

1. Kellmann, M. (2002). Underrecovery and overtraining: Different concepts-similar impact. *Enhancing recovery: Preventing underperformance in athletes*, 3-24.
2. Bishop, P. A., Jones, E., & Woods, A. K. (2008). Recovery from training: a brief review: brief review. *The Journal of Strength & Conditioning Research*, 22(3), 1015-1024.
http://instituteofmotion.com/wp-content/uploads/2021/01/recovery_from_training_review.pdf
3. Kenttä, G., & Hassmén, P. (1998). Overtraining and recovery. *Sports medicine*, 26(1), 1-16.
http://instituteofmotion.com/wp-content/uploads/2021/01/Overtraining_and_recovery_A_conceptual_model.pdf
4. Barnett, A. (2006). Using recovery modalities between training sessions in elite athletes. *Sports medicine*, 36(9), 781-796.
<http://instituteofmotion.com/wp-content/uploads/2021/01/barnett-usingrecovery.pdf>
5. Seiler, S., Haugen, O., & Kuffel, E. (2007). Autonomic recovery after exercise in trained athletes: intensity and duration effects. *Medicine & Science in Sports & Exercise*, 39(8), 1366-1373.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Autonomic-Recovery-after-Exercise-in-Trained-Athletes-intensity-and-duration-effects-S-Seiler.pdf>
6. MacKinnon, L. T. (2000). Chronic exercise training effects on immune function. *Medicine and science in sports and exercise*, 32(7 Suppl), S369-76.
7. Thayer, J. F., Yamamoto, S. S., & Brosschot, J. F. (2010). The relationship of autonomic imbalance, heart rate variability and cardiovascular disease risk factors. *International journal of cardiology*, 141(2), 122-131.
<http://instituteofmotion.com/wp-content/uploads/2021/01/autonomic-balance-HRV.pdf>
8. Stuckey, M. I., Tordi, N., Mourot, L., Gurr, L. J., Rakobowchuk, M., Millar, P. J., ... & Kamath, M. V. (2012). Autonomic recovery following sprint interval exercise. *Scandinavian journal of medicine & science in sports*, 22(6), 756-763.
9. Kannankeril, P. J., Le, F. K., Kadish, A. H., & Goldberger, J. J. (2004). Parasympathetic effects on heart rate recovery after exercise. *Journal of investigative medicine*, 52(6), 394-401.
10. Daanen, H. A., Lamberts, R. P., Kallen, V. L., Jin, A., & Van Meeteren, N. L. (2012). A systematic review on heart-rate recovery to monitor changes in training status in athletes. *International journal of sports physiology and performance*, 7(3), 251-260.
<http://instituteofmotion.com/wp-content/uploads/2021/01/review-heart-rate-parasympathetic-recovery.pdf>
11. Calder, A. (2010). The Scientific basis for recovery training practices in sport. *Message from the Founder*, 43. <http://instituteofmotion.com/wp-content/uploads/2021/01/fatigue-factors.pdf>
12. Weir, J. P., Beck, T. W., Cramer, J. T., & Housh, T. J. (2006). Is fatigue all in your head? A critical review of the central governor model. *British Journal of Sports Medicine*, 40(7), 573-586.
<http://instituteofmotion.com/wp-content/uploads/2021/01/fatigue-recovery-central-brain-governor.pdf>
13. Hargreaves, M. (2005). Metabolic factors in fatigue. *Sports Science*, 18(3), 98.
http://instituteofmotion.com/wp-content/uploads/2021/01/Metabolic_Factors_in_Fatigue.pdf
14. Noakes, T. D. (2000). Physiological models to understand exercise fatigue and the adaptations that predict or enhance athletic performance. *Scandinavian Journal of Medicine & Science in Sports: Review Article*, 10(3), 123-145.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Physiologicalmodels-fatigue.pdf>
15. Lattier, G., Millet, G. Y., Martin, A., & Martin, V. (2004). Fatigue and recovery after high-intensity exercise part I: neuromuscular fatigue. *International journal of sports medicine*, 25(06), 450-456.
http://instituteofmotion.com/wp-content/uploads/2021/01/fatigue_high_intensity-neuromuscular.pdf

