

MOVE

UNBOUND  
.COM

29 pages

A smiling woman with blonde hair tied back, wearing a black sports bra, leaning against a tree trunk in a park setting. The background is a blurred green field with trees.

**FITNESS**  
CHECKLISTS

A background image showing a person in a white long-sleeved shirt and patterned leggings walking on a sidewalk, holding a smartphone and a blue water bottle. Next to them, a man in grey shorts and white socks is walking, carrying a black gym bag. The image is overlaid with a semi-transparent white box containing text.

# GYM BAG ESSENTIALS

FOR A SUCCESSFUL WORKOUT SESSION

# CHECKLIST



# GYMBAG ESSENTIALS

## Clothing

- ☐ Athletic shoes (appropriate for your workout)
- ☐ Socks (preferably moisture-wicking)
- ☐ Comfortable athletic shorts or pants
- ☐ Moisture-wicking shirt or tank top
- ☐ Sports bra (for women)

## Hygiene and Personal Care

- ☐ Towel (preferably a microfibre or sweat-wicking towel)
- ☐ Shower sandals
- ☐ Body wash or soap
- ☐ Shampoo and conditioner
- ☐ Deodorant
- ☐ Face wash or cleansing wipes
- ☐ Razor (if necessary)
- ☐ Hair ties or headband (for long hair)

## Workout Accessories

- ☐ Water bottle (preferably with a built-in filter)
- ☐ Sweat-resistant headphones
- ☐ Heart rate monitor or fitness tracker (if you use one)
- ☐ Gym lock (if your gym requires it)
- ☐ Yoga mat or exercise mat (if necessary)

## Post-Workout Recovery

- ☐ Protein bar or shake
- ☐ Foam roller or massage ball
- ☐ Stretching strap or resistance band

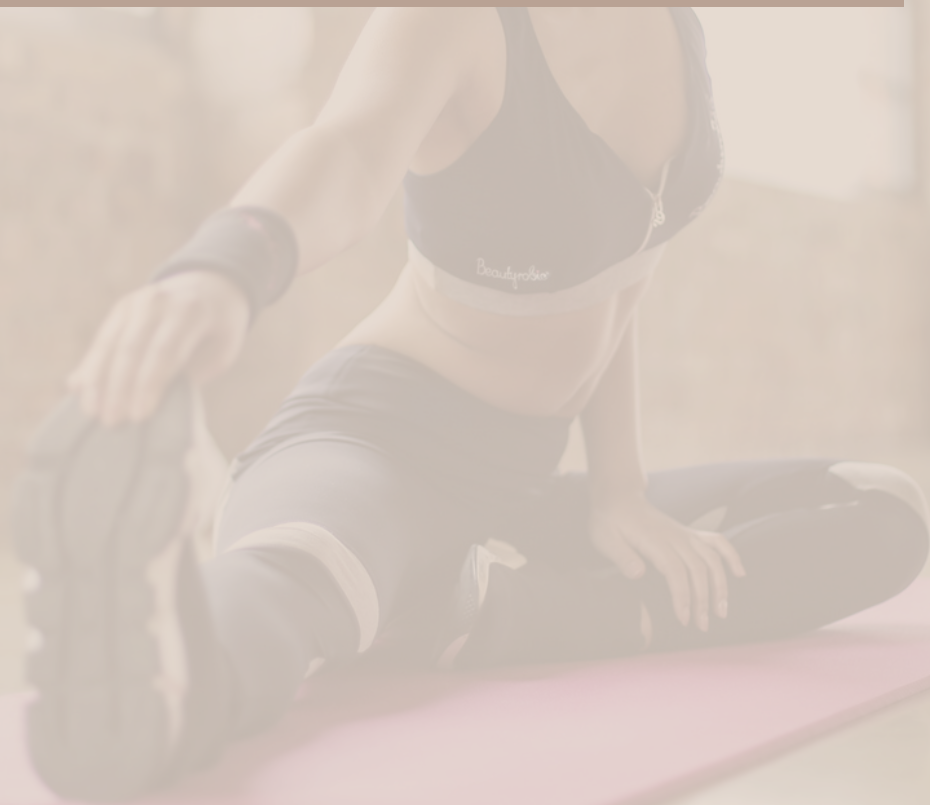
## Miscellaneous

- ☐ Gym bag (large enough to hold all of your essentials)
- ☐ Phone charger or portable battery pack
- ☐ Extra socks and underwear (in case of emergencies)
- ☐ Extra hair ties or headband (in case of breakage)



