



RECOVERY PHASE

Ease your transition between workouts with futuristic devices that make muscle soreness a thing of the past. Stronger gains rely on smarter recoveries.



HIGHERDOSE INFRARED MAT

A typical yoga mat requires you to do the work, but all you have to do is lie on this one and let its pulsed electromagnetic field (PEMF) enhance cellular repair and increase circulation, while infrared heat initiates a deep-tissue sweat. The double whammy of technology helps you relax and recover, decreasing muscle soreness and reducing blood pressure. We won't tell if you go from savasana to work calls. It's called balance. **\$995; higherdose.com**



LYRIC MASSAGER

Less industrial-looking and quieter (no jackhammering) than most, this massager eases aches, soothes stress and amps energy by applying specific frequencies to aggravated muscles. Connect to WiFi and use the built-in touchscreen to choose your preprogrammed therapy, then follow the guidance to get it right. **\$200; experiencelyric.com**

ROLL RECOVERY R8 PLUS

Instead of dragging yourself over a foam roller, pull this spring-loaded massager open and clamp it over your IT bands, quads, hamstrings and calves to improve circulation, reduce inflammation and break up muscle adhesions. With an adjustment dial hidden in the frame, you can reduce or increase the amount of force until you find the perfect hurts-so-good pressure. **\$129; rollrecovery.com**

THERABODY RECOVERYAIR SYSTEM

You can't splurge on a massage after every workout, but you can get the same benefits from compression boots. Therabody employs full inflation and deflation to wring metabolic waste from muscles like a sponge, as well as a sequential pressure gradient that starts at the feet to encourage blood flow to the heart, boosting circulation for a quicker comeback. Bonus: You can also adjust the pressure intensity. **\$699; therabody.com**



HYPERICE X

During contrast therapy, cold constricts blood vessels and heat dilates them to circulate nutrient-rich blood and aid recovery. Formerly, this required jumping in and out of tubs. Now you can stay dry and spot treat achy knees with a Bluetooth-enabled sleeve that dances between a numbing 35 degrees and a soothing 113 degrees. Straps ensure a snug fit, but you still can move freely. No more fussing with ice packs or heating pads. **\$449; hyperice.com**

