

Wonder Body™ Home Gym Workout Checklist

Challenge Yourself. You Deserve It.

A simple checklist to help you create a comfortable, effective home workout space.

Checklist	Why it helps
■ Supportive athletic shoes	Improve stability, comfort, and reduce slipping during movement.
■ Comfortable workout clothing	Moisture-wicking fabrics help keep you cool and make movement easier.
■ Adjustable dumbbells or a few pairs	Great for building strength and progressing over time.
■ Resistance bands	Versatile, beginner-friendly, and easy to store.
■ Exercise mat	Provides cushioning for floor exercises and stretching.
■ Water bottle	Staying hydrated supports performance and recovery.
■ Small towel	Helpful for comfort and wiping away sweat.
■ Timer or fitness app	Keeps workouts organized and consistent.
■ Notebook or workout tracker	Track sets, reps, and progress.

Smart Pre-Workout Snack Ideas (30–90 minutes before exercise)

- Banana with a tablespoon of peanut butter
- Greek yogurt with berries
- Apple with peanut butter
- Whole-grain toast with almond butter
- Cottage cheese with fruit
- Oatmeal with cinnamon and berries

Wonder Body™ Tips

- Keep your equipment in one visible location so it's easy to start.
- Lay out your workout clothes the night before.
- Start with 20–30 minutes—consistency beats perfection.
- Focus on proper form before increasing weight.
- Celebrate small wins and build habits one workout at a time.

Note: This checklist provides general fitness education and is not medical advice. Choose equipment and exercises appropriate for your fitness level.