# PRE-WORKOUT ROUTINE

FOR OPTIMAL PERFORMANCE



# CHECKLIST



# PRE-WORKOUT ROUTINE



## Fueling Your Body

- ☐ Drink plenty of water throughout the day to stay hydrated
- ☐ Eat a balanced meal 2-3 hours before your workout that includes carbohydrates and protein for sustained energy
- ☐ Have a small, easily digestible snack 30 minutes to an hour before your workout (e.g., banana, energy bar)

## Pre-Workout Supplements (Optional)

- ☐ Creatine (if you take it)
- ☐ Caffeine (if you tolerate it)
- ☐ Beta-alanine (if you take it)

## Warm-Up

- ☐ Perform light cardio (e.g., 5-10 minutes on a stationary bike or treadmill) to increase your heart rate and warm up your muscles
- ☐ Dynamic stretching to activate your muscles and improve your range of motion (e.g., leg swings, arm circles, walking lunges)

## Mental Preparation

- ☐ Visualize your workout and set clear goals for what you want to achieve
- ☐ Listen to music or a motivational podcast to get in the right mindset
- ☐ Take a few deep breaths to calm your nerves and focus your mind

## Gear and Accessories

- ☐ Wear comfortable workout clothes that allow you to move freely
- ☐ Wear supportive athletic shoes appropriate for your workout
- ☐ Bring a towel and water bottle to stay hydrated

## Miscellaneous

- ☐ Use the restroom before your workout to avoid any interruptions
- ☐ Avoid heavy meals, alcohol, and caffeine in the hours leading up to your workout, as these can interfere with your performance

The background of the entire page is a photograph of a person's midsection. They are wearing a light blue or teal-colored hoodie, which they are pulling down with both hands to reveal their well-defined abdominal muscles. The image is overlaid with a semi-transparent light orange or peach-colored filter. The text is contained within a white rectangular box in the upper half of the image.

# POST-WORKOUT ROUTINE

FOR MUSCLE REPAIR AND GROWTH

# CHECKLIST

# POST-WORKOUT ROUTINE



## Rehydration

- Drink plenty of water to replace fluids lost during your workout
- Consider a sports drink with electrolytes if you sweat heavily

## Cool Down

- Perform light cardio (e.g., walking or jogging) to gradually decrease your heart rate and prevent blood from pooling in your muscles
- Stretch major muscle groups to improve flexibility and reduce the risk of injury (e.g., quads, hamstrings, calves)

## Refueling

- Eat a post-workout snack or meal within 30 minutes of exercising to replenish glycogen stores and kickstart muscle repair (e.g., protein shake, Greek yogurt with fruit, whole-grain toast with peanut butter)

## Self-Massage and Foam Rolling

- Use a foam roller or massage ball to release tension in tight muscles and improve circulation
- Consider using a massage gun for deeper muscle massage

## Ice and Heat Therapy

- Apply ice to any sore or inflamed areas for 10-15 minutes to reduce inflammation and pain
- Use heat therapy (e.g., warm shower or heating pad) to improve circulation and promote relaxation

## Sleep and Rest

- Aim for at least 7-8 hours of sleep each night to allow your body to recover and repair
- Take rest days as needed to prevent injury and avoid overtraining

## Miscellaneous

- Keep track of your progress and adjust your routine as needed to continue making gains
- Consider scheduling regular massages or acupuncture sessions to aid in recovery



