



4-WEEK RECOVERY BLOCK

3 days / week · Full-Body Restoration · All levels

— Overview

A four-week restoration block for coming back from injury, a heavy training phase, or a layoff. Loads stay light, volume stays low, and the emphasis is on quality movement, blood flow, and re-grooving the main patterns without adding fatigue.

4

Weeks

3×

Sessions per week

RPE 5–6

Target effort

Full

Body each session

— How to run it

- Keep every working set at RPE 5–6. This should feel easy and leave you fresher, not more tired.
- Move through a full, controlled range of motion. This block is about movement quality, not load.
- **Do not chase progression here.** The goal is to recover and rebuild the habit, not to add weight.
- Add 10–15 minutes of easy cardio and some light mobility after each session if it feels good.

— The Weekly Split

Three easy full-body sessions that rotate the main movement patterns. Nothing here should be hard.

DAY 1 FULL BODY A · Squat pattern

EXERCISE	SETS × REPS	REST
Goblet Squat	3 × 10	90 sec
Dumbbell Bench Press	3 × 10	90 sec
Cable Row	3 × 12	60 sec
Seated Leg Curl	2 × 12–15	60 sec
Dead Bug	2 × 10 / side	45 sec
Easy Cardio	10–15 min	—



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DAY 2 FULL BODY B · Hinge pattern

EXERCISE	SETS × REPS	REST
Romanian Deadlift (light)	3 × 10	90 sec
Lat Pulldown	3 × 12	75 sec
Incline Dumbbell Press	3 × 12	75 sec
Split Squat (bodyweight)	2 × 10 / leg	60 sec
Pallof Press	2 × 12 / side	45 sec
Mobility Flow	10 min	—

DAY 3 FULL BODY C · Push / pull balance

EXERCISE	SETS × REPS	REST
Leg Press (light)	3 × 12	90 sec
Seated Shoulder Press	3 × 12	75 sec
Chest-Supported Row	3 × 12	75 sec
Face Pull	3 × 15	45 sec
Side Plank	2 × 20–30 sec / side	45 sec
Easy Cardio	10–15 min	—



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Weekly Focus

Nudge the load up gently across four weeks, then reassess whether you are ready to return to full training.

Week	Focus	Loading
1	Reintroduce the patterns, stay very light	RPE 5, minimal load
2	Add a touch of load, keep it smooth	RPE 5–6
3	Full range, controlled tempo	RPE 6
4	Slight bump, prepare to return	RPE 6, then reassess

Progression Rules

- If anything is painful, not just working, stop that exercise and swap in a pain-free alternative.
- Sleep, hydration, and daily walking do more for recovery here than any single session.
- Finish each workout feeling like you could do it again. If you are sore for days, you went too hard.
- After Week 4, reassess: if you feel restored, return to a normal program; if not, repeat one more easy week.

Less is the point. A recovery block only works if you respect the low intensity. The training keeps you moving and maintains the patterns while your body catches up. Fatigue is the enemy here, not the goal.

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