



NAS WHITING FIELD – MWR FITNESS & WELLNESS

REGENERATION ROOM



TRAIN - RECOVER - RELAX



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GOT SORE MUSCLES? VISIT THE REGEN ROOM!

THIS IS A DEDICATED SPACE FOR RECOVERY, RESTORATION, AND HUMAN PERFORMANCE OPTIMIZATION.

Featured treatments include: Cryotherapy, HydroMassage, Red Light Therapy, Percussion Therapy, Compression Therapy, Zero-Gravity Relaxation, plus other tools.



(850) 623-7412



WWW.NAVYMWRWHITINGFIELD.COM

CRYLOUNGE+

A CONTRAST-BASED COLD AND HEAT EXPERIENCE TO TARGET MUSCLE SORENESS & MINOR ACHES

Purpose

- Provides targeted cooling and warmth without ice or water.
- Helps relieve muscle soreness, stiffness, and tension.
- Temporarily reduces minor swelling or inflammation where applied.

How It Works

- 6 independently controlled zones deliver cold & heat exactly where you need it.
- Adjustable temperature settings for comfort and effectiveness.

Recommended Use

- 15-minutes per session.
- Great as a pre or post-workout recovery routine.



HYDROMASSAGE

PERSONALIZED, FULL-BODY HEATED MASSAGE FOR WELLNESS & MUSCLE RECOVERY

Purpose

- Provides a full-body heated massage without getting wet.
- Helps relieve muscle soreness, stiffness, and tension.
- Provides temporary relief of minor aches and pains.

How It Works

- User enjoys a water jet massage while staying fully clothed.
- Each session is fully guided and personalized.
- User controls pressure, speed, and massage zones.

Recommended Use

- 10–15 minutes for relaxation.
- Excellent pre-workout warm up or post-workout cool down.

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RED LIGHT THERAPY

CELLULAR RECOVERY & PERFORMANCE ENHANCEMENT

Purpose

- Supports muscle recovery, skin health, and cellular energy production.
- May reduce inflammation and improve circulation.

How It Works

- Emits red and near infrared wavelengths that penetrate tissue.
- Stimulates mitochondria to enhance ATP production.

Recommended Use

- 5–12 minutes per area.
- Maintain distance of 6–12 inches from the panel.



PERCUSSION THERAPY

DEEP TISSUE PERCUSSION FOR MUSCLE RELIEF

Purpose

- Breaks up tightness and adhesions.
- Improves mobility and reduces soreness.

How It Works

- Rapid percussive pulses penetrate deep into muscle tissue.
- Multiple attachments allow targeted treatment.

Recommended Use

- 30–90 seconds per muscle group.
- Ideal before workouts for activation or after workouts for recovery.

HYPERVOLT 2 PRO

Warm up faster and recover like a pro with Hyperice's most powerful percussion massage device.

THERAGUN PRO PLUS

Theragun PRO Plus combines several therapies to boost recovery: deep muscle percussive therapy, near-infrared LED light, vibration and heated percussive therapy for unmatched performance. There are visually guided routines, right on the device.

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COMPRESSION THERAPY

DYNAMIC AIR COMPRESSION FOR CIRCULATION & RECOVERY

Purpose

- Enhances blood flow and lymphatic drainage.
- Reduces swelling, soreness, and fatigue.

How It Works

- Sequential compression cycles mimic natural muscle pumping.
- Adjustable intensity levels for personalized recovery.

Recommended Use

- 20–30 minutes per session.
- Great for endurance athletes, heavy training days, or long duty shifts.



ZERO-GRAVITY RELAXATION

ZERO-GRAVITY RELAXATION & SPINAL DECOMPRESSION

Purpose

- Reduces spinal pressure and promotes relaxation.
- Encourages circulation and stress relief.

How It Works

- Reclines into a neutral gravity position where legs elevate above the heart.
- Supports natural alignment and full-body relaxation.