# YOUR HOME GYM SETUP

FOR A SAFE AND EFFECTIVE WORKOUT SPACE



# CHECKLIST

# HOME GYM SETUP



## Space and Layout

- Choose a dedicated space for your home gym that is free from clutter and has good ventilation
- Consider the size and layout of the space and ensure there is enough room for the equipment you plan to use
- Have adequate lighting to avoid accidents and improve visibility

## Flooring

- Choose flooring that is suitable for your workouts and provides good shock absorption (e.g., rubber or foam flooring)
- Make sure the flooring is level and secure to avoid slipping or tripping

## Equipment

- Choose equipment that is appropriate for your workouts and fitness goals (e.g., weights, resistance bands, exercise ball)
- Ensure that the equipment is in good condition and functioning properly
- Consider hiring a professional to assemble larger equipment to ensure it is safe and secure
- Store equipment in a safe and organised manner to prevent accidents and damage

## Safety Measures

- Have a first aid kit readily available in case of injury
- Install smoke detectors and fire extinguishers in the home gym space
- Keep the space free from hazards such as loose cords, sharp edges, or unstable equipment
- Consider investing in a gym mat for floor exercises to prevent slipping and injury

## Hygiene

- Have a towel and disinfectant spray readily available to wipe down equipment after use
- Keep the space clean and well-ventilated to prevent the buildup of sweat and bacteria

# YOGA PRACTICE

TO BE SUCCESSFUL



# CHECKLIST



# YOGA PRACTICE



## Yoga Mat

- Choose a mat that provides good grip and cushioning for your joints
- Ensure the mat is the appropriate length and width for your body size

## Comfortable Clothing

- Wear comfortable clothing that allows for a full range of motion
- Choose clothing made from breathable and stretchy material that won't restrict your movements

## Props

- Consider using props to aid in your practice, such as blocks, straps, blankets, and bolsters
- Ensure the props are made of high-quality materials and in good condition

## Hydration and Nutrition

- Drink plenty of water before and after your practice to stay hydrated
- Avoid eating a heavy meal before your practice, but don't practice on an empty stomach either
- Consider having a light snack before your practice to maintain energy levels

## Mindset and Intentions

- Set an intention or focus for your practice to help guide your movements and mindset
- Take time to center yourself before beginning your practice, whether it's through meditation or deep breathing

## Breathing

- Focus on your breath throughout your practice, using it as a tool to calm your mind and deepen your practice
- Practice different breathing techniques to improve focus, reduce stress, and increase energy levels

## Practice and Progression

- Practice regularly to improve your skills and deepen your practice
- Don't push yourself too hard and always listen to your body, modifying poses as necessary

# SAFE RUNNING

FOR A SAFE AND COMFORTABLE RUN



# CHECKLIST

# RUNNING CHECKLIST



## Footwear

- ☐ Choose appropriate running shoes that provide adequate support and cushioning for your feet
- ☐ Ensure the shoes fit properly and are broken in before running long distances

## Clothing

- ☐ Wear moisture-wicking clothing that is appropriate for the weather conditions
- ☐ Dress in layers for colder weather and ensure you have appropriate reflective gear for low-light conditions

## Hydration and Nutrition

- ☐ Carry water or sports drink to stay hydrated during your run
- ☐ Consider bringing a small snack, such as an energy bar, for longer runs to maintain energy levels

## Safety Gear

- ☐ Wear reflective clothing or accessories if running in low-light conditions
- ☐ Carry a phone or ID in case of emergency
- ☐ Consider using a running app or GPS watch to track your location and progress

