

6 ways to recover from exercise aches and pains



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Read on for 6 ways to reduce post-exercise pain

Sore muscles, aching legs? Here's how to deal, says model trainer

[Ricardo Riskalla](#)

We've all been in that situation when you wake up after a training session and you feel like a truck has driven over your body. That pain is a byproduct of exercise. It's actually a good thing. Your body is starting to adapt to the stress that you just inflicted on yourself.

The magic of exercise happens after exercise, so let's explore ways to reduce this post exercise pain.

Website: rawfit.com.au

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#1: Rest. Yes you heard well. Just relax, lie down, have a quick sleep, or a long one, even an afternoon sleep will help.



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#2: Cold. Have a cold shower, a cold bath and if you're feeling hardcore, add some ice cubes to your bath and stay a maximum of 10 minutes in it.



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#3: Massage. Have a real massage , deep tissue, shiatsu, that will move blood around.



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#4: Dry skin brush . Yes brush yourself, that will make all exercise byproducts move a bit faster and hopefully leave your body.



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#5: Walk. A little walk around will also move your blood and restore your mojo.



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#6: Water. Drink a lot of filtered water!