

New Lifter Orientation #1/3

Mammoth-Impact Gym Etiquette

- Bring dedicated lifting shoes (bring them with you, do not wear outdoor dirty shoes on the platforms or in the gym for hygiene purposes)
- Get to the gym on time
- Enter and exit through the main door on the west side, not through the roll up doors
- No jewelry
- Protect your shins with pants, long socks, or knee sleeves
- Protect your hands with chalk
- Bring your own towel if you'd like to use the showers
- Log any changes in TrueCoach for the day and update your coach on upcoming vacations and demanding physical events
- Gym safety requires you learn to use the power racks and safeties properly

Educational Resources

- Starting Strength Basic Barbell Training, 3rd Ed. by Mark Rippetoe (the blue book)
- startingstrength.com



Strength Training Gear

Required

- Physical Logbook (Record daily top weights, reps, sets; PRs; any other technical notes)
- Access to the TrueCoach software (browser or app)



TrueCoach (App)

- Lifting Shoes (Rogue Do-Win, Adidas Powerlift, or TYR L1-Lifter models recommended; minimal-moderate heel lift, non-compressible sole, arch support, metatarsal strap)
- Flexible gym shorts or pants
- Cotton t-shirt (synthetic shirts are not recommended)
- Water Bottle (bring with you and hydrate with favorite electrolytes)



Suggested (especially if hitting the gym while travelling)

- Dedicated gym bag to keep your gear together
- Leather Lifting Belt 3-in single-ply (~6mm) Dominion or Pioneer brands recommended
- Tripod or Magnetic phone mount (online and hybrid clients)
- Chalk
- Knee and elbow sleeves
- Tall Deadlift socks
- Micro-Plates Set (2in Olympic, Pairs of 1lb, 0.75lb, 0.5lb, 0.25lb)

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