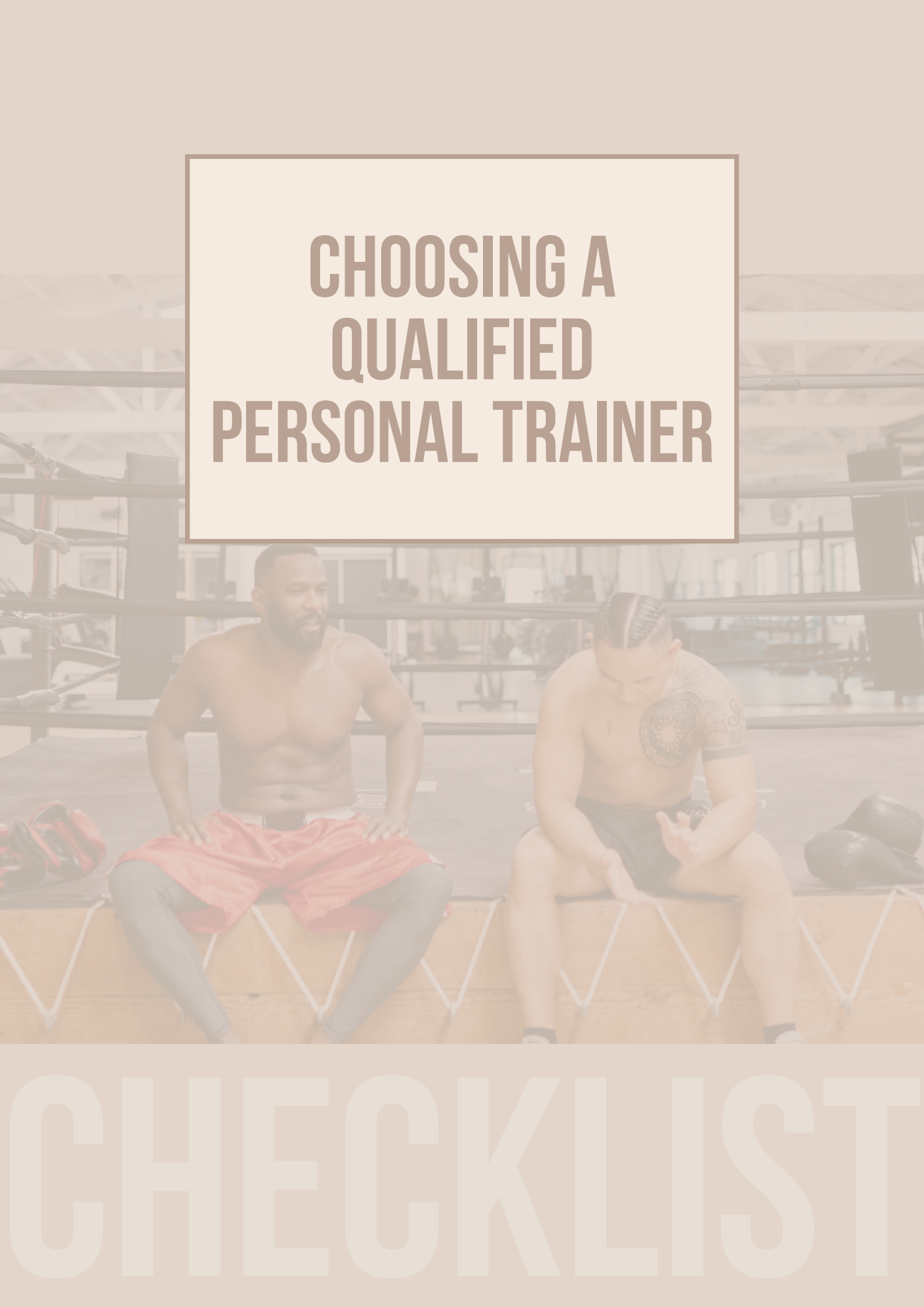
## First-Aid Kit

- ☐ Carry a basic first-aid kit in case of injuries, including adhesive bandages, antiseptic wipes, and a small roll of tape

## Miscellaneous

- ☐ Consider carrying a small towel or handkerchief to wipe sweat or moisture from your face
- ☐ Wear a comfortable hat or headband to keep sweat out of your eyes
- ☐ Carry an extra layer or jacket in case of unexpected changes in weather
- ☐ Wear sunscreen and a hat or visor to protect yourself from the sun's harmful rays



A background image of a gym with two men. One man is sitting on a wooden box, wearing a red shirt and grey pants. The other man is standing next to him, wearing a black shirt and black pants. They are both looking towards the camera. The gym has various equipment in the background.

