



Dehydration Recovery Workout

When an individual shows signs of significant dehydration it is important that they do not engage in vigorous activity until hydration levels have returned to normal. When cadets are not able to participate in physical training due to dehydration they will complete the following exercises to help speed recovery and prepare them for a return to normal activity.

Foam Roll

Roll each area for 20-30s

- Upper back
- Lats
- Lower back
- Pecs
- Glutes
- IT band
- Hamstrings
- Quads
- Hip flexors
- Calves

Stretch

3 rounds of 15s each

- Calves
- Achilles
- Hamstrings
- Quads
- IT band
- Glutes
- Back
- Shoulders
- Chest
- Neck

Rehab Exercises

3 rounds of 10 reps/side

- Clamshells
- Glute bridges
- Bird-Dog
- IYT
- Wall angels
- Hip abduction
- Hip adduction

