

Compact Checklist: Recovery Tools for Fit Wellness

Affordable Gear for Soreness Relief, Stretching & Daily Recovery

Massage & Relief Tools

- Mini percussive massage gun (quiet + portable)
- Foam roller with grooves for trigger points
- Lacrosse or massage ball for foot and back knots

Mobility & Stretching

- Resistance bands for assisted stretching
- Yoga strap or towel for hamstring release
- Foldable floor mat with soft grip

Heat, Cold & Circulation

- Reusable gel packs (hot/cold use)
- Compression sleeves for legs or elbows
- Roll-on magnesium or menthol cream

Recovery Tips

- Use massage tools post-workout, not pre
- Alternate heat & cold for inflammation relief
- Stay hydrated to speed up muscle recovery