# CHOOSING A QUALIFIED PERSONAL TRAINER

# CHECKLIST

# CHOOSING A QUALIFIED PERSONAL TRAINER



## Certification

- Look for a personal trainer who is certified by a reputable organisation, such as the American Council on Exercise (ACE), National Academy of Sports Medicine (NASM), or the National Strength and Conditioning Association (NSCA)
- Ensure their certification is current and up-to-date

## Experience

- Look for a trainer with experience working with clients who have similar goals and fitness levels as yourself
- Ask for client testimonials or references to get a sense of their track record

## Education and Expertise

- Look for a trainer with a solid understanding of exercise science, anatomy, and nutrition
- Consider a trainer with a specialised certification or expertise in a specific area of fitness, such as strength training, yoga, or sports-specific training

## Safety and Injury Prevention

- Look for a trainer who emphasises safety and injury prevention in their workouts
- Ensure they have knowledge of modifications and adjustments for exercises to accommodate any injuries or limitations you may have

## Availability and Flexibility

- Look for a trainer who can accommodate your schedule and availability, whether it's early mornings, evenings, or weekends
- Consider a trainer who is flexible in their approach and able to adjust workouts based on your changing needs and goals

## Miscellaneous

- Look for a trainer who communicates well and is able to listen to your needs and concerns
- Consider a trainer who is positive, motivating, and able to build a rapport with you
- Look for a trainer who sets specific goals with you and tracks your progress towards those goals over time
- Consider a trainer who uses metrics such as body composition, strength and endurance benchmarks, and other measurable indicators of progress

# CROSS-TRAINING ROUTINE

EXERCISES TO INCLUDE FOR A  
WELL-ROUNDED ROUTINE



# CHECKLIST



# CROSS-TRAINING ROUTINE



## Cardiovascular Exercise

- Incorporate at least 2-3 days of cardiovascular exercise per week, such as running, cycling, swimming, or rowing
- Vary the intensity and duration of your cardio workouts to challenge your body and prevent boredom

## Strength Training

- Include exercises that target all major muscle groups, such as squats, lunges, push-ups, rows, and deadlifts
- Use free weights, resistance bands, or bodyweight exercises to build strength and increase muscular endurance

## Flexibility and Mobility

- Include stretching exercises or yoga poses that promote flexibility and mobility, such as hamstring stretches, hip openers, and spinal twists
- Use foam rollers or other self-massage tools to improve range of motion and alleviate muscle soreness

## Balance and Coordination

- Incorporate exercises that challenge your balance and coordination, such as single-leg squats, plank variations, or balance ball exercises
- Use dynamic movements that require coordination and agility, such as jump squats, box jumps, or ladder drills

## Core Training

- Include exercises that target your core muscles, such as planks, crunches, and Russian twists
- Use functional movements that engage your core muscles in multiple planes of motion, such as wood chops or mountain climbers

## Active Recovery

- Include rest days or low-impact activities, such as walking or yoga, to promote recovery and prevent burnout
- Use foam rolling, stretching, or massage to reduce muscle tension and aid in recovery

# OUTDOOR WORKOUT

SAFETY PRECAUTIONS TO TAKE



# CHECKLIST

# OUTDOOR WORKOUT



## Gear

- Comfortable and weather-appropriate clothing
- Appropriate footwear for the terrain and weather conditions
- Sunscreen and sunglasses to protect against harmful UV rays
- A hat or visor to shield your face from the sun
- A water bottle or hydration system to keep you hydrated during your workout
- Insect repellent to protect against bugs and mosquitoes
- Portable music player or headphones to keep you motivated and focused
- Sports watch or fitness tracker to track your progress and monitor your heart rate

## Safety Precautions

- Check the weather forecast and plan your workout accordingly
- Carry a mobile phone or a means of communication in case of an emergency
- Share your workout plans and expected return time with a friend or family member
- Carry a first aid kit, including band-aids, antiseptic wipes, and pain relievers
- Stick to well-lit and well-traveled paths or trails
- Use reflective gear or clothing if working out after dark
- Be aware of your surroundings and stay alert to potential hazards, such as traffic or uneven terrain
- Consider taking a self-defense class or carrying pepper spray for added safety

