
MORPHEUS

Reset your recovery in 30 days

Whatever your fitness goals are, there is no question that accelerating your recovery can help you achieve them faster. This is because recovery is where the real magic of fitness happens. It's only when your body is recovering, that it's actually improving.

Recovery is what drives muscle growth, changes in aerobic fitness and conditioning and even improvements in coordination and technique. The bottom line is that if you're not recovering effectively, then you're not getting better and all your hard work isn't going to pay off.

I've put together this short guide to make sure you know how to put Morpheus to work for you to help you find the right balance between training, stress and recovery. **Over the next 30 days, following the three strategies outlined below will put you on the fast track to better recovery, improved fitness and get you closer to reaching your fitness goals.**

1. Manage your overall training intensity

One of the biggest reasons people fail to get the results they're looking for is because choosing the right intensity to train at day in and day out is not easy. It's human nature to think we can handle more training and more intensity than we really can, or should.

When too much intensity is used over time, at best you'll hit a frustrating plateau and at worst, you'll end up fatigued and overtrained.

On the other hand, using too little intensity means you'll fail to make consistent progress. When this happens, our instinct is often to solve this problem by doing more. Of course, this works, for a little while at least, but sooner or later, we end up doing more and more until we're right back to doing too much.

They key to avoiding this fitness roller coaster and achieving long-term, sustainable results is to strike the right balance between intensity, the stress of life, and recovery. I designed Morpheus to help you do exactly that by analyzing all the most important information – your training, sleep, activity, HRV and how you feel – and crunch the numbers to give you a daily recovery score and personalized training zones to guide your intensity.

From here, all you have to do is follow three guidelines to make sure you're striking the right balance between training and recovery each day.

A. Work to keep your recovery score above 80% the majority of the time

The single most important element of managing intensity is to avoid becoming chronically under-recovered. **The best way to do this is to ensure you're consistently keeping your recovery score above 80%.**

If you're seeing it frequently drop below this level, more than once a twice a week at most, then you need to evaluate what's causing it and take the necessary steps to reduce stress and improve your recovery.

B. Avoid maximum intensity when recovery is below 80%

When your recovery drops below 80%, it's a sign that your body is under stress that it still needs to recover from. This doesn't mean that you should avoid training altogether by any means, but it does mean adding too much intensity on top of this will slow down recovery even further.

With Morpheus, making sure not using too much intensity is easier than ever with the personalized heart rate zones. **When your recovery is below 80%, it's best to avoid training in the red (overload) zone.** If you're lifting weights, you should also keep the weight below 90% of your 1 rep max.

C. Focus on rest and recovery (HPRT) when recovery falls below 60%

Any time your recovery drops below 60%, it's important to take proactive steps to increase it back to normal levels as quickly as possible. **If it drops all the way down to 40%, your recovery score will turn red to warn you that your body is becoming more and more fatigued.**

While the goal is certainly to keep from falling below 60% recovery, we all know that life happens. **Everything from poor sleep, to chronic mental stress, excessive training and drinking, etc., can quickly add up to sabotage your recovery.**

When this happens, the best strategy is to focus on pushing your recovery back up through whatever means necessary. **Get some additional sleep, train in the blue zone to stimulate recovery (HPRT) and work to reduce or eliminate whatever other stress may be at the heart of your low recovery.**

The less time you can spend in the low ranges of recovery, the better. Getting stuck in a chronic state of being under-recovered is a surefire recipe for overtraining, fatigue and injuries. This is something that happens far too often and it's one of the main reasons why people ultimately fail to reach their goals.

2. Incorporate HPRT into your weekly program

High-Performance Recovery Training (HPRT) is a new approach to using training as a means of accelerating recovery. While people have been using different types of activity as a form of *active recovery* for ages, **HPRT is a more specific, more targeted way to help shift your body into the recovery state**.

It's only when your body is in the recovery state that energy is being driven into improving your fitness. This is why it's so crucial to put time and effort into accelerating your recovery and HPRT is one of the most effective ways to do exactly that.

Later in this guide I'll give you a complete, 30 day HPRT program that you can get started with right away, but let's first look at what a typical HPRT workout looks like:

The High-Performance Recovery Training (HPRT) Session

Each HPRT session is comprised of four different components that all work together to promote recovery. While there's endless room for variation, it's important that each of the four components is included in each HPRT session for maximum effectiveness.

A. **Recovery breathing:** One of the most powerful ways to accelerate your recovery is to improve your breathing patterns. This is because respiration is intimately connected to your autonomic nervous system and has a strong influence on where your body directs its energy. Recovery breathing drills help develop better, more efficient, respiratory patterns and are an invaluable part of improving your recovery.

