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## **Manual of suggested Best Practices for Recovery in the 3 hour Post-Exercise Window**

Royale Lopez

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MANUAL OF SUGGESTED BEST PRACTICES FOR RECOVERY IN THE 3 HOUR  
POST-EXERCISE WINDOW.

APPROVED BY SUPERVISORY COMMITTEE:



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MANUAL OF SUGGESTED BEST PRACTICES FOR RECOVERY IN THE 3 HOUR  
POST-EXERCISE WINDOW.

By

ROYALE LOPEZ, B.S.

MASTERS PROJECT

Presented to the Graduate Faculty of Kinesiology & Education

The University of Texas of the Permian Basin

In partial Fulfillment

Of Requirements

For the Degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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