

# Pre Gym Checklist

By Kimberly French

- Pre-workout Preparation
  - Have a workout journal to write down and record your lifts.
  - Consume a small meal 45-60 minutes before you start warm-ups.
  - Consume your pre-workout drink 30 minutes before you start warm-ups.
  - Take all pre-workout supplements you wish to take (such as creatine, glutamine, an energy booster).
  - Gather your gym clothes.
  - Gather your equipment; wrist straps, lifting belt, heart rate monitor, stopwatch.
  - Prepare your workout drink.
  - Listen to some motivational tunes on the way to the gym.
- Workout
  - Warm up for 5-10 minutes
  - Review what is in store for the next hour.
  - Know in advance what you plan to accomplish.
  - Make sure every single one of your workouts carry the same intensity.
- Post-workout
  - Cool down and stretch for a solid 15 minutes each time.
  - Take a moment to reflect on your performance.
  - Try to figure out why you did better or worse and make notes.
  - Try to relax.