16. Sands, W. A., McNeal, J. R., Murray, S. R., Ramsey, M. W., Sato, K., Mizuguchi, S., & Stone, M. H. (2013). Stretching and its effects on recovery: a review. *Strength & Conditioning Journal*, 35(5), 30-36.
17. Dupuy, O., Douzi, W., Theurot, D., Bosquet, L., & Dugué, B. (2018). An evidence-based approach for choosing post-exercise recovery techniques to reduce markers of muscle damage, soreness, fatigue, and inflammation: a systematic review with meta-analysis. *Frontiers in Physiology*, 9, 403.
<http://instituteofmotion.com/wp-content/uploads/2021/01/recovery-meta-analysis.pdf>
18. Wiewelhoe, T., Döweling, A., Schneider, C., Hottenrott, L., Meyer, T., Kellmann, M., ... & Ferrauti, A. (2019). A meta-analysis of the effects of foam rolling on performance and recovery. *Frontiers in physiology*, 10, 376.
<http://instituteofmotion.com/wp-content/uploads/2021/01/foam-rolling-and-recovery.pdf>
19. Qamar, M. M., Javed, M. S., & Basharat, A. (2020). Effects of active isolated stretching on exercise-induced muscle 3 damage in untrained subjects: a randomized controlled trial 4. *Journal of the Pakistan Medical Association*, 1-12.
20. Pearcey, G. E., Bradbury-Squires, D. J., Kawamoto, J. E., Drinkwater, E. J., Behm, D. G., & Button, D. C. (2015). Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. *Journal of athletic training*, 50(1), 5-13.
<http://instituteofmotion.com/wp-content/uploads/2017/04/Foam-Rolling-and-Recovery-2.pdf>
21. Drinkwater, E. J., Latella, C., Wilsmore, C., Bird, S., & Skein, M. (2019). Foam rolling as a recovery tool following eccentric exercise: Potential mechanisms underpinning changes in jump performance. *Frontiers in physiology*, 10, 768.
22. Husmann, F., Mittlmeier, T., Bruhn, S., Zschorlich, V., & Behrens, M. (2018). Impact of blood flow restriction exercise on muscle fatigue development and recovery. *Med Sci Sports Exerc*, 50(3), 436-446.
23. Lambert, B. S., Hedt, C., Moreno, M., Harris, J. D., & McCulloch, P. (2018). Blood flow restriction therapy for stimulating skeletal muscle growth: practical considerations for maximizing recovery in clinical rehabilitation settings. *Techniques in Orthopaedics*, 33(2), 89-97.
<http://instituteofmotion.com/wp-content/uploads/2021/01/blood-flow-restriction-muscle-growth-hypertrophy.pdf>
24. Kosar, A. C., Candow, D. G., & Putland, J. T. (2012). Potential beneficial effects of whole-body vibration for muscle recovery after exercise. *The Journal of Strength & Conditioning Research*, 26(10), 2907-2911.
<http://instituteofmotion.com/wp-content/uploads/2021/01/vibration-and-recovery.pdf>
25. Manimmanakorn, N., Ross, J. J., Manimmanakorn, A., Lucas, S. J., & Hamlin, M. J. (2015). Effect of whole-body vibration therapy on performance recovery. *International journal of sports physiology and performance*, 10(3), 388-395.
26. Signorile, J. F., Tremblay, L. M., & Ingalls, C. (1993). The effects of active and passive recovery on short-term, high intensity power output. *Canadian Journal of Applied Physiology*, 18(1), 31-42.
27. Wang, M. Y., Tsai, P. S., Lee, P. H., Chang, W. Y., & Yang, C. M. (2008). The efficacy of reflexology: systematic review. *Journal of advanced nursing*, 62(5), 512-520.
28. Ernst, E., Posadzki, P., & Lee, M. S. (2011). Reflexology: an update of a systematic review of randomised clinical trials. *Maturitas*, 68(2), 116-120.
29. Holey, L. A., Dixon, J., & Selfe, J. (2011). An exploratory thermographic investigation of the effects of connective tissue massage on autonomic function. *Journal of manipulative and physiological therapeutics*, 34(7), 457-462.
30. Bakar, Y., Coknaz, H., Karlı, Ü., Semsek, Ö., Serin, E., & Pala, Ö. O. (2015). Effect of manual lymph drainage on removal of blood lactate after submaximal exercise. *Journal of physical*

therapy science, 27(11), 3387-3391.

