Warm-up and cool-down checklist

The same few minutes before and after every session. Tick the days.

WEEK OF

EACH DAY	MON	TUE	WED	THU	FRI	SAT	SUN
5 minutes easy cardio	☐	☐	☐	☐	☐	☐	☐
Circles: ankles, hips, shoulders	☐	☐	☐	☐	☐	☐	☐
Two light sets of the first lift	☐	☐	☐	☐	☐	☐	☐
Main session	☐	☐	☐	☐	☐	☐	☐
5 minutes easy walk	☐	☐	☐	☐	☐	☐	☐
Stretch what you trained, 30 s each	☐	☐	☐	☐	☐	☐	☐
Water and a protein meal within two hours	☐	☐	☐	☐	☐	☐	☐

WHAT I KEEP SKIPPING