# FITNESS-RELATED INJURIES

AND HOW TO AVOID THEM



# CHECKLIST



# PREVENTING FITNESS-RELATED INJURIES



## Warm-Up Properly

- Take time to warm up your muscles and increase your heart rate before starting any intense physical activity
- Use dynamic stretching exercises to increase flexibility and improve range of motion
- Start with low-intensity movements and gradually increase the intensity over time

## Use Proper Form and Technique

- Use proper form and technique when performing exercises to avoid strain or injury
- Work with a qualified personal trainer or fitness instructor to learn the correct form for each exercise
- Focus on quality over quantity and listen to your body for any signs of pain or discomfort

## Gradually Increase Intensity

- Gradually increase the intensity and duration of your workouts over time to avoid overuse injuries
- Avoid doing too much too soon and take rest days to allow your body to recover
- Incorporate cross-training activities to vary your workouts and prevent overuse injuries

## Wear Appropriate Gear

- Wear appropriate shoes for your workout to provide support and reduce the risk of injury
- Wear protective gear, such as helmets or pads, for high-risk activities like cycling or skateboarding
- Use safety equipment, such as lifting belts or wrist wraps, to provide support and prevent strain

## Hydrate and Fuel Properly

- Stay hydrated during your workout by drinking plenty of water
- Fuel your body with healthy, nutritious foods to support your energy levels and recovery
- Consider using sports drinks or electrolyte supplements for intense workouts lasting more than an hour

## Listen to Your Body

- Pay attention to any signs of pain, discomfort, or fatigue during your workouts
- Take breaks as needed and adjust your workouts accordingly
- Seek medical attention if you experience any persistent or severe pain or injury

# STRETCHING CHECKLIST

FOR BEFORE AND AFTER EVERY WORKOUT



# CHECKLIST

# STRETCHING



## Upper Body Stretches

- Neck rotations and shoulder rolls to loosen up the neck and shoulder muscles
- Triceps and biceps stretches to improve flexibility in the arms and upper back
- Chest and back stretches to improve posture and reduce tension in the upper body

## Lower Body Stretches

- Quad and hamstring stretches to improve flexibility and reduce the risk of strain or injury
- Hip and glute stretches to improve mobility and reduce tightness in the lower back
- Calf and ankle stretches to improve flexibility and reduce the risk of ankle sprains

## Core Stretches

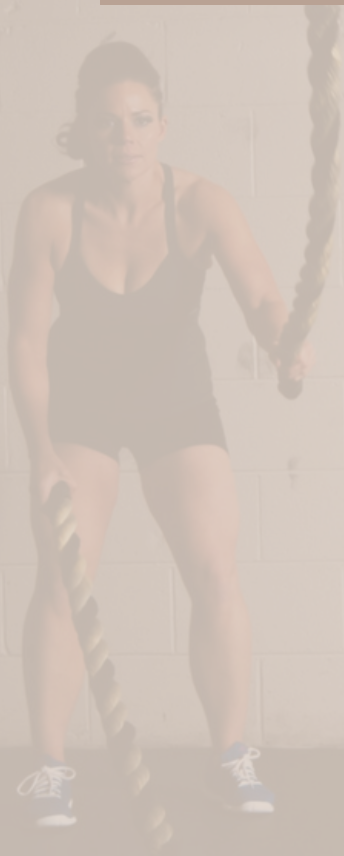
- Seated spinal twists to improve mobility in the spine and reduce tension in the lower back
- Cat-cow stretches to stretch and strengthen the abdominal muscles and improve posture
- Plank and side plank stretches to improve core stability and balance

## Full Body Stretches

- Sun salutations or other full-body stretches to improve circulation, increase flexibility, and reduce stress
- Foam rolling or self-myofascial release to release tension and improve range of motion in the muscles and connective tissue

