

MONTHLY RECOVERY WORKOUT · AUGUST 2026

# RECOVER & RECHARGE

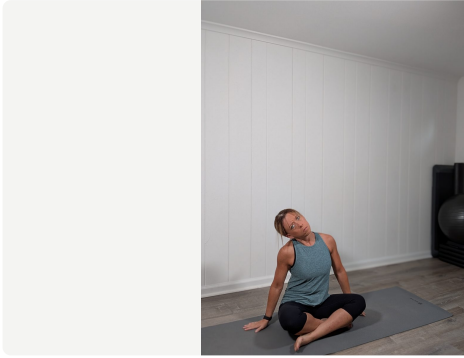
This month, we're not adding more. We're recovering. Three mobility flows you can do anywhere: your living room, a hotel room, the ground at your kid's soccer practice. No equipment. Nothing to rush. Bonus points if your pet joins in, mine (Ollie) shows up the second she sees the mat. Do one flow, do all three, or just pick the block your body is asking for today.

|                                      |                               |                                    |                                  |
|--------------------------------------|-------------------------------|------------------------------------|----------------------------------|
| <div>5</div> <div>MIN PER FLOW</div> | <div>3</div> <div>FLows</div> | <div>2</div> <div>MOVES EACH</div> | <div>2x</div> <div>THROUGH</div> |
|--------------------------------------|-------------------------------|------------------------------------|----------------------------------|



## 01

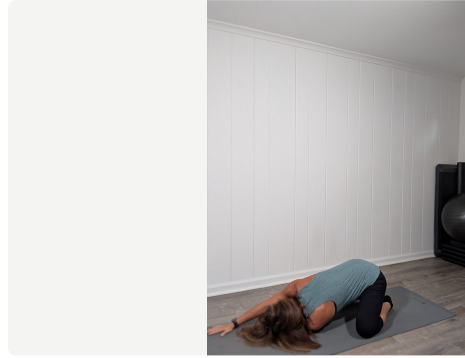
## NECK &amp; SHOULDERS



30S HOLD · EACH DIRECTION

**SHOULDER ROLLS & NECK RELEASE**

Roll shoulders back and down 5 times, then reverse. Gently tilt your ear toward one shoulder, hold, and breathe. Switch sides. Keep it slow.



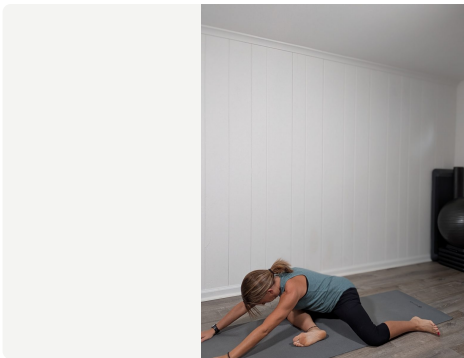
30S HOLD · EACH SIDE

**THREAD THE NEEDLE**

On hands and knees, thread one arm under your body, letting your shoulder and ear rest toward the floor. Feel the stretch through your upper back. Switch sides.

## 02

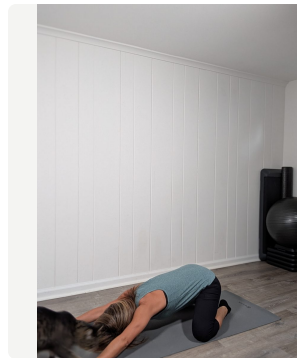
## HIPS &amp; LOW BACK



30S HOLD · EACH SIDE

**90/90 HIP STRETCH**

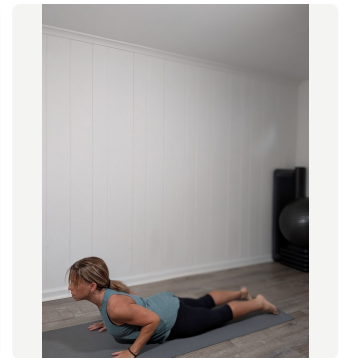
Sit with both knees bent at 90 degrees, one in front and one out to the side. Hinge forward slightly, hold, then switch legs. Modify: use hands for support.



