

# NEW CLIENT CHECKLIST

## **BE PREPARED**

*Please have the following items ready before your first appointment*

- [Client Intake Form](#)
- [COVID Waiver](#)
- If necessary, a doctor's note
- Payment in full

## **WHAT TO WEAR**

- Comfortable, fitted, workout clothes that allow for movement
- Workout towel
- Water

## **SIMPLE HOME GYM SET-UP**

- Mat
- 3 pairs of dumbbells ranging from 5-30 lbs.
- Step/bench
- 1-2 pairs of resistance bands/tubes

## **EVENTUAL ADD-ONS**

As time progresses you may eventually want to add to your set-up.

- 1-2 kettlebells
- Physio ball
- BOSU
- TRX
- Foam roller

## **COMPLEX HOME GYM SET-UP**

If you have the space and money, these are great options for a complete set-up.

- Adjustable dumbbell set, i.e. the Bowflex SelectTech 552
- Olympic bars and plates
- Convertible bench (flat, incline, decline)
- Piece of cardio equipment – rower, bike, etc.

## **SOME OF MY FAVORITE ONLINE EQUIPMENT STORES**

<https://www.performbetter.com/>

<https://www.spri.com/>

<https://wfathleticsupply.com/>