B. **Recovery zone training:** The blue zone that Morpheus gives you each day based was specifically designed to get you in your recovery zone. **This zone represents the precise level of intensity that will stimulate blood flow and promote recovery without leading to additional stress and fatigue.** There are a variety of exercises and activities you can do while in the recovery zone, which will be discussed in more detail later in the guide.

C. **Strength stimulation:** Strength training, when utilized properly, can help accelerate recovery by tapping into the nervous system and driving blood flow into the biggest, fastest muscle fibers. **Keeping the volume of this type of training low and trying to limit the eccentric component are the two keys to making this work.**

D. **Recovery cooldown:** Though it's often neglected, the cooldown is just as important, and in some ways more important, than the warm-up. This is because the cooldown is the first phase of recovery. **It's where your body starts to redirect energy away from the stress of training and into the processes that drive recovery.** This makes it absolutely essential to always go through a thorough recovery cooldown.

3. Improve your conditioning

Although people often associate conditioning with fatigue, the truth is that conditioning should be associated with recovery above all else. Although there are many reasons for this, the biggest one is because conditioning fundamentally improves how your body creates energy aerobically.

The aerobic energy system is what your body relies on 99.9% of the time throughout your life and it's what's responsible for creating all the energy your body needs to drive improvements in strength, power, endurance, etc.

This is fundamentally why people with lower resting heart rates, higher HRV, higher VO_2 max – all indicators of aerobic fitness levels – are generally able to recover faster and tolerate stress better than those on the opposite end of the spectrum.

This doesn't mean that you need to have the conditioning of an elite athlete if you're just trying to look and feel your best, but it does mean that if your conditioning isn't up to par, improving it will likely have a big impact on your recovery.

There are many different measures of conditioning, but below I've outlined three basic metrics you can track using Morpheus as a rough gauge of how your conditioning stacks up. Keeping in mind these are only rough guidelines and things like age, bodyweight, etc., affect these numbers, they offer a good starting point for most people to evaluate their general conditioning level.

Test	Low	Moderate	Good
HRV	< 70	70 - 85	> 85
Resting HR	> 70	55 - 70	< 55
Red to blue recovery time	> 90s	45 – 90s	< 45s

Note: the red to blue heart rate recovery time represents an average of how long it typically takes for your heart rate to drop from the red zone to the blue zone on a day when your recovery is 90% or above.

Unless you're a pure strength athlete like a Powerlifter, Olympic Weightlifter, etc., you'll want to make sure your conditioning is at least in the upper end of moderate to good range. If it's lower than that, chances are that your recovery will be noticeably improved by investing some time and effort into improving it.

In the following section outlining a 30-day HPRT program, I'll also include some general guidelines that will help you improve your conditioning along the way.

The 30-Day Recovery Reset

I designed the following program to give you two HPRT sessions a week to incorporate into your weekly training schedule for the next 30 days. Whether your goal is to improve strength, power, conditioning, body composition, sport performance, or just about anything in between, **the addition of these two weekly sessions will help you get started down the path of recovery-driven fitness and better results**.

To make sure you have everything you need to work through the program, I've broken it down into three components: the eight HPRT workouts, the exercises and finally, weekly programming guidelines.

WORKOUT ONE

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Quadruped breathing	3	3			focus on full exhalation
	KB pullover with heels on box	3	3			
	Quadruped groiner	3	3			
1	Spin bike	2		5 min		HR at top of recovery zone for circuit
2	Medicine ball throws or prowler push	2		5 min		
3	Rower or treadmill	2		5 min		perform circuit twice
	Barbell deadlift	3	3		85% 1RM	concentric only if possible
	Incline treadmill walk cooldown			3-5 min		gradually reduce HR to bottom of recovery zo
	Quadruped breathing	2	5			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT TWO

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Wall breathing	3	3			focus on full exhalation
	Quadruped groiner	3	3			
	Lying trunk rotation with knees bent	3	5			
1	Recovery zone intervals: bike/row/treadmill	2		5 min		drive HR to top of blue zone (10-15s) : rest 60s
2	Bodyweight calisthenics	2		5 min		keep HR steady at top of blue zone
	Barbell or KB snatch	2	3			concentric only if possible
	Cooldown : choose your exercise	1	3 min			gradually reduce HR to bottom of recovery zone
	Wall breathing	1	3			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT THREE