# RESISTANCE TRAINING

ESSENTIAL EQUIPMENT AND TECHNIQUES



# CHECKLIST



# RESISTANCE TRAINING



## Essential Equipment

- Resistance bands or dumbbells for strength training
- Weightlifting gloves to protect your hands and improve grip
- Exercise mat for floor exercises and stretching
- Weightlifting belt for added support during heavy lifting

## Techniques

- Choose the appropriate weight for your fitness level and the exercise you're doing
- Focus on proper form and technique to avoid injury and maximize effectiveness
- Gradually increase the weight and intensity over time to challenge your muscles and avoid plateaus
- Incorporate compound exercises, such as squats and deadlifts, to work multiple muscle groups at once
- Use a variety of exercises to target different muscle groups and avoid overuse injuries

## Warm-Up and Cool-Down

- Take time to warm up your muscles and increase your heart rate before starting your resistance training session
- Use dynamic stretching exercises to increase flexibility and improve range of motion
- Incorporate full-body movements, such as jumping jacks or high knees, to increase circulation and elevate your heart rate
- Cool down with stretching exercises to reduce muscle soreness and improve flexibility

## Safety Precautions

- Work with a qualified personal trainer or fitness instructor to learn proper technique and avoid injury
- Use a spotter or workout partner for exercises that involve heavy weights or could be dangerous if done incorrectly
- Listen to your body and stop if you experience pain or discomfort
- Avoid overtraining by taking rest days and allowing your muscles time to recover

# SUPPLEMENTS CHECKLIST

FOR OPTIMAL RESULTS



# CHECKLIST

# SUPPLEMENTS



## What to Take

- Protein powder: Helps support muscle recovery and growth
- Creatine: Helps increase muscle strength and power output
- Omega-3 fatty acids: Helps reduce inflammation and improve heart health
- Multivitamin: Helps fill any nutrient gaps in your diet

## What to Avoid

- Pre-workout supplements containing high amounts of caffeine: Can cause jitters, anxiety, and other negative side effects
- Fat burners containing ephedra or other stimulants: Can cause high blood pressure and other negative health effects
- Testosterone boosters: Can cause hormonal imbalances and negative side effects

## Other Considerations

- Always consult with a healthcare professional before starting any new supplement regimen
- Choose high-quality supplements from reputable brands to ensure purity and potency
- Read labels carefully and be aware of potential allergens or other ingredients that may cause adverse reactions
- Be wary of supplements that promise quick or miraculous results, as these are often too good to be true



# NUTRITION

WHAT TO EAT AND AVOID FOR OPTIMAL  
HEALTH AND FITNESS

# CHECKLIST



# NUTRITION



## ○ **Eat a Balanced Diet:**

A balanced diet should include plenty of fruits and vegetables, whole grains, lean protein, and healthy fats.

## ○ **Limit Processed Foods:**

Processed foods are often high in calories, unhealthy fats, and sugar. Limit your intake of processed foods as much as possible.

## ○ **Reduce Your Intake of Sugar:**

High sugar intake is associated with weight gain and various health problems, including diabetes, heart disease, and tooth decay.

## ○ **Watch Your Portion Sizes:**

Pay attention to your portion sizes and try not to overeat. Overeating can lead to weight gain and other health problems.

## ○ **Choose Healthy Fats:**

Healthy fats, such as those found in nuts, seeds, and avocados, can improve heart health and provide many other benefits.

## ○ **Choose Lean Protein:**

Lean protein, such as chicken, turkey, fish, and tofu, can help you build muscle and maintain a healthy weight.

## ○ **Avoid Trans Fats:**

Trans fats are often found in processed foods and are associated with an increased risk of heart disease.

## ○ **Drink Plenty of Water:**

Staying hydrated is important for optimal health and fitness. Aim to drink at least eight glasses of water per day.

## ○ **Eat Mindfully:**

Pay attention to your food while you're eating, and try not to eat while distracted. Eating mindfully can help you avoid overeating and make healthier food choices.

## ○ **Listen to Your Body:**

Pay attention to how your body responds to different foods, and adjust your diet accordingly. Everyone's nutritional needs are different, so it's important to listen to your body and make adjustments as needed.