30S HOLD · EACH POSITION

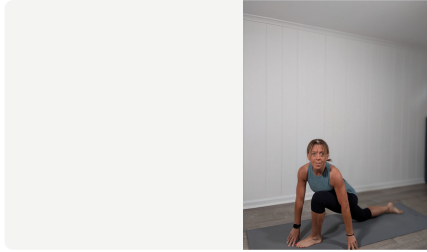
**CHILD'S POSE TO COBRA FLOW**

Sink hips back to heels, arms extended, forehead down. Then slide forward onto your belly, press up gently through your chest. Flow between the two, following your breath. (Ollie thinks Child's Pose is an open invitation to join. Cooper took one look at the mat and decided this whole slowing-down thing is not for him.)



03

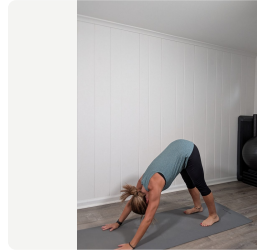
FULL BODY



30S HOLD · EACH SIDE

**TWISTING DEEP LUNGE**

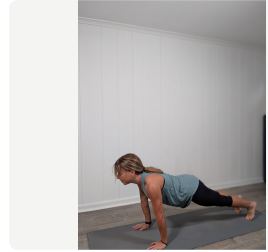
Step into a deep lunge, drop your back knee down, and rest both hands inside your front foot. Lift your chest and gently look up over one shoulder, feeling the twist through your spine. Switch sides.



5 REPS · SLOW &amp; CONTROLLED

**DOWN DOG TO PLANK FLOW**

From downward dog, shift forward into a plank, then press back to down dog. Move slowly, syncing the shift with your breath. Shoulders, hamstrings, and core, all in one flow.

**ANYTIME ADD-ON · NO FLOW REQUIRED**

5 ROUNDS · 4-COUNT

**BOX BREATHING RESET**

Seated or lying down, inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat 5 rounds. Do this on its own, or tack it onto the end of any flow above. This is for your nervous system, not your muscles.

VITALITY TRANSFORMATIONS · AUGUST 2026 · FROM THE COACH

FROM THE COACH

# Slow down. On purpose.

Here's the truth about August: it's one of the busiest "off" months of the year. Vacations, travel days, kids out of routine, houseguests, cookouts. Even when you're technically not working, your body is running on less sleep and more chaos than usual.

So this month isn't about pushing harder. It's about recovering, on purpose. These three flows take five minutes each, need zero equipment, and travel just as well in a hotel room as they do in your living room. You don't need a gym to take care of your body this month. You just need five minutes and a floor.

The Box Breathing Reset at the end is the one I don't want you to skip. It looks like nothing is happening. It's actually doing more for your stress and your sleep than almost anything else on this page. Do it after a flow, or completely on its own on the days you don't get to anything else. Even my cat Ollie gets this instinctively, she curls up on the mat the second I sit down to stretch. Cooper, meanwhile, thinks the whole idea of slowing down is deeply suspicious.

— Rebecca

**BUILD THE HABIT OVER 4 WEEKS**

|                                                                                                                                     |                                                                                                 |                                                                                                         |                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK 1</b><br><b>One flow a day.</b><br>Full 30-second holds, plus the Box Breathing Reset. Pick whichever flow your body wants. | <b>WEEK 2</b><br><b>Two flows a day.</b><br>Same 30-second holds, plus the Box Breathing Reset. | <b>WEEK 3</b><br><b>All three flows.</b><br>Full 30-second holds on each, plus the Box Breathing Reset. | <b>WEEK 4</b><br><b>All three, plus extra time.</b><br>Give extra time to whichever flow your body needed most this month, plus the Box Breathing Reset. |
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