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Quadruped breathing	3	5			focus on full exhalation
	KB pullover with heels on box	3	5			
	Quadruped groiner	3	5			
1	Bodyweight calisthenics	2		5 min		HR at top of recovery zone for circuit
2	Medicine ball throws or prowler push	2		5 min		
3	Jump rope or jogging	2		5 min		perform circuit twice
	Barbell deadlift	3	3		85% 1RM	concentric only if possible
	Spin bike cooldown			3-5 min		gradually reduce HR to bottom of recovery zo
	Quadruped breathing	2	5			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT FOUR

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Wall breathing	3	5			focus on full exhalation
	Quadruped groiner	3	5			
	Lying trunk rotation with knees bent	3	8			
1	Recovery zone intervals: bike/row/treadmill	2		5 min		drive HR to top of blue zone (10-15s) : rest 60s
2	Bodyweight calisthenics	2		5 min		keep HR steady at top of blue zone
	Barbell or KB snatch	2	3			concentric only if possible
	Cooldown : choose your exercise	1	3 min			gradually reduce HR to bottom of recovery zone
	Wall breathing	1	3			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT FIVE

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Bear breathing	3	5			focus on full exhalation
	KB pullover with heels on box	3	5			
	Plate squat	3	5			
	Prowler push or battle ropes	1		5 min		HR at top of recovery zone
	Bodyweight calisthenics or med ball thr	1		5 min		HR at top of recovery zone
	Recovery zone intervals: row or run	1		10 min		drive HR to top of blue zone (10-15s) : rest 60s
	Box jumps	3	6			use high box, step down
	Incline walking cooldown			3-5 min		gradually reduce HR to bottom of recovery zo
	Bear breathing	2	5			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT SIX

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Wall breathing	3	5			focus on full exhalation
	Quadruped groiner with overhead reach	3	5			
	Lying trunk rotation with legs straight	3	8			
	Recovery zone intervals: treadmill or rower	1		15 min		drive HR to top of blue zone (10-15s) : rest 60s
	Med ball throws or prowler push	1		5 min		keep HR steady at top of blue zone
	Trap bar deadlift	3	2		85% 1RM	
	Cooldown : choose your exercise	1	3 min			gradually reduce HR to bottom of recovery zone
	Wall breathing	1	5			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT SEVEN

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Bear breathing	3	8			focus on full exhalation
	KB pullover with heels on box	3	6			
	Plate squat	3	6			
	Prowler push or battle ropes	1		6 min		HR at top of recovery zone
	Bodyweight calisthenics or med ball thr	1		6 min		HR at top of recovery zone
	Recovery zone intervals: row or run	1		15 min		drive HR to top of blue zone (10-15s) : rest 60s
	Box jumps	3	6			use high box, step down
	Incline walking cooldown			3-5 min		gradually reduce HR to bottom of recovery zo
	Bear breathing	2	5			
	Foam roll or other soft tissue therapy			2-3 min		

WORKOUT EIGHT

CIRCUIT	EXERCISE	SETS	REPS	TIME	WEIGHT	NOTES
	Wall breathing	3	6			focus on full exhalation
	Quadruped groiner with overhead reach	3	8			
	Lying trunk rotation with legs straight	3	8			
	Recovery zone intervals: treadmill or rower	1		20 min		drive HR to top of blue zone (10-15s) : rest 60s
	Med ball throws or prowler push	1		5 min		keep HR steady at top of blue zone
	Trab bar deadlift	3	1		90% 1RM	
	Cooldown : choose your exercise	1	3 min			gradually reduce HR to bottom of recovery zone
	Wall breathing	1	5			
	Foam roll or other soft tissue therapy			2-3 min		

Recovery Breathing Exercises

The following recovery breathing exercises are an integral component of every HPRT workout. When performed properly, they will improve your breathing patterns, increase your movement capacity and accelerate your recovery. Make sure to pay close attention to both the setup and performance and focus on going through a full respiratory pattern, inhalation and exhalation on every rep.

