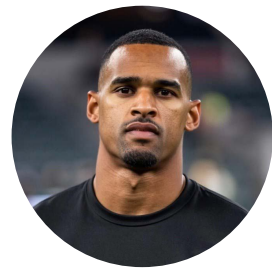


MANAGING 90 ATHLETES ON ONE SCHEDULE

Congested fixtures, shared timetables, limited recovery windows, here's how pro teams keep players fresh, and where Hydro fits in.



With John Griffin, Director Of Player Performance, Atlanta Falcons

THE PROBLEM:

Different Recovery Demands For Different Roster Groups

- Shared lift slots & timetables
- “Bubble” players logging full games
- Starters needing reduced load
- Recovery time squeezed by meetings & travel



BFR SOLUTION:

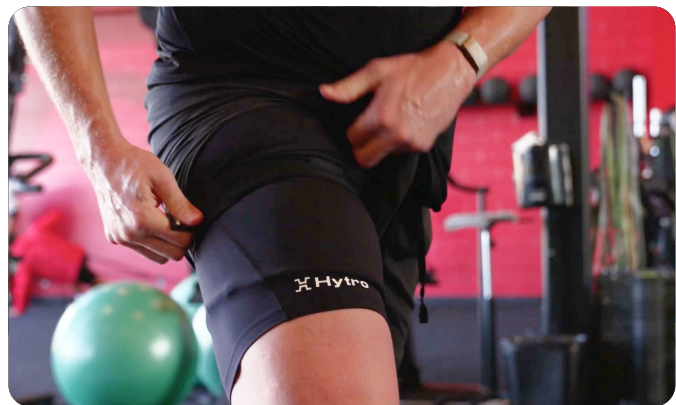
Scalable Recovery, Simple Integration

- Game Day +1 team protocols
- Pre-lift low-load primes
- Athlete-led 5-10 min recovery sessions
- Works across 50-90 athletes with minimal staff overhead

UPSIDE:

Tailored Recovery Keeps Intensity High

- Recovery strategies matched to roster roles
- Protects session quality across the week
- Fewer late-week drop-offs → sharper prep for game day



Contact Hydro To Integrate BFR Into Your Performance System.