

# POWERFUL RECOVERY METHODS

The Ultimate Guide to Faster Recovery



As Featured In: **Men's Fitness** **Elitefts.com** **CRITICALBENCH.com** **YouTube**

**Top Personal Trainer Reveals The EXACT METHOD**

**That Will Get You Training Harder and**

**FEELING BETTER In Just A Few Short WEEKS.**

**These SECRETS aren't just for the pros anymore!**

**Here is Your ONLY OPPORTUNITY To  
Have Our Staff As Your Personal Muscle  
Recovery And Restoration Coaches. Our  
Approach Will Help You Reach Your  
Goals Faster Than Ever Imagined!**



**JOE HASHEY, CSCS**

Creator of the Powerful Recovery Method

I've identified the Recovery System that will make sure you are getting the most out of every trip to the gym! You will break plateaus with LESS HOURS in the gym.

I usually these methods are reserved for my clients at Synergy Athletics, but for the FIRST TIME these methods are being

[More information >>> HERE <<<](#)

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best workout songs 100

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