Recommended Use

- 10–20 minutes for relaxation or meditation.
- Ideal between training sessions or during recovery blocks.



FOAM ROLLERS & MOBILITY TOOLS

SELF-MYOFASCIAL RELEASE FOR MOBILITY & TISSUE HEALTH

Purpose

- Improves flexibility and reduces muscle tightness.
- Helps restore movement patterns and prevent injury.

How It Works

- Bodyweight pressure releases tension in fascia and muscle tissue.
- Can be used for warm up, cool down, or standalone mobility sessions.

Recommended Use

- 1-2 minutes per muscle group.
- Slow, controlled rolling for best results.

VYPER 3 VIBRATING FOAM ROLLER

Prime your body with a powerful vibrating massage. Massage away tension, loosen up, and feel better with 3 speeds of high-intensity vibration.

HYPERSPHERE 2 VIBRATING MASSAGE BALL

Activate, release and warm up your muscles with powerful vibration in the compact Hypersphere. The Hypersphere shape and rubber coating make it perfect for pinpointing targeted areas that desperately need it.



STRETCH TRAINER

STRENGTHEN AND STRETCH OFF THE FLOOR

Purpose

- Enhances overall flexibility and range of motion.
- Supports warm up and cool down routines.
- Reduces muscle tightness and promotes recovery.

How It Works

- Uses a seated, ergonomic design that supports the body during stretching.
- Padded handlebars allow users to control stretch intensity.
- Follow instructional placard to stretch major muscle groups.

Recommended Use

- Ideal on recovery days and after workouts.
- Hold each stretch 20–30 seconds with slow, controlled breathing.
- Use daily to maintain mobility and reduce stiffness.



CORE TRAINING

INVERSION & CORE TRAINING SYSTEM

Purpose

- Relieves pressure on the spine and hips.
- Strengthens core, glutes, and lower back muscles.
- Supports decompression and postural alignment.

How It Works

- Users lean forward onto thigh supports and grip handles to safely hinge into a horizontal or inverted position.
- Bodyweight traction helps lengthen the spine and reduce compression.
- Stable base and adjustable height settings allow controlled movement patterns for core and back exercises.

Recommended Use

- Use for 1–3 sets of controlled decompression holds (20–60 seconds).
- Perform slow, supported back extension or core hinge movements as tolerated.
- Avoid full inversion without staff guidance if new to inversion training.



HEATED BACK WRAP

A HEATED VIBRATION WRAP DESIGNED TO SOOTHE LOWER BACK

Purpose

- Relieves lower back tension and stiffness.
- Improves circulation and mobility.
- Supports warm up, recovery, and daily pain management.

How It Works

- Heats up rapidly with even, consistent temperature distribution.
- Three vibration patterns help relax muscles and reduce tightness.
- Adjustable compression strap ensures secure placement and comfort.
- Bluetooth connectivity allows control through an app.

Recommended Use

- Use before activity to warm tissues and improve mobility.
- Use during recovery to reduce tightness and promote relaxation.
- Sessions typically last 10–20 minutes, depending on comfort.
- Safe for daily use as part of a mobility or recovery routine.

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KNEE & SHOULDER THERAPY

POWERFUL HEAT, DEEP COLD, AND COMPRESSION

Purpose

- Reduces inflammation and soreness.
- Improves circulation and mobility.
- Supports recovery from training or overuse.

How It Works

- Alternates between deep cold and powerful heat without ice or cords.
- Built-in compression enhances heat penetration and cold efficiency.
- Temperature and compression levels adjust electronically.

Recommended Use

- Use heat before activity to loosen stiff joints and warm surrounding muscles.
- Use cold after activity to reduce inflammation.
- Contrast cycles help improve range of motion and flush metabolic waste.
- Typical session: 10–20 minutes.





FITNESS CENTER: (850) 623-7412

FOR QUESTIONS OR ASSISTANCE, CONTACT
MWR FITNESS STAFF AT NAS WHITING FIELD.

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