

MUSCLE SORENESS GUIDE

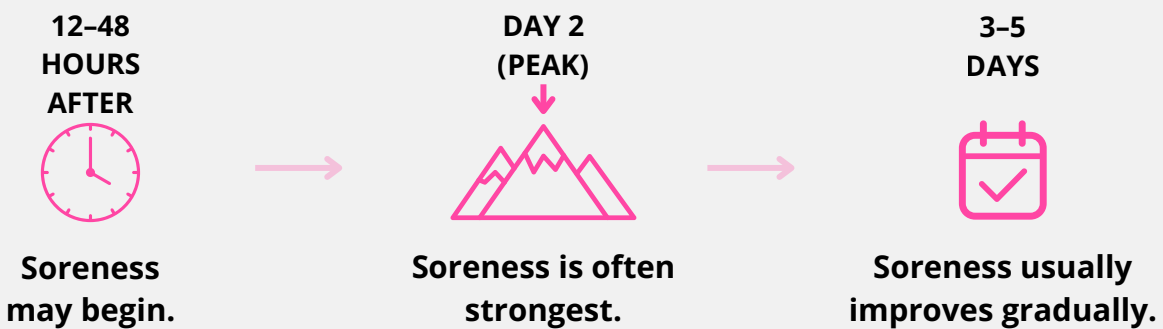
What to Expect & How to Manage It

WHAT IS MUSCLE SORENESS?

Delayed onset muscle soreness, or DOMS, is common after exercise, especially when you start something new. It happens as your body responds to unfamiliar or more demanding movement.



WHAT TO EXPECT



HOW TO MANAGE SORENESS



Keep moving.

Light movement can temporarily ease stiffness and discomfort.



Hydrate and eat enough protein.

Both are key for muscle repair and recovery.



Use heat or cold if it helps

you feel more comfortable.



Prioritize sleep.

This is when your body rebuilds and restores.



Adjust, don't avoid.

We will modify your next session if needed. Consistency matters more than intensity.

WHEN TO REACH OUT

Some soreness is common. Sharp pain, significant swelling, severe weakness, worsening symptoms, or discomfort that does not begin to improve are not typical. Let me know if something does not feel right.



Soreness is temporary. Consistent training builds strength over time.

