

CASE STUDY



MATT'S RECOVERY PUMP PROTOCOL

- After every workout - 60 mins on 80mmhg with 10 sec break
- After hard bike or gym sessions - combine with elevating legs against the wall for about 2-5 mins then put the legs level and use normally for 10 to 15 mins - Repeat for 60 mins
- After travel & on recovery days - spin on the bike for 20 to 30 mins easy then use Recovery Pump with elevated cycle to flush everything. If I don't have time to spin on the bike I just use the Recovery Pump.

OUTCOMES

- A huge increase in just the sheer volume of work I could do in a training week - have been able to add 2 workouts a week to my schedule
- Improved the consistency and quality of training that I can do - I was able to get better efforts in and more of them. The legs would feel fresher and have more quality efforts in them. The fatigue would still set in on the second workout but the efforts up to that point were of higher quality and the number of efforts before major fatigue set in was increased as well
- Ability to quickly overcome the effects of travel - at collegiate nationals I flew in and raced the next day. Using the Recovery Pump that night I was able to recover the legs from the travel day and set a new PR in my kilometer tt with a broken collarbone!

MATT BARANOSKI

Professional Track Cyclist

I am a professional track sprint cyclist — so I do short efforts really fast. I have been racing track since I was just 6 (I just turned 20). I loved track racing from the start and I have never looked back. I am also a full time student at Penn State studying Electrical Engineering.

"When I do two sessions a day, if I use the Recovery Pump in between the workouts, it is like I have not done the earlier workout"

HIS STORY

I hooked up with Recovery Pump in 2012. Since I started with Recovery Pump I have won 4 Elite National Championships, 2 Collegiate National Championships and medaled at the Pan American championships.

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KEYS TO SUCCESS

Improved recovery, handling a high volume of quality training and managing the effects of travel. Recovery Pump has boosted my recovery greatly and has essentially removed the problem of jet lag for me. Any athlete who travels and is expected to perform right after travel can benefit from the Recovery Pump