<http://instituteofmotion.com/wp-content/uploads/2021/01/lymph-circulation-recovery.pdf>

31. Martin, J. S., Friedenreich, Z. D., Borges, A. R., & Roberts, M. D. (2015). Acute effects of peristaltic pneumatic compression on repeated anaerobic exercise performance and blood lactate clearance. *The Journal of Strength & Conditioning Research*, 29(10), 2900-2906.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Pneumatic-compression.pdf>
32. Davies, V., Thompson, K. G., & Cooper, S. M. (2009). The effects of compression garments on recovery. *The Journal of Strength & Conditioning Research*, 23(6), 1786-1794.
<http://instituteofmotion.com/wp-content/uploads/2021/01/compression-garments-recovery.pdf>
33. Hill, J., Howatson, G., Van Someren, K., Leeder, J., & Pedlar, C. (2014). Compression garments and recovery from exercise-induced muscle damage: a meta-analysis. *British journal of sports medicine*, 48(18), 1340-1346.
<http://instituteofmotion.com/wp-content/uploads/2021/01/compression-garments-recovery-meta-analysis.pdf>
34. Tucker, A. T., Maass, A., Bain, D. S., Chen, L. H., Azzam, M., Dawson, H., & Johnston, A. (2010). Augmentation of venous, arterial and microvascular blood supply in the leg by isometric neuromuscular stimulation via the peroneal nerve. *The International journal of angiology: official publication of the International College of Angiology, Inc*, 19(1), e31.
<http://instituteofmotion.com/wp-content/uploads/2021/01/firefly.pdf>
35. Chevalier, G., Sinatra, S. T., Oschman, J. L., Sokal, K., & Sokal, P. (2012). Earthing: health implications of reconnecting the human body to the earth's surface electrons. *Journal of Environmental and Public Health*, 2012.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Earthing.pdf>
36. Oschman, J. L., Chevalier, G., & Brown, R. (2015). The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases. *Journal of Inflammation Research*, 8, 83.
37. Games, K. E., Sefton, J. M., & Wilson, A. E. (2015). Whole-body vibration and blood flow and muscle oxygenation: a meta-analysis. *Journal of athletic training*, 50(5), 542-549.
<http://instituteofmotion.com/wp-content/uploads/2021/01/vibration-and-recovery-oxygenation.pdf>
38. Chang, W. G., Chen, C. Y., Li, W. F., Chou, C. C., & Liao, Y. H. (2020). Traditional Chinese acupuncture massage ameliorates systemic inflammatory responses and joint mobility limitation after acute repeated jumping exercise. *EXPLORE*, 16(1), 26-34.
39. Tejero-Fernández, V., Membrilla-Mesa, M., Galiano-Castillo, N., & Arroyo-Morales, M. (2015). Immunological effects of massage after exercise: A systematic review. *Physical Therapy in Sport*, 16(2), 187-192.
40. Malone, J. K., Blake, C., & Caulfield, B. M. (2014). Neuromuscular electrical stimulation during recovery from exercise: a systematic review. *The Journal of Strength & Conditioning Research*, 28(9), 2478-2506.
<http://instituteofmotion.com/wp-content/uploads/2021/01/electical-stim-recovery.pdf>
41. Babault, N., Cometti, C., Maffiuletti, N. A., & Deley, G. (2011). Does electrical stimulation enhance post-exercise performance recovery?. *European journal of applied physiology*, 111(10), 2501. <http://instituteofmotion.com/wp-content/uploads/2021/01/Electrical-stim-recovery-2.pdf>
42. Vaile, J., Halson, S., Gill, N., & Dawson, B. (2008). Effect of hydrotherapy on recovery from fatigue. *International journal of sports medicine*, 29(07), 539-544.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Hydrotherapy-recovery-fatigue.pdf>
43. Vaile, J. M., Gill, N. D., & Blazeovich, A. J. (2007). The effect of contrast water therapy on symptoms of delayed onset muscle soreness. *The Journal of Strength & Conditioning Research*, 21(3), 697-702.

http://instituteofmotion.com/wp-content/uploads/2021/01/THE_EFFECT_OF_CONTRAST_WATER_THERAPY.pdf

