



DORM ROOM ESSENTIALS CHECKLIST

DORM FITNESS ESSENTIALS

- ✓ **GYM BAG**
- ✓ **ADJUSTABLE DUMBBELLS**
- ✓ **WATER BOTTLE**
- ✓ **WORK-OUT MAT**
- ✓ **THERAGUN**
- ✓ **PROTEIN POWDER**
- ✓ **GYM SHORTS**
- ✓ **GYM RESISTANCE BANDS**