

Compact Checklist: Affordable Recovery Tools for Fitness

Quick Buying Guide for Soreness Relief, Stretching & Daily Recovery

MASSAGE & TARGETED RELIEF

Small Tools, Big Impact

- Mini percussive massage gun - portable and quiet
- Textured foam roller for deep back and leg release
- Massage or lacrosse ball for foot arches and knots
- Roll-on magnesium or menthol stick for tight spots

MOBILITY & STRETCH SUPPORT

Stretch Without a Studio

- Resistance bands for assisted flexibility work
- Yoga strap or towel for guided hamstring release
- Foldable mat or padded surface for on-floor routines

COLD, HEAT & CIRCULATION BOOSTERS

Smart Recovery Basics

- Dual-use gel packs (hot/cold) for joints and sore muscles
- Compression sleeves for post-workout recovery or travel
- Compact wrap or pouch to store cold packs on-the-go

WHY THIS CHECKLIST WORKS

Snapshot for Home + Travel Recovery

- Focuses on budget-friendly gear that fits small spaces
- Pairs well with app-guided sessions and travel routines
- Covers recovery without requiring gym machines or mats
- Designed for consistency and mobility, anywhere you train