CONTRAST THERAPY

Contrast therapy alternates between infrared heat and a short cold water immersion. The change in temperature causes blood vessels to expand and contract, supporting circulation and creating a controlled stress stimulus for the body.

Benefits may include:

- Supports muscle recovery
- Promotes circulation
- Helps reduce soreness and inflammation
- Encourages relaxation and stress resilience
- Boosts alertness and mental clarity
- Strengthens the immune system and enhances moods

At HIT: *Sessions are available for 1-3 cycles based on your experience and tolerance.*

COMPRESSION THERAPY

Compression therapy uses dynamic air compression to rhythmically inflate and release chambers around the body. The pulsing pressure mimics the body's natural muscle-pump action, helping promote circulation and ease muscle tension after training or throughout the day.

Benefits may include:

- Supports healthy circulation
- Helps reduce muscle soreness and stiffness
- Relieves tension and feelings of swelling
- Supports warm-up and post-workout recovery
- Promotes relaxation and refreshed, lighter-feeling limbs

At HIT: *We offer compression for both the upper and lower body, so you can target the areas that need recovery most.*

VIBRATION THERAPY

Vibration therapy uses rapid, controlled vibrations to stimulate muscles and the nervous system. The added stimulus can be incorporated into movement, stretching, and recovery to support circulation, mobility, balance, and muscle activation.

Benefits may include:

- Boosts Circulation
- Deepens Stretch
- Improves Balance & Stability
- Supports Bone Health
- Provides low-impact movement
- Reduces Soreness
- Increases flexibility and range of motion

At HIT: *Adjust the position and intensity based on your goals: from warming up and activating muscles to mobility and recovery.*

RED LIGHT THERAPY

Red light therapy uses specific wavelengths of red and near-infrared light to deliver light energy to the body. These wavelengths are designed to interact with cells and support cellular energy production and the body's natural recovery processes.

Benefits may include:

- Supports muscle recovery: more cellular energy production means faster repair
- Promotes healthy circulation
- Promotes an increase in collagen, supporting firmer, healthier skin
- May help reduce muscle and joint soreness
- Promotes a balanced inflammatory response

At HIT: *Relax in front of our PlatinumLED therapy lights for a simple, non-invasive recovery session.*

SHIFTWAVE

Shiftwave combines pulsed pressure waves, guided breathwork, immersive audio, and a supported zero-gravity position to create a deeply relaxing, guided experience. The synchronized signals are designed to help your body shift out of a heightened state and into a calmer, more settled state.

Benefits may include:

- Promotes deep relaxation
- Supports nervous system regulation
- Helps reduce stress and mental load
- Supports recovery and regeneration
- Can help prepare the body for rest and sleep
- Helps with focus, preparing for moments that require clear thinking, and energized performance

At HIT: *With 70+ protocols spanning recovery, relaxation, focus, performance, and sleep preparation, you can choose an experience based on what you need that day.*

PEMF THERAPY

PEMF, or Pulsed Electromagnetic Field therapy, uses gentle electromagnetic pulses to pour energy into the cells helping the body recover and regenerate better. The non-invasive treatment is designed to support the body's natural recovery processes, helping with muscle fatigue after exercise, increasing energy and supporting relaxation.

Benefits may include:

- Helps reduce pain by modulation of nerve signaling
- Helps with postoperative healing and injury recovery
- Enhances cellular repair and regeneration
- Increases endorphin production
- Helps reduce inflammation

At HIT: *It's a completely passive recovery experience, no effort required.*

HITATHLETIC

Performance, Recovery & Longevity Protocols

Performance	Recovery	Longevity
Priming for an upcoming sessions	Restoring after training stress	Ongoing habit, independent of training
PEMF (Pulse)* *20-30 min, pre-training*	**PEMF (Pulse)*** *20–30 min, post-training*	**PEMF (Pulse)*** *20–30 min, 2–3x/wk*
Vibration (Power Plate) *5–10 min, 4–5x/wk*	**Vibration (Power Plate)** *10–15 min, 2–3x/wk*	**Vibration (Power Plate)** *5–10 min, 2–3x/wk*
Red Light (Platinum)* *10 min, pre-training*	**Red Light (Platinum)*** *15–20 min, post-training*	**Red Light (Platinum)*** *10–15 min, 3–5x/wk*
Cold Plunge (Plunge)* *2–3 min, hrs before lifting*	**Cold Plunge (Plunge)*** *3–5 min, post-training*	**Cold Plunge (Plunge)*** *3–5 min, 2–4x/wk*
Infrared Sauna (Clearlight)* *15–20 min, light warm-up*	**Infrared Sauna (Clearlight)*** *20–40 min, post-training*	**Infrared Sauna (Clearlight)*** *30 min, 3x/wk*
Compression (Hyperice) *15–20 min, pre-training*	**Compression (Hyperice)** *20–30 min, post-training*	**Compression (Hyperice)** *15–20 min, 2–3x/wk*
Shiftwave *15–20 min, Perform protocol*	**Shiftwave** *20–30 min, Recover protocol*	**Shiftwave** *20–30 min, Rest protocol*

*Durations and frequencies are sourced from each manufacturer's published guidance (Pulse, Power Plate, Platinum Therapy Lights, Plunge, Clearlight, Hyperice/Normatec, Shiftwave) as of Sep 2026. * marks a duration the vendor does not split by goal: HIT applied it to this use case within the vendor's published range.*

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