

What You'll Need- Joyfit™ Gym Mastery Plan

Gym Access

A basic gym membership OR access to the following equipment:

- Dumbbells (approx. 5-50lbs)
- Flat and incline bench
- Bench press rack or smith machine
- Squat rack or smith machine
- Cable machine or resistance band wall setup
- Barbells and weight plates
- Optional: EZ bars

Recommended Equipment

Click below to see my personally recommended favorites

- Foam Roller (Must-have!)
- Tennis Ball (trigger point + back/feet/hips/hands)
- Tube Sock (for the Tennis ball - clutch hack)
- Yoga Mat (stretching, mobility, floor work)
High end yoga mat
Economy Yoga mat
- Epsom Salt (for recovery baths)
- 40oz Reusable water bottle
- Shaker cups (protein powder and hydration support)
- Small gym towel (optional but practical)
- Weightlifting gloves with wrist strap (I like these for heavy days!)

- Weightlifting gloves with NO wrist strap (Great for lighter days- especially month 1- to help build wrist strength)
- Flat and sturdy training shoes

Shoes are so personal—Choose a style you like and that feels good on your feet. Just make sure they're labeled “for weight training/lifting”.

Don't skimp here. Your feet are your foundation— and your knees, hips, and entire body will thank you!

- A gym bag (optional but helpful)

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