Quadruped / Bear Breathing

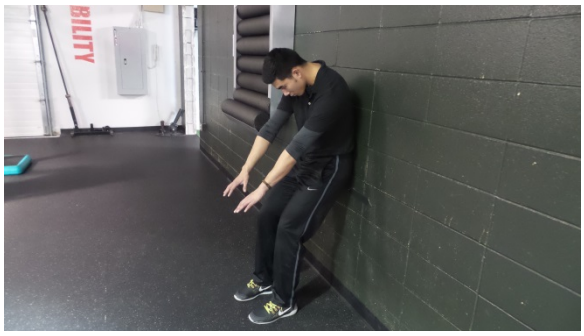
Setup

- Position yourself in all fours on the floor
- Hands should be directly below the shoulders and knees directly below the hips
- Head should rest in a neutral position with the ear in line with shoulders in line with hips

Performance

- Push long through the arms as if to push away from the floor until you feel a stretch between the shoulder blades
- **Bear breathing: bring the knees off the floor until the shin is horizontal to the floor**
- Posteriorly tilt the pelvis to round the lower back slightly
- Hold this position as you take 3-5 full breaths in through the nose and out through the mouth
- Relax and breath normally for a few seconds

Wall Breathing



Set-up

- Stand with your back against a wall and feet hip width and 10-12 inches from the wall

Performance

- Posteriorly tilt the pelvis to flatten the lower back against the wall
- Reach forward maximally with both hands allowing the upper back to round forward
- Hold this position for 3-5 breaths and then relax
- Repeat and perform 3-5 repetitions

Kettlebell Pullover with heels on box

Setup

- Position yourself supine hips and knees bent 90 degrees and heels placed on a bench
- Grasp a kettlebell with both hands and press it directly above the chest with arms straight

Performance

- Pull down with the heels and tilt the pelvis posteriorly to flatten the back to the floor
- Exhale fully as your reach toward the ceiling maximally with the kettlebell
- Reach back overhead until the arms are at a 45 degree angle from the floor
- Hold this position as you take 3-5 full breaths in through the nose and out through the mouth
- Return to the starting position

Groiner / Groiner with overhead reach

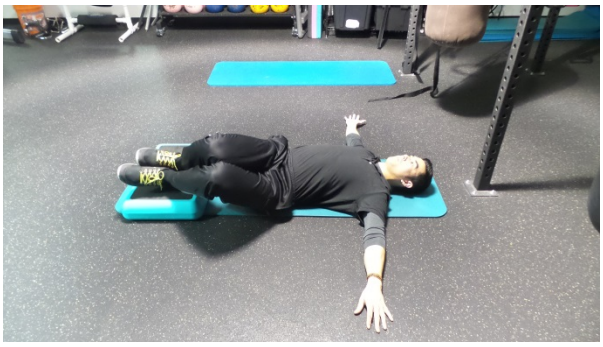
Setup

- Position yourself at the top of a push-up position
- Hands should be directly below the shoulders
- Head should rest in a neutral position with the ear in line with shoulders and in line with hips

Performance

- Push long through the arms as if to push away from the floor
- Bring one knee forward to bring the foot to rest just lateral to the support hand
- **With overhead reach: perform one full breath in through the nose and out through the mouth as you lift the left hand from the floor and reach toward the ceiling by turning the shoulders to the left**
- Perform one full breath in through the nose and out through the mouth
- Return to the starting position
- Repeat on the other side

Lying trunk rotation knees bent / straight leg



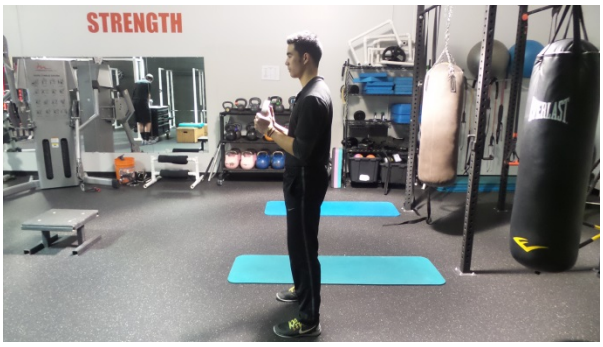
Setup

- Position yourself supine on the floor with knees bent and feet flat on the floor
- Straight leg variation: fully extend legs and keep feet pointed towards the celling.
- Place the knees and feet together
- Place the arms straight out to the side with palms turned upward toward the ceiling

Performance

- Turn the left palm down toward the floor
- In a controlled manner, lower the knees fully to the left as you exhale fully through the mouth
- In the same manner, return to the starting position as you inhale through the nose
- Repeat the same process to the right

Plate Squat



Setup

- Stand with feet approximately hip width
- Hold a weight plate in front of the body with arm fully straightened at shoulder level
- Tuck the hips under slightly to reduce curve of the lower back

Performance

- Inhale through the nose and exhale through the mouth as you reach forward and round the upper back
- Inhale and exhale as you lower the hips into a squat by bending the hips and knees to the most comfortable depth while continuing to reach forward
- Inhale again the bottom of the squat and then exhale as you return to standing

Program guidelines

To get the most out of Morpheus and the 30-day recovery reset program, it's important to follow a few key guidelines. **First, because the primary goal of the program is to improve recovery, it's advised to avoid doing more than 2 high intensity training sessions per week** throughout the program.