44. Cuesta-Vargas, A. I., Travé-Mesa, A., Vera-Cabrera, A., Cruz-Terrón, D., Castro-Sánchez, A. M., Fernández-de-las-Peñas, C., & Arroyo-Morales, M. (2013). Hydrotherapy as a recovery strategy after exercise: a pragmatic controlled trial. *BMC complementary and alternative medicine*, 13(1), 180.
45. Bieuzen, F., Bleakley, C. M., & Costello, J. T. (2013). Contrast water therapy and exercise induced muscle damage: a systematic review and meta-analysis. *PLoS One*, 8(4), e62356. <http://instituteofmotion.com/wp-content/uploads/2021/01/meta-analysis-contrast-water-therapy.pdf>
46. Lucertini, F., Gervasi, M., D'Amen, G., Sisti, D., Rocchi, M. B. L., Stocchi, V., & Benelli, P. (2017). Effect of water-based recovery on blood lactate removal after high-intensity exercise. *PLoS one*, 12(9), e0184240.
47. Versey, N. G., Halson, S. L., & Dawson, B. T. (2013). Water immersion recovery for athletes: effect on exercise performance and practical recommendations. *Sports medicine*, 43(11), 1101-1130.
48. Cochrane, D. J. (2004). Alternating hot and cold water immersion for athlete recovery: a review. *Physical Therapy in Sport*, 5(1), 26-32.
49. Sandlund, E. S., & Norlander, T. (2000). The effects of Tai Chi Chuan relaxation and exercise on stress responses and well-being: an overview of research. *International Journal of Stress Management*, 7(2), 139-149. http://instituteofmotion.com/wp-content/uploads/2021/01/Tai_Chi_Chuan_Relaxation.pdf
50. Kiecolt-Glaser, J. K., Christian, L., Preston, H., Houts, C. R., Malarkey, W. B., Emery, C. F., & Glaser, R. (2010). Stress, inflammation, and yoga practice. *Psychosomatic medicine*, 72(2), 113. <http://instituteofmotion.com/wp-content/uploads/2021/01/Stress-inflammation-yoga.pdf>
51. Schober, P. D. (2018). The Introduction of Yoga Recovery on Physiological and Psychological Stress and Performance in NCAA Athletes. <http://instituteofmotion.com/wp-content/uploads/2021/01/The-Introduction-of-Yoga-Recovery.pdf>
52. Kanniyar, A. (2014). Agility, speed, endurance and power: impact of Pranayama practices on sedentary males. *Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health*.
53. Peterson, C. T., Bauer, S. M., Chopra, D., Mills, P. J., & Maturi, R. K. (2017). Effects of shambhavi mahamudra kriya, a multicomponent breath-based yogic practice (Pranayama), on perceived stress and general well-being. *Journal of evidence-based complementary & alternative medicine*, 22(4), 788-797.
54. Jerath, R., Edry, J. W., Barnes, V. A., & Jerath, V. (2006). Physiology of long pranayamic breathing: neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system. *Medical hypotheses*, 67(3), 566-571. <http://instituteofmotion.com/wp-content/uploads/2021/01/breathing-ANS.pdf>
55. Perciavalle, V., Blandini, M., Fecarotta, P., Buscemi, A., Di Corrado, D., Bertolo, L., ... & Coco, M. (2017). The role of deep breathing on stress. *Neurological Sciences*, 38(3), 451-458.
56. Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, 62(3), 373-386. http://instituteofmotion.com/wp-content/uploads/2021/01/Mechanisms_of_mindfulness.pdf
57. Bühlmayer, L., Birrer, D., Röthlin, P., Faude, O., & Donath, L. (2017). Effects of mindfulness practice on performance-relevant parameters and performance outcomes in sports: A meta-analytical review. *Sports Medicine*, 47(11), 2309-2321.
58. Haase, L., May, A. C., Falahpour, M., Isakovic, S., Simmons, A. N., Hickman, S. D., ... & Paulus, M. P. (2015). A pilot study investigating changes in neural processing after mindfulness training in

elite athletes. *Frontiers in Behavioral Neuroscience*, 9, 229.

<http://instituteofmotion.com/wp-content/uploads/2021/01/neural-processing-mindfulness.pdf>

