

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.