

TCG Recovery One

PROTOCOLS AND BENEFITS

The four major strategies proven to have a positive effect on fatigue and recovery are: good sleep, proper nutrition, adequate hydration, and cold water immersion.

Cold water Immersion can be used as a tool for your overall health and to increase your performance in The Cube Gym.

Key Benefits

- Immune system support
- Increase blood flow
- Reduce chronic pain
- Boost your metabolism
- Better sleep
- Increased resilience
- Lower inflammation
- Reduce muscle soreness
- Boost performance & metabolic rate
- Vagus nerve stimulation
- Norepinephrine hormone increase
- Improve blood lactate levels

Contrast Therapy Protocol

Step 1 - Shower for 1 minute to rinse and clean.

Step 2 - Begin with a 2 min Ice Bath (5 - 10 °C) - neck deep

Step 3 - Swap to a 2 min Warm Shower (>30°C)

Step 4 - Repeat Hot and Cold exposure for 2 - 3 rounds.

Step 5 - Finish with a 30min Infrared Sauna >50°C

Long Cold Immersion Protocol - Physical Recovery Specific

Step 1 - Shower for 1 minutes and clean yourself

Step 2 - Settle into the bath for 10 min @ 10 -15 °C

Step 3 - Finish with a 30min Infrared Sauna >50 °C

Cold plunge benefits extend beyond the mental and chemical aspects of your body too. Studies have shown a connection between cold plunging, and blood vessel constriction, meaning that when we enter cold water, our blood vessels will shrink, bringing our blood flow closer to the vital organs. After leaving the cold plunge tub, our blood vessels re-open, which improves blood lactate levels, inflammation, and swelling.

Conscious Breathing

- Breathe slowly - aim for 5-6 breaths per minute
- Breathe deep, from the belly. Think about expanding your abdomen and widening your rib cage as you inhale.
- Exhale longer than you inhale. It's the exhale that triggers the relaxation response.
- Breath through your nose and use your breath to make it through the tough rounds.

BOOK YOUR SESSION HERE

CODE OF CONDUCT

SMILE..you're on camera!

This area is under constant CCTV video surveillance for the safety of our members and guests.

Enjoy the space but respect the following rules:

1. You must shower and clean yourself before using the ice baths and saunas
2. Swim wear / suits must be worn at ALL times. Leave your birthday suit at home.
3. If towels could tell jokes...they would have a dry sense of humor. Please use them in saunas - wrapped around your torso and under your feet. No towel, no sauna. Towels are available for \$3 hire.
4. No "funny business" of any kind in the saunas, change rooms or wet area.
5. You are responsible for the safety of your valuables and clothing.
6. Respect the space and clean up as if it were your own.
7. Any Member and/or Guest whose conduct is found to be unacceptable will have their bookings cancelled and/or membership terminated.