59. Laukkanen, T., Lipponen, J., Kunutsor, S. K., Zaccardi, F., Araújo, C. G. S., Mäkikallio, T. H., ... & Laukkanen, J. A. (2019). Recovery from sauna bathing favorably modulates cardiac autonomic nervous system. *Complementary therapies in medicine*, 45, 190-197.
60. Wilcock, I. M., Cronin, J. B., & Hing, W. A. (2006). Physiological response to water immersion. *Sports medicine*, 36(9), 747-765.
61. Morgan, P. M., Salacinski, A. J., & Stults-Kolehmainen, M. A. (2013). The acute effects of flotation restricted environmental stimulation technique on recovery from maximal eccentric exercise. *The Journal of Strength & Conditioning Research*, 27(12), 3467-3474.
<http://instituteofmotion.com/wp-content/uploads/2021/01/Float-Tanks-recovery.pdf>
62. Broderick, V., Uiga, L., & Driller, M. (2019). Flotation-restricted environmental stimulation therapy improves sleep and performance recovery in athletes. *Performance Enhancement & Health*, 7(1-2), 100149.
63. Pilch, W., Szygula, Z., Palka, T., Pilch, P., Cison, T., & Wiecha, S. (2014). Comparison of physiological reactions and physiological strain in healthy men under heat stress in dry and steam heat saunas. *Biology of Sport*, 31(2), 145.
64. Tausif, M., Ali, H., Lari, I. A., & Habib, S. (2019). Hammam therapy: A systemic review. *International Journal of Unani and Integrative Medicine*, 3(1), 07-10.
65. Van Hooff, M. L., & Baas, M. (2013). Recovering by means of meditation: The role of recovery experiences and intrinsic motivation. *Applied Psychology*, 62(2), 185-210.
66. Baltzell, A., & Akhtar, V. L. (2014). Mindfulness meditation training for sport (MMTS) intervention: Impact of MMTS with division I female athletes. *The Journal of Happiness & Well-Being*, 2(2), 160-173.
67. Azunny, A. A., Rahim, N. A., & Shalan, N. A. A. M. (2020). Mindfulness Meditation Improves Athletes' Attention, Working Memory and Emotional State of Depression, Anxiety and Stress. *European Journal of Molecular & Clinical Medicine*, 7(2), 4028-4039.
68. Hohenauer, E., Taeymans, J., Baeyens, J. P., Clarys, P., & Clijsen, R. (2015). The effect of post-exercise cryotherapy on recovery characteristics: a systematic review and meta-analysis. *PLoS one*, 10(9), e0139028.
<http://instituteofmotion.com/wp-content/uploads/2021/01/cryotherapy-recovery.pdf>
69. Woo, J., Min, J. H., Lee, Y. H., & Roh, H. T. (2020). Effects of Hyperbaric Oxygen Therapy on Inflammation, Oxidative/Antioxidant Balance, and Muscle Damage after Acute Exercise in Normobaric, Normoxic and Hypobaric, Hypoxic Environments: A Pilot Study. *International Journal of Environmental Research and Public Health*, 17(20), 7377.
70. Ishihara, A. (2019). Mild hyperbaric oxygen: mechanisms and effects. *The Journal of Physiological Sciences*, 69(4), 573-580.
71. Cooke, B., & Ernst, E. (2000). Aromatherapy: a systematic review. *British journal of general practice*, 50(455), 493-496.
72. Leal-Junior, E. C. P., Vanin, A. A., Miranda, E. F., de Carvalho, P. D. T. C., Dal Corso, S., & Bjordal, J. M. (2015). Effect of phototherapy (low-level laser therapy and light-emitting diode therapy) on exercise performance and markers of exercise recovery: a systematic review with meta-analysis. *Lasers in Medical Science*, 30(2), 925-939.
73. Axelsen, J. L., Kirk, U., & Staiano, W. (2020). On-the-Spot Binaural Beats and Mindfulness Reduces the Effect of Mental Fatigue. *Journal of Cognitive Enhancement*, 4(1), 31-39.
74. Wahbeh, H., Calabrese, C., Zwickey, H., & Zajdel, D. (2007). Binaural beat technology in humans: a pilot study to assess neuropsychologic, physiologic, and electroencephalographic effects. *The Journal of Alternative and Complementary Medicine*, 13(2), 199-206.

75. Olsson, E. M., & von Schéele, B. (2011). Relaxing on a bed of nails: an exploratory study of the effects on the autonomic, cardiovascular, and respiratory systems, and saliva cortisol. *The Journal of Alternative and Complementary Medicine*, 17(1), 5-12.
76. Hills, A. P., & Byrne, N. M. (1998). Exercise prescription for weight management. *Proceedings of the Nutrition Society*, 57(1), 93-103.
77. Davis, W. J., Wood, D. T., Andrews, R. G., Elkind, L. M., & Davis, W. B. (2008). Concurrent training enhances athletes' strength, muscle endurance, and other measures. *The Journal of Strength & Conditioning Research*, 22(5), 1487-1502.
78. Zaleski, A. L., Taylor, B. A., Panza, G. A., Wu, Y., Pescatello, L. S., Thompson, P. D., & Fernandez, A. B. (2016). Coming of age: considerations in the prescription of exercise for older adults. *Methodist DeBakey cardiovascular journal*, 12(2), 98.
79. Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2020). *Science and practice of strength training*. Human Kinetics.
80. Turner, A. (2011). The science and practice of periodization: a brief review. *Strength & Conditioning Journal*, 33(1), 34-46.
http://instituteofmotion.com/wp-content/uploads/2021/01/The_Science_and_Practice_of_Periodization.pdf