Michele Sodon

WORKOUT CHECKLIST

PROVIDED AT MICHELE SODON STUDIO

- ☐ Bottled Water
- ☐ Towels
- ☐ Limited supply of:
  - ☐ Weight lifting gloves
  - ☐ Boxing wraps and gloves
  - ☐ Pull-up straps

WHAT YOU SHOULD BRING

- ☐ Personal Bottled Water (if preferred)
- ☐ Payment Methods (cash, check, credit card)
- ☐ Post-Training Snack

WHAT TO WEAR

- ☐ Athletic Shoes (NOT preferable: Hiking shoes, boots, Deck shoes, flat footed, unsupported Converse)
- ☐ Moveable Athletic Attire (no hiking shorts/pants or jeans)
- ☐ Sports Bra, Headband, Hair Ties (women)

LISTEN FOR SAFETY'S SAKE

- ☐ It is critical that you pay close attention to all instruction by the trainer with regards to exercise form and technique so we can best eliminate the risk of avoidable injuries.
- ☐ It is crucial to pay close attention to the workout set-up and protocol for that day so that we do not waste much needed time repeating directions.
- ☐ For your own safety please listen to any instructions given by the trainer.

COME PREPARED

- ☐ Be properly fueled. Eat within 2 hrs prior to session
- ☐ Healthy Snack
- ☐ Extra Water

TIME IS SO VALUABLE!

Sessions are usually scheduled back to back.

Please make the necessary arrangements to arrive at least 5 minutes before the start of a session, but, be mindful if clients are still in session when you arrive. Please do not disturb them.

- ☐ Pre-Workout: Sign-in to your session upon arrival
  Ask trainer any questions you may have regarding the upcoming workout before the start of the workout.
- ☐ Post-Workout
  Ideal time to speak with your trainer about questions you may have regarding the program.

RESPECT FOR THE COMMUNITY.

- ☐ Each and every member must treat each other with courtesy and respect....THERE ARE NO EXCEPTIONS HERE! Failure to do so will result in your termination from the program.
- ☐ It is very important to understand that we are all at different levels of ability when it comes to conditioning. What is easy for some is hard for others, and we all must empathize with our fellow teammates and push them to get better each and every day in a positive way.
- ☐ To prevent the spread of germs and sickness, please do not attend your session if you are sick or feel you may be coming down with an illness. Notify your trainer ahead of time if you must cancel.

WILL YOU HELP US..?

- ☐ Please help in the set-up and wrap-up of each workout if needed.
- ☐ Please put all equipment you used during the workout in the designated location upon completion of the workout.