an original editorial schedule, not a tested recovery protocol.

Stop for pain, dizziness, unusual breathlessness or feeling unwell. Seek urgent care for chest pain, fainting or severe breathing difficulty. Ask a health professional about an injury, condition, recent surgery or movement restriction.

Movement references: NHS sitting, NHS flexibility, Oxford University Hospitals, p. 10.
The companion article contains full instructions, sources and limits. No soreness-relief guarantee.
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