This will help ensure your body is primed to improve its ability to recovery and give you a chance to focus on learning how to perform HPRT workouts properly.

When do I do the HPRT workouts?

Exactly when you program them into your weekly schedule is up to you, but it's best to spread them out and avoid doing them on back to back days. **Ideally, they should be performed on a day following a high intensity session to help accelerate recovery, but they can be performed at other times as well and will still be just as effective.** Note: HPRT sessions are designed to be done as standalone workouts, not simply added to the end of another workout.

What should I do on my other training days?

What you do on your other training days depends on your goals and abilities, as well as by your recovery score and the guidelines outlined earlier. If your goal is to improve your conditioning, it's recommended to perform two high intensity conditioning sessions weekly, preferably on days where your recovery score is 80% or higher. More will be covered on this in the following section.

If your goal is to improve strength and/or power, it's also recommended to include two high intensity lifting sessions per week. The other days should generally consist of lower intensity accessory lifting and accessory work.

Can I substitute exercises?

Of course! **The exercises outlined in the 30-day program are effective at improving recovery, but a wide variety of exercises can be used in HPRT workouts.** It's recommended to perform the recovery breathing drills as outlined, but for the recovery zone training, strength stimulation and cooldown, the choice is yours. As long as you're in the blue zone, you can be sure you're using the right intensity to stimulate recovery.

What should I expect to happen?

If you follow the program as outlined and the most noticeable thing that will happen is that you will *feel* better. Even if you're going into the program without any level of noticeable fatigue, you will still notice that after an HPRT workout, you leave the gym feeling better than when you went in. **Most importantly, by the end of the program, you will have learned how to effectively add HPRT into your training program and how to use Morpheus to accelerate your recovery and get better results.**

Using Morpheus to improve your conditioning

Conditioning is an incredibly important element of recovery for many different reasons. **First, higher levels of aerobic fitness are strongly associated with your parasympathetic nervous system's ability to drives energy into recovery rather than fight or flight (stress).** Developing the ability to turn off stress is crucial to recovery and conditioning plays a big role in this.

Second, research also shows that higher levels of conditioning are also inherently anti-inflammatory as well. This means getting in better shape is protective against the many of the damaging effects of chronic inflammation that are associated with excessive stress.

In many ways, conditioning and recovery go hand in hand. If your conditioning is low, your recovery will always be limited. If you fall into the lower end of the conditioning numbers provided earlier, then it's time to do something about it.

Though it's beyond the scope of this guide to give you a complete conditioning program, you can use the guidelines in the chart below to add conditioning workouts into your weekly schedule. These workouts should be done in addition to the two HPRT workouts, preferably on separate days.

Conditioning Level	Frequency	Time in Green	Time in Red
Low	2-3	20 - 30 min	0
Moderate	3-4	30 - 45 min	0-5 min
High	5-6	40 - 60+ min	0-10 min

First, the frequency represents the number of conditioning sessions per week you'll need to do to incorporate in order to see consistent improvements. **Remember, these workouts are in addition to the two HPRT workouts provided earlier.**

Second, the time in the red and green zones provide an average of what a typical conditioning workout should look like in Morpheus. This does not mean that every workout *must* fall into these ranges, it just means that most of them *should*.

You should also adjust your zone times based on your recovery and the guidelines covered earlier. When your recovery is in the green, you'll want to be at the higher end of these ranges. If your recovery is amber and less than 80%, on the other hand, it's recommended to keep them in the lower end and avoid time in the red zone altogether.

Getting started

Over the years, I've found recovery to be the missing link in fitness and the fact that you're reading this now means you've likely come to realize that it's been missing in yours. Regardless of what your goals may be, Morpheus can fix this and help you take an entirely new approach to reaching your goals.

You now have everything you need to start using Morpheus to reset your recovery and start getting better results than ever in just 30 days. The best place to start is easy, with week one. After reading through this guide and familiarizing yourself with the basics of how to use Morpheus in the user guide, it's time to get to work.

As you progress through the program, feel free to post your questions and experiences on the Morpheus users Facebook group. This is the best place to get feedback, ask questions, get updates about what's coming up with Morpheus and report back just how much your recovery is improving.

Thanks again for being one of the first to use Morpheus. This is just the beginning of recovery-driven fitness and there's much more to come!

- Joel Jamieson