



## WORKOUT CHECKLIST



### WHAT TO WEAR...

By all means you want to be comfortable. Here's a short checklist of things you'll find handy for all your workouts:

- Workout Bag
  - Water Bottle
  - Workout Towel
  - Workout Gloves
  - Extra Socks
- Sports Bra (women)



### LISTEN FOR SAFETY SAKE...

- It is critical that you pay close attention to all instruction by the trainer with regards to exercise form and technique so we can best eliminate the risk of avoidable injuries.
- It is crucial to pay close attention to the workout set-up and protocol for that day so that we do not waste much needed time repeating directions.
- For your own safety please listen to any instructions given by the trainer.



### HYDRATION

Please come prepared with plenty of water, especially in the hot weather.

- Plenty of Water
- Healthy Snack
- Have eaten 2 Hours before the session



### TIME IS SO VALUABLE!

Please make the necessary arrangements to arrive at least 5 minutes before the start of a session.

- Pre-Workout

Bring to the attention of the trainer any questions or concerns that you may have regarding the upcoming workout before the start of the workout so he/she can plan accordingly.

- Post-Workout

This is the ideal time to speak with your trainer about any questions or concerns you may have regarding the program as a whole, so be sure to take advantage of this if necessary.



### RESPECT FOR THE COMMUNITY.

- Each and every member must treat each other with courtesy and respect....THERE ARE NO EXCEPTIONS HERE! Failure to do so will result in your termination from the program.
- It is very important to understand that we are all at different levels of ability when it comes to conditioning. What is easy for some is hard for others, and we all must empathize with our fellow teammates and push them to get better each and every day in a positive way.



### WILL YOU HELP US..?

- Please help in the set-up and wrap-up of each workout if needed.
- Please put all equipment you used during the workout in the